

# Department of Psychiatry HEADLINES



## New Mental Health Unit Open in Saint John

Atlantic Health Sciences Corporation (AHSC), now part of Regional Health Authority B, opened the newly renovated and redesigned 4 D North Mental Health Unit at the Saint John Regional Hospital in September 2008.

The renovation was funded by the Board of Directors of the former AHSC, the Saint John Regional Hospital Foundation and MindCare New Brunswick.

The new unit offers decor, colour, and design that is aimed at being home-like, relaxing, comfortable, and more inviting

than a typical hospital atmosphere. Safety is a critical component of this unit. The nursing station and open concept provide a full view of patient activity areas and can provide the patients with a sense of support from staff.

In addition, upgrades have been made to the emergency alarm/nurse call system with a monitor feature to decrease the opportunity for elopements from the unit. There is also a new family room, laundry facilities for patient use, a beauty salon, and a new exercise room

along with improved access to outside windows, offering exterior views in both patient care and activity areas.

**Dr. Rachel Morehouse** spoke on behalf of the Mental Health Program at the opening. "The redevelopment of this space is very patient focused. We will be able to optimally provide a wide range of care from inpatient services to emergency and short stay services," said Dr. Morehouse. "Our physicians and staff can look forward to being able to offer our patients the best possible care."



# Message from the Head

Dr. Nick Delva

The front-page story in this issue of *Headlines* covers the new acute inpatient psychiatry unit at the Saint John Regional Hospital. I had the opportunity to visit this state-of-the-art facility last fall during Mental Illness Awareness Week and I have been singing its praises ever since. As mentioned in the article, the unit is spacious, attractive and very well designed, highly therapeutic for the patients, and very positive for staff. As we engage in the renovation of the Abbie J. Lane Building, the Saint John psychiatry unit represents a level of excellence that we will try to emulate. During my visit to Saint John, I was also fortunate to be present when Dr. Jane Murphy presented the inaugural Dr. Alexander Leighton Memorial Lecture — Dr. Murphy’s talk was clear and memorable, another example of excellence. Beyond these very encouraging developments in our specialty, medicine in Saint John is clearly in a very dynamic phase with the establishment of the New Brunswick Dalhousie medical campus, and the Saint John component of our Department will grow substantially in the coming years.

This month we extend warm welcomes to two new psychiatrists: **Dr. Tanya Tulipan** to the newly re-established acute inpatient unit on 6 Lane and **Dr. Jason Morrison** to the Cole Harbour community mental health clinic. You can read brief biosketches of

each on page 9 and should soon have the chance to meet them.

Our residency program is thriving, with excellence demonstrated not only in the knowledge of psychiatry (e.g., shown in the excellent results on the COPE examination and Royal College exams) but also in sport (see report on the soccer team on page 10) and in artistic production — the resident production at the Christmas party was first rate and very witty indeed. I have to agree with **Dr. Michael Stubbs** that the residents are an Awesomely Awesome group! We are currently in the season of CaRMS interviews, and on January 19th, candidates, staff, residents, and faculty managed to brave the adverse weather conditions and overcome flight cancellations for a successful first day of interviews.

As described on page 5, the collaboration between **Drs. Brad Kelln, Scott Theriault** and **Bianca Lauria-Horner** of the Department of Psychiatry and the Canadian Police Knowledge Network has resulted in the development of an important new e-learning module for law enforcement officers. This program has been piloted and will soon be introduced for general use across the country. We can anticipate that this program will provide great assistance to the “psychiatrists in blue,” and have a significant and salutary impact on practice.

The AFP negotiations have reached a fairly high level of intensity, with an



average of one meeting a week (bilateral or all-parties) in January — stay tuned! Functional planning is well underway for the renovation of the Abbie J. Lane Building and the construction of the new community-focused living units to be built on the site of Simpson Hall. The coming summer should see Simpson Hall razed and this fall should see the new community-focused units being built.

Thus much is underway in our Department and we are fortunate to have such strengths within the Department and our partners in the Mental Health Program, and such support from outside. By working together, we will be able to achieve great things.

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## Department of Psychiatry HEADLINES

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# Administration Section

Submitted by: Carolyn Sisley  
Senior Administrator

## AFP Negotiations

Progress has been made in our AFP negotiations with the Department of Health. It is the intent of all parties to have a new contract in place for April 1, 2009, however, there are still some issues to resolve if we are to meet that

deadline. The Department funding in the new contract will be structured differently from our existing contract, and the Finance Committee will be charged with determining how the funding is distributed including the

level of compensation for physicians. Once we have progressed further a Full Department meeting will be called to review the new proposal.

## Department Communications

### Reminder: New Department Banner

The Department is the proud owner of a new banner.

After many photo shoots and design proofs, the Department now has a banner that can be used at a wide variety of events.

The collage featured in the banner will be the new "image" for the Department, will become the front page photo for the website, and will also be used in other promotional materials.

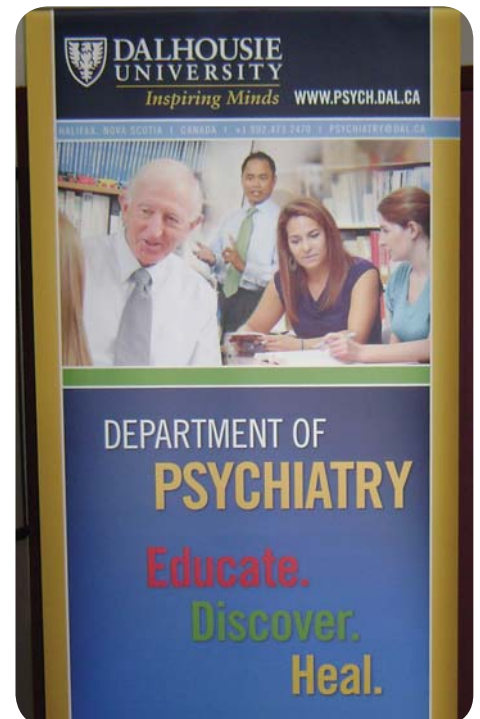
Thanks to **Drs. Aidan Stokes, Carlo Carandang, Deborah Parker, and Emily Maxan** for agreeing to pose for these pictures. Another thanks goes to Annette Cossar's daughter Danielle, who posed as Dr. Stokes' patient.

A series of photographs have been taken by one of Dalhousie's staff photographers, Nick Pearce, and

include images that will be used in future section-specific promotional materials. Thanks to David MacDonald at Dalhousie's Design Services for the layout and design.

The banner is also the first instance where the Department's new motto appears. In the contest for best motto, **Sandra Millar** contributed the winning entry, which was "Educate, Discover, Heal". The motto will also appear in future promotional materials. Congratulations Sandra!

If you are attending an event and would like to book the banner, please contact **Christy MacDonald** at 473-1677 or [Christy.MacDonald@cdha.nshealth.ca](mailto:Christy.MacDonald@cdha.nshealth.ca).



## HEADLINES Photo Submissions

Please continue to send us your photos! *Headlines* is a more successful newsletter if it includes photos to accompany as many of the articles as possible.

But not all photos are created equal. If you are taking a photo that you plan to submit to *Headlines*, please confirm that your camera is set to the highest resolution possible, to allow the photo to be reproduced at a larger size.

We want everyone to recognize you!

### New Department Digital Camera / Photographer Available

The Department has purchased a new digital camera to be used to take photographs of Department events including seminars, awards ceremonies, and other special occasions.

It is intended that this camera, along with **Christy MacDonald** as the photographer, will reduce the number of times the Department books and pays for external photographers. Photos for promotional materials like the banner will continue to be taken by Nick Pearce, one of Dalhousie's staff photographers.

Ms. MacDonald will also be taking photos of each faculty member over the next few months for future use on the Department's intranet site. She will be able to take photos at various locations in the region to make it as convenient as possible for faculty to participate in this important initiative.

If you are organizing or attending an event and would like to book the camera and photographer, please contact Christy MacDonald at 473-1677 or [Christy.MacDonald@cdha.nshealth.ca](mailto:Christy.MacDonald@cdha.nshealth.ca).

## Education Section

Submitted by: Annette Cossar  
Education Administrator

**Drs. Margaret Rajda, Mark Bosma, and Ms. Norma Thompson** met with Saint John based faculty during an annual site visit to Saint John, New Brunswick. Saint John is a core training site for PGY-1 residents; they provide four weeks of outpatient psychiatry training with Dr. Forsythe and Dr. Yuzda, and another four weeks on the C/L and Emergency Psychiatry Services under the supervision of Dr. Laurencic. During the site visit Drs. Rajda and Bosma met with 14 faculty members to discuss training and evaluation, resident safety, and the expansion of senior clinical core rotations at the Saint John site. We were hosted by **Ms. Tammy Nicol** and **Dr. Laurie Potter**.



**Drs. Laurie Potter, Mark Bosma, and Margaret Rajda** visit the new inpatient unit at Saint John Regional Hospital.

### Postgraduate Education News

The 2009 CaRMS Match Process is underway. The interest in our Residency Programme is very favourable. We were in receipt of 174 applications of which nine were soon-to-be Dalhousie Clerkship graduates, 48 from other Canadian Medical Schools and 117 International Medical Graduates. Two interview dates are planned for Tuesday, January 27 and Wednesday, February 11. This will be an enormous undertaking with the complexities of the comprehensive interview process **Dr. Margaret Rajda** and **Ms. Norma Thompson** have organized. The faculty and resident interview teams will be finalized and 53 candidates will be seen during this recruitment period. Thank you to all who will get this important undertaking accomplished.

Early January has seen the changeover in clinical placements for many of our residents; we wish them continued success in their training this academic year.

### What's New in Undergraduate Education?

The months have now passed and the Dalhousie Medical School's Undergraduate Medical Education Programme will be under scrutiny as the Committee on the Accreditation of Canadian Medical Schools (CACMS), working with the Liaison Committee on Medical Education (LCME) will visit Halifax February 15-19, 2009. All disciplines within the medical school which participate in undergraduate medical education have provided their respective documentation and meetings have been organized for all of the departments to be involved in the process. **Ms. Martine McKay** (Undergraduate Coordinator), **Dr. Cheryl Murphy** (Clerkship Coordinator), and **Dr. Allan Cook** (Undergraduate Director) will represent the Department when they have their opportunity to meet with the CACMS/LCME Accreditation Survey Team. If you are interested in reading more on the process or who is on the task force, please follow this link: <http://umeaccreditation.medicine.dal.ca/process.htm>

## Continuing Education Activity Dates

### Clinical Conference at the QEII

February 4, 2009  
February 18, 2009  
February 25, 2009  
March 4, 2009  
March 25, 2009

### University Rounds at the QEII

February 11, 2009 – Dr. Gail Myhr, McGill University, Montreal, QC  
March 11, 2009 – Dr. Tony George, University of Toronto, Toronto, ON

### Clinical Academic Rounds at the IWK

February 4, 2009  
February 18, 2009  
February 25, 2009  
March 4, 2009  
March 25, 2009

### Clinical Conference at the NSH

February 6, 2009  
February 13, 2009  
February 20, 2009  
February 27, 2009  
March 6, 2009  
March 13, 2009  
March 27, 2009

### Upcoming Workshop

#### Faculty Development Workshop on Evaluations and ITERs

**February 26, 2009 12:00-5:00pm**

**Speaker:** Dr. Nancy Dudek, Medical Educator, Physical Medicine and Rehabilitation, University of Ottawa  
**Location:** Veterans' Memorial Building, Rm. 1613A

Dr. Nancy Dudek from the University of Ottawa will present a workshop for faculty: "Failure to Fail and the Quality ITER". It is designed for faculty who supervise and evaluate residents in various clinical settings. Upon completion of the session, participants will be able to identify the purpose and importance of clinical performance evaluation, discuss the reasons why supervisors do not report poor clinical performance, formulate observations into specific descriptions that identify the learner's strengths and weaknesses, and record evaluations appropriately and articulately to meet the needs of the learner as well as their administration.

## Recognition of Emotionally Disturbed Persons

**An introductory e-learning course to help first responders manage situations involving emotionally disturbed persons**

Submitted by: Dr. Bianca Lauria-Horner

Over the last 30 years, deinstitutionalization, which favours treating patients in the community rather than in psychiatric hospitals, has placed higher demands on first response services. The number of contacts front line responders have with emotionally disturbed persons (EDPs) has increased substantially. They are required to assess, manage, and diffuse situations involving individuals in crisis. These cases can be stressful, demanding, and very challenging. There is a recognized need for training to help responders appropriately manage these situations.

Every case has the potential to reach a crisis point and risk the safety of the person involved, bystanders, and responders to the scene. When an encounter results in injury or death, the tactics used by police are often scrutinized. The ability of first responders to recognize EDPs from those with criminal intent and apply appropriate response strategies is essential for de-escalating these types of

situations and preventing victimization of involved individuals.

This project was initiated by Dalhousie University's Department of Psychiatry with the support of the Nova Scotia Department of Justice, the Community Mobilization Program, Public Safety and Emergency Preparedness Canada, Janssen-Ortho Pharmaceuticals, Schizophrenia Society of Nova Scotia, Delta Hotels, and the law enforcement community. The program was developed on the basis that a first responder's role is not to identify or diagnose mental illness, but rather to use their strong observational skills to categorize EDPs according to the presenting behaviours, how to interpret this information, and subsequently how to manage the situation depending on which category of EDP officers are faced with.

Following a successful training pilot delivered by East Coast Forensic Hospital, clinical and forensic psychologist **Dr. Brad Kelln** and clinical

and forensic psychiatrist **Dr. Scott Theriault**, the Department of Psychiatry entered into a partnership with Canadian Police Knowledge Network (CPKN) in order to make available the education program to first responders across Canada. CPKN is Canada's leading provider of online training solutions for police officers. Drs. Brad Kelln, Scott Theriault and **Bianca Lauria-Horner** have worked collaboratively with CPKN in order to adapt the education program as a two–four hour e-learning option for law enforcement agencies. The e-learning format is in its final stages of review conducted by officers from law enforcement agencies. The review will be used to collect learner feedback on the course as well as attitudes toward e-learning which will be applied to further enhance the program. We are expecting to announce the official launch in early March 2009.

## Child and Adolescent Psychiatry Division

Submitted by: Julie O'Grady

Administrator, Child and Adolescent Psychiatry

### Conference Watch 2009

#### 3rd Annual Atlantic Provinces Child and Adolescent Psychiatry Conference

June 20-21, 2009

**Keynote speaker:** Professor Garry Walter, MB BS, BMedSc, PhD, FRANZCP

**Location:** Prince Edward Island (specific location to be determined)

Dr. Walter is the Chair of Child and Adolescent Psychiatry at the University of Sydney. He is also the Area Clinical Director, Child & Adolescent Mental Health Services, for Northern Sydney Central Coast Health, and the Editor of Australasian Psychiatry.

Please contact Nicole Fraughton at [nicole.fraughton@iwk.nshealth.ca](mailto:nicole.fraughton@iwk.nshealth.ca) for more information.

### Upcoming Conference

**Dr. Stan Kutcher** will be attending the EPA European Congress of Psychiatry, themed "New Diagnostic Approaches in Psychiatry: Relevance for Research and Practice in Europe" from January 24-28 in Lisbon, Portugal.

The conference is organized by the European Psychiatric Association (EPA), formerly known as the Association of European Psychiatrists (AEP), the largest international association of psychiatrists in Europe with a membership base from more than 57 countries.

Dr. Kutcher will be presenting two posters and one oral presentation at the conference.

He is also in Lisbon on invitation from the Portuguese Ministry of Health. He has been asked by the Coordinator of Mental Health services to lend his technical support to the development of their new national child and adolescent policy, and will be attending a series of meetings with relevant stakeholders.

## Research Section

Submitted by: Jennifer MacDonnell  
Research Administrative Assistant

### 10 Questions for a Dalhousie Psychiatry Researcher

“10 Questions...” is a new, recurring article in the Research Section of *Headlines*. If you are interested in being profiled in an upcoming publication, please contact **Ms. Jennifer MacDonnell** at Jennifer.MacDonnell@cdha.nshealth.ca.



**Dr. Lukas Propper**

1. *Where were you born?*

Prague, Czechoslovakia

2. *When did you come to Dalhousie University?*

I came to Dalhousie University in 2003. Previously I had an appointment as an assistant professor at the Department of Child Psychiatry at Charles University in Prague and I was trained as a Fullbright Fellow by Dr. Fred Volkmar at the Yale Child Study Centre.

3. *What are your current positions?*

I am an assistant professor of psychiatry at Dalhousie University and a staff psychiatrist at the IWK Health Centre, Division of Child and Adolescent Psychiatry.

4. *What are your current research interests?*

I am interested in co-morbid psychiatric disorders in school-age children and adolescents with autism. I am also interested in studying atypical depressive symptoms in depressive episodes among offspring of bipolar parents (as part of the high-risk study).

5. *What research projects are you currently participating in?*

I have been the principal investigator in a project funded by Dalhousie University Department of Psychiatry Research Fund entitled “Anxiety and depression in autism spectrum disorders: A pilot study.” I am also collaborating with **Drs. Anne Duffy, Martin Alda, and Tomas Hajek** in a project funded by a CIHR Operating Grant on the longitudinal study of adolescents and young children of bipolar parents.

6. *Why did you choose psychiatry?*

While in medical school, I really enjoyed my undergraduate elective in psychiatry

and psychotherapy. That experience had a major influence on my decision to choose psychiatry as my specialty.

7. *What was your second career choice?*

It was internal medicine.

8. *What experience best prepared you for your job?*

I’ve been lucky enough to work in several different inpatient units and clinics both in Europe and North America, which has been a great learning experience.

9. *Who was and is your mentor?*

I’ve been very fortunate to have several wonderful mentors through my training, but if I had to name one, it would be Dr. Vladimir Hort. He had a major influence on me both personally and professionally. Regarding my subspecialty, it would be Dr. Fred Volkmar (autism), and **Dr. Martin Alda** (high-risk study in bipolar disorder).

10. *What do you consider the biggest challenge facing researchers today?*

Of course, any researcher would wish to have more time for conducting research but I think the current AFP in the Department provides an excellent opportunity for psychiatrists interested in clinical work, research, and teaching.

#### Upcoming Event: Research Expo 2009

**Date:** Wednesday, April 22, 2009

**Time:** 3:30pm to 5:30pm

**Location:** Oral presentations in AJLB Rm. 4029, followed by poster displays, pizza, and refreshments in Rm. 4074.

Research Expo is an informal, social event to highlight the diverse research expertise in the Department of Psychiatry and promote resident involvement in research. Any faculty member with a recent poster of research activities is encouraged to present.

For more information, please contact **Ms. Jennifer MacDonnell** at Jennifer.MacDonnell@cdha.nshealth.ca or 473-2470.

#### Department of Psychiatry Research Fund

*October 2008 Competition*

Congratulations to **Ms. Jennifer Vriend** on her research project “Effects of sleep deprivation on cognitive and emotional functioning in children” being approved for funding from the DPRF. Jennifer is currently working on her PhD in Clinical Psychology at Dalhousie and is performing the research with **Dr. Penny Corkum**.

*February 2009 Competition*

The deadline for applications is February 2, 2009.

Applications and information can be found at <http://psychiatry.medicine.dal.ca/research/dgaf.htm>

# International Psychiatry Section

Submitted by: Ricardo Salcedo  
Administrator, International Psychiatry

## Next Steps for the Guyana-Dalhousie Partnership

In December 2008 a team from the Department of Psychiatry travelled to Guyana to review collaborative opportunities to assist the Guyana Ministry of Health to build community and primary care capacity to meet the continuum of population mental health needs. The focus was on developing partnerships with established programs in the Department that would infuse new energy and innovation into what we do here, while providing Guyana with foundational seeds to plant, nurture, and grow within the Guyana context.

**Dr. Jim Millar** was able to observe Guyana's health care system up close and identified many areas where we can help and also many areas where we can learn — both within and outside the sphere of mental health. Dr. Millar states that "Guyana is a leader in the traditional area of public health infectious disease control. It has managed to greatly reduce the incidence of AIDS and malaria through education and simple interventions. They have developed a system where they can treat prophylactically or immunize the entire nation within a 24-48 hour period.

"This has been shown during the frequent flooding that occurs and the reduction of waterborne illnesses. All this has been done with an annual health budget of less than \$40 million." He goes on to say that Guyana "also has the leadership to be able to move their system forward. The Ministry of Health has very capable people at all levels of management and has developed partnerships with others to improve the delivery of primary care services."

**Ms. Nancy Beck** had the opportunity to visit residential facilities for orphaned children — many of whom suffer from both mental and physical disabilities — and to visit the country's national mental hospital. She states that "the opportunities for learning and sharing knowledge are extensive. The Guyanese

people are curious, open, and dedicated to improving the services in their country. Our team's experience there has caused us to reflect on the role we each play in our home communities and in understanding our global responsibility."

The discussions with our partners in Guyana were fruitful and provocative and forced us all to sit and reflect on common system challenges:

- What is the existing natural community infrastructure that can be mobilized to support mental health?
- How does the health sector engage government and non-government organizations, faith-based groups, clients, families, and the community in the prevention and promotion of mental health and in the collaborative provision of support services?
- How can working from an "abundance model" as apposed to a "scarcity model" shape our perceived barriers to change?
- How do you address the paradox between the need for consistent and evidence-based standards of care and the unique predicament, context, priorities, and choices of the clients, families, and communities?

Our partnership with Guyana in 2009 will focus on the following priority areas:

- Developing a strategy to transform the National Psychiatric Hospital into a therapeutic community with both residential and outpatient facilities
- Embedding Mental Health Care Self-Management into Primary Care
- Developing a strategy for suicide prevention
- Building substance abuse

treatment and prevention capacity

- Drafting modern Mental Health legislation
- Building community capacity to provide care for children and youth exposed to community violence

As we move forward we will keep you updated on progress made and lessons learned.

Happy New Year!

Dr. Sonia Chehil  
Director of International Psychiatry

## International Psychiatry Resident Rotations

Psychiatry Residents at Dalhousie have the opportunity to participate in a diverse array of activities encompassing research, education, and frontline clinical care. Three-month research and clinical elective experiences in international psychiatry are currently available in Trinidad and Tobago, Guyana, and other partner countries.

For more information please contact our administrator **Ricardo Salcedo** at [Ricardo.Salcedo@iwk.nshealth.ca](mailto:Ricardo.Salcedo@iwk.nshealth.ca) or by phone at 902-470-6825.

# Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher

## Sun Life Financial Chair in Adolescent Mental Health

I am pleased to announce that our team continues to grow. Yifeng Wei and Alan McLuckie will be working with our group as Research Assistants. Yifeng has a MA in Education from York University with a specialty in school physical health research and will be co-leading our school mental health initiatives. Alan is a social worker currently pursuing his PhD at the University of Toronto and will be working on a national child and youth mental health strategy project.

Looking forward, a major focus for the Chair will be addressing school mental health. With most children and youth spending about 30 hours a week in the classroom, the school environment is an ideal place to begin the work of addressing the mental health needs of young people. Not only does the school offer a simple and cost-effective way of reaching youth, but it is also a convenient place where mental health can be linked with other aspects of health, such as physical health, and with learning.

One of the ways that schools can address mental health needs in schools is through the creation of mental health promotion strategies, such as curriculum development and implementation. Last year the Chair helped develop a Mental Health and High School Curriculum Guide in partnership with the Canadian Mental Health Association. This year we have developed an accompanying mental health training program for teachers. The training will be given to educators in four pilot sites across Canada. The project will then evaluate whether the curriculum and teacher training had a positive effect on the knowledge and attitudes of school staff and students. This project will advance our understanding about whether curriculum implementation and teacher training may be an effective, evidence-based strategy to enhance mental health

literacy in schools.

Another opportunity for the Chair to enhance mental health in schools is through a needs assessment and evaluation of school-based Youth Health Centres. Starting in 2009 Judy Elliot (Director, Mental Health and Addictions at the IWK Health Centre) and I will take the lead on an initiative to improve the linkages between school-based Youth Health Centres and services offered by Mental Health and Addictions at the IWK.

Finally, in an effort to work more closely with the education community, the Chair has established an Educator Advisory Group. Joining the group are key members from the Department of Education, Nova Scotia Teacher's Union, Capital District Health Authority, IWK Health Centre, as well as principals, guidance counsellors, and teachers.

The purpose of the EAG will be to advise the Chair on how to enhance mental health in schools. This is a great opportunity for us to discuss relevant issues and develop a framework to address school mental health needs.

Building on this advisory model, the Chair has also re-established its Youth Advisory Group with help from Andy Cox, Mental Health Patient Advocate at the IWK Health Centre. The Youth Advisory Group's primary role will be to advise the Chair on what resources to develop to address mental health problems in young people. The group will also provide feedback about projects we are developing.

As you know one of our signature projects has been the *Transitions* book. With media coverage from Live at Five, Breakfast Television, and articles in Moods Magazine and University Affairs, we were able to take the *Transitions* project to the next level. The resource for post-secondary students was offered to universities and colleges across

Canada. So far 14 institutions have purchased and are using *Transitions*, which has generated over \$30,000 to help fund future Chair projects that will enhance the mental health of youth. All of this work has been led by Jacqueline Boucher and assistant Nancy Green who have done an amazing job in creating and promoting this resource. In fact, the project has been so successful that we are now looking at ways to market *Transitions* in the US and UK.

With all our projects and programs in development the teenmentalhealth.org website has become an important promotional tool for us. The site is a place where people can access and download resources we have created. Our website and my new blog are opportunities to provide evidence-based information on adolescent mental health to youth, parents, patients, health professionals, and anyone else that visits us online. **David Venn** is to be congratulated for his excellent work in advancing the development of the website.

One new resource available for download on our site is an evidence-based medicine guide for patients. The EBM guide provides patients with a comprehensive understanding of the scientific basis for medical treatments (biological, psychological, social) and how to communicate with their health care provider when discussing medication and other treatment options. The next phase of this project will be to create a youth version of the guide and offer it to consumer groups across Canada.

Clearly we have our work cut out for us for 2009. But with our two new employees, the other dedicated members of our team, and our expanding community partnerships, I am confident and excited about the direction the Chair is moving.

If you would like any more information on the activities of the Chair please contact **David Venn** or **Tracy MacKenzie** at (902) 470-6598.

"Transitions has generated over \$30,000 to help fund future Chair projects that will enhance the mental health of youth."



# News & Announcements

## Staff / Faculty Changes

The Department of Psychiatry is pleased to welcome **Dr. Tanya Tulipan** to the faculty effective January 5, as a Lecturer and Staff Psychiatrist in Adult General Psychiatric Services.

Dr. Tulipan received her BSc (Human Biology/Anthropology) from the University of Toronto, and her MD from the University of Western Ontario. She completed her Residency Training Program at McMaster University.

Dr. Tulipan's office is located in Rm. 6437 of the Abbie J. Lane Memorial Building. She can be reached at 473-3417 or Tanya.Tulipan@cdha.nshealth.ca.

We are also pleased to welcome **Dr. Jason Morrison** to the faculty effective January 12, as an Assistant Professor and a Staff Psychiatrist in Adult General Psychiatric Services.

Dr. Morrison received his BSc (Hons. Psychology) from Dalhousie University, and his MD from Queen's University. He completed his Residency Training Program at McGill University Health Centre and affiliated Hospitals. He is currently pursuing an MSc in Psychiatry from McGill University, supervised by Drs. Gail Myhr and Martin Lepage.

Until his recent move to Nova Scotia, Dr. Morrison was a Lecturer and Staff Psychiatrist at McGill University Health Centre.

Dr. Morrison will be working at the Cole Harbour Outpatient Clinic. He can be reached at 220-4232 or Jason.Morrison@cdha.nshealth.ca.

## News

### News from Saint John

Greetings from Saint John, New Brunswick! This has been an exciting year for our Psychiatry Department. As mentioned on page 1, we have a brand new state-of-the-art psychiatry inpatient unit. We were pleased to host a site visit from **Dr. Rajda**, **Dr. Bosma** and **Ms. Norma Thompson** in November 2008. We are hoping to make this an annual visit and encourage other Halifax based faculty to visit us.

We also hosted a very successful Dr. Alexander Leighton Memorial Lecture in October and enjoyed a remarkable talk on "Psychiatric Epidemiology and Community Mental Health" by Dr. Jane Murphy. We were pleased to have the Head and Chief, **Dr. Nick Delva**, join us for our inaugural lecture and look forward to this wonderful chance to honour Dr. Leighton on a yearly basis, as he has been such an important part of the academic landscape at Dalhousie.

Also this year, our Second Annual Atlantic Psychotherapy Kitchen Party was a great success with 130 participants from all over the Atlantic Provinces. The theme of last year's conference was "The Difficult Client —

Evidence-Based Strategies for Dealing with Complex Clinical Presentations". The Department of Psychiatry was well represented at the conference with several residents attending. It appears that they enjoyed themselves at the Kitchen Party as well, with **Dr. Jackie Kinley** leading the charge on to the dance floor. This year's conference will be held on May 7-8, 2009. The theme this year is "Psychotherapy in Serious and Persistent Mental Illness". Neil Rector, PhD, of the University of Toronto, co-author with Aaron Beck, will be speaking on the use of Cognitive Behavioral Therapy in Schizophrenia.

Our new collaboration relationship has begun with our family medicine colleagues for our new Shared Care Rotation. We have also totally reorganized our academic program and now offer 17 lectures per month and exposure during our "Tuesdays at the Mental Health Clinic" to our acute adult, geriatrics, and child and adolescent teams.

We were also very active in our recruitment efforts (Thanks Rachel!) and are very proud to welcome

Dr. Aladetoyinbo and Dr. Unoh to our inpatient team, Dr. Goia to our long term community team, and Dr. Wiseman to our Addictions/Acute team.

We are all very excited about the new satellite Dalhousie Medical School that will be based here in New Brunswick, opening next year. We have had a busy 2008 with four summer students, 13 clinical clerks, six Family Medicine Residents and nine Psychiatry Residents. We also look forward to increasing our department's academic profile in the coming years and welcome residents for psychiatry electives in Sleep Medicine, Psychotherapy (including DBT), Addictions, Consultation-Liaison, Child and Adolescent Psychiatry, and others. We also anticipate offering core rotation opportunities here in Saint John for any students that would like to spend some time in our friendly port city!

Submitted by **Dr. Laurie Potter** on behalf of the Department of Psychiatry, Saint John, NB.

## Announcing the Nova Scotia Psychosis Research Unit

The first meeting of the Nova Scotia Psychosis Research Unit (NSPRU) took place in December 2008. This unit has representation from a variety of fields of study including community stakeholders. All who attended were very excited about the formation of this unit and look forward to the possibilities that can occur with a defined multi-disciplinary collaborative team.

The formation of this unit was spearheaded by Dr. Phil Tibbo, the Dr. Paul Janssen Chair in Psychotic Disorders, in recognition of the benefits a multidisciplinary team could have on psychosis research in Nova Scotia. Active and successful psychosis research programs currently exist within Dalhousie University and CDHA. While there has been collaboration between the region's researchers in recent years, there remains a need for a more coordinated research agenda for psychosis and its co-morbidities. This partnership will allow for optimization of resources and enable competition for finite research funding (both nationally and internationally), and at the same time foster a unique multidisciplinary research environment for students at all levels. The aim of this collaborative venture is to further our understanding of psychosis and its co-morbidities

in order to find ways to reduce the suffering and improve outcomes in the affected individuals and their families.

The following individuals currently constitute the NSPRU: **Drs. Sabina Abidi**, Steven Ayer, **David Gardner**, **Kim Good**, **Ron Leslie**, **Heather Milliken**, **George Robertson**, **Harry Robertson**, Xiaowei Song, **Sherry Stewart**, **Michael Teehan**, **Phil Tibbo**, **Zenovia Ursuliak**, and **David Whitehorn**. This list is not exhaustive, nor exclusive. As the NSPRU will cover psychosis through the lifespan, representation from the IWK and rehabilitation is welcomed. Also

recognized would be active partners of the NSPRU such as the NRC-IBD (Atlantic) group (neuroimaging), the Brain Repair Center, the Neuroscience Institute, and psychiatrists and GPs working clinically in psychosis, in addition to graduate students, postdoctoral fellows, and other research staff. Drs. Tibbo and Good will act as Co-Directors of the NSPRU. Further information regarding this unit can be obtained by contacting Ms. Barb O'Neill, Research Coordinator, at 473-3571.

Submitted by Dr. Phil Tibbo



## Resident Soccer Results

Several psychiatry residents took part in an indoor, co-ed, fall soccer league as part of the aptly named "Team Awesome." Often found patrolling the goal-line was standout goalie **Randy "I'll Sacrifice Any Part of My Body" Zbuk**. Headlining the defensive core were **Ava "Face of Steel" Muir** and best celebration vote-getter **Deborah Parker**. On the offensive side of the ball could be found the Venezuelan superstar **Heizer Marval**, **Daniel "I Should Be in the Premiership" Rasic**, **Jenn "Quick Recovery" Slater**, former psychiatry resident **Prem Gandham** and **Michael "I'll Pretend to be Captain" Stubbs**. We were also joined by a host of other partners and some fellow residents from

neurosurgery and anaesthesia.

The team lived up to its name, amassing an impressive undefeated 5-0-1 record during the regular season. The success continued with a solid semi-final victory in the playoffs. In the championship final, a back and forth, tight affair was miraculously tied in the last ten seconds by Team Awesome at 4-4. Overtime solved nothing, and the championship decision came down to a shoot-out, which unfortunately ended in a 1-0 defeat. However, Team Awesome definitely can hold its collective heads high.

The team will be returning in its original form for the upcoming winter session of the Halifax Sport and Social

Club. I have already heard renewed vigor and intensity for a return to the championship and any fan support would be gladly accepted, as Team Awesome II: The Return of the Awesomeness resumes its quest for glory at the end of January.

Submitted by Dr. Michael "I'll Pretend to be Captain" Stubbs



L-R:  
**Drs. Allan Abbass,**  
**Kanwal Kukreja,**  
 Habib Davanloo,  
**Ravi Bains,** and  
**Richard Zehr.**

In October 2008 member of The Centre for Emotions and Health attended Dr. Habib Davanloo's 29th Annual Immersion Course in Montreal. This was a great event highlighting emotionally focused therapy and the role of therapists' health in bringing about treatment benefits.

### Psychiatric Jeopardy — The VIP Vulcans Win by a Nose

For quite a few years now the (calendar) year-ending Clinical Conference for NSH and Allied Sites has been Psychiatric Jeopardy. On December 19th we were a bit more organized than usual, with three of the four teams selected in advance. As always the question setter was someone who, unlike his teachers, knows something about Psychiatry — a resident; this time final year resident **Dr. Curt Peters** did an admirable job.

Each team was required to have a psychiatrist (from the overpaid profession), a nurse (from the most numerous profession), and one from any other profession. The Out-Patient Outlaws consisted of **Dr. Larry Buffett**, psychiatrist at Bedford/Sackville, **Ms. Calley Stapleton**, nurse from Cole Harbour/Halifax County East, and **Mr. Gregg Lambert**, social worker from the Dartmouth City team. The Past (but far from Passe) Performers were **Dr. Alistair Munro** (who purports never to have watched Jeopardy in his life), **Ms. Beth Floyd**, long-serving NSH nurse and programme manager, and **Mr. John Thompson**, social worker formerly on both the Mayflower and Laurel Units. The Ad Hoc Activists were the team put together on the day, consisting of **Dr. Ed Gordon**, psychiatrist on Maritime Hall, **Ms. Jane Balmanno**, nurse at Bedford/Sackville, and **Ms. Mary Pyche**, social worker and Coordinator of The

Mobile Crisis Intervention Service. Finally, there were the VIP Vulcans consisting of **Dr. Nick Delva**, **Mr. Ken Scott**, nurse and Manager for Acute Mental Health Services, and **Ms. Anne McGuire** in her guise as “another profession” — administration; we could equally have enlisted her as a nurse for the Past Performers. However, since she last was in nursing around 1991 she has been the boss at NSH, then at Valley Health and, for the last few years, at the IWK Health Centre. Alex (**Dr. Bill McCormick**) Trebek was ably helped in making rulings about whose hand was raised first by **Ms. Kim Byrne**, Administrative Assistant to Medical Education (and others) at NSH and Allied Sites.

We started off with a tense battle in which the Past Performers edged out the Ad Hoc Activists. Then followed a valiant, but unsuccessful attempt by the Out-Patient Outlaws against The VIP Vulcans. As the two winning teams faced off for Final Jeopardy, The Vulcans

had \$200.00 more than the PPs available to bet; Alistair Munro regrets well into 2009 the fact that it was his one omission of a “Who is...?” preface to a correct answer that left his team with the \$200.00 shortfall. Both teams bet \$2000.00, both got the answer right and so the Vulcans headed home with twice as many Laura Secord treats as the PPs, having won by \$4,200.00 to \$4,000.00.

A thoroughly educational, as well as enjoyable, good time was had by all.

Submitted by Dr. Bill McCormick



## Congratulations

### Publication in The Canadian Journal of Psychiatry

Congratulations to **Dr. Stephen Kisely, Joseph Sadek**, and their co-authors on their recent article in *The Canadian Journal of Psychiatry*. "Excess Cancer Mortality in Psychiatric Patients" was published in the November 2008 issue and their work was profiled in the November 26, 2008 issue of the Chronicle-Herald and the January 13, 2009 issue of the Globe and Mail.

This new Canadian research showed that the death rate from cancer for mental health patients is 65% higher than for patients in the general population.

Dr. Sadek was quoted in the Globe and Mail, saying "The results are shocking. Stigma is still a very big problem. It interferes with the doctor-patient relationship and with care."

"This is a population that doesn't complain much about their physical ailments. They have other problems."

He also said that the results of the research should prompt physicians to make a special effort to ask questions about the physical health of their mental health patients.



### Memorable moments from the Department of Psychiatry Holiday Celebration Party, December 12, 2008

