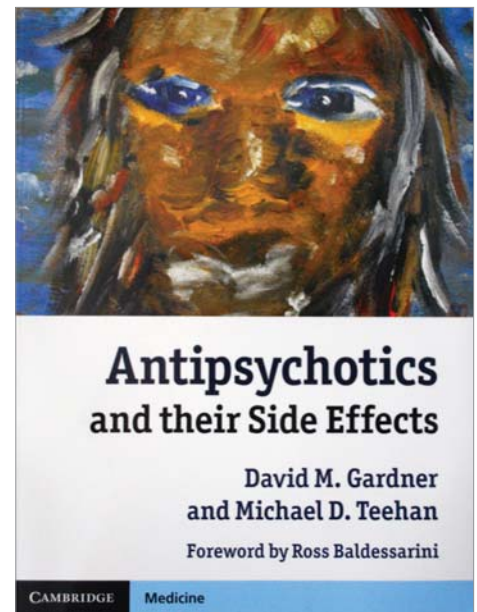


Department of Psychiatry HEADLINES

From Print to Practice



Drs. David Gardner and Michael Teehan pose with their new book.

The world of medical textbooks has a new title, courtesy of **Drs. David Gardner and Michael Teehan**. *Antipsychotics and their Side Effects* has just been published by Cambridge University Press and is the result of over five years of work by Drs. Gardner, Teehan, and many others including a working group that included several faculty members and summer students in Pharmacy and Medicine.

The book began as a project to develop a resource to be used by the CDHA Mental Health Program to support the systematic monitoring of side effects in people taking antipsychotics long term. In their introductory chapter, the authors put into context the contemporary value of their book noting that routine monitoring of patients for antipsychotic side effects declined rapidly with the

switch in prescribing from first- to second-generation antipsychotics. They point out that newer agents, though less burdensome in terms of selected side effects, are not necessarily safer or better tolerated than older agents. The premise of the book is that patient health outcomes can be improved by resurrecting the systematic assessment of patients taking antipsychotics. The content included is intended to support this. All clinically relevant antipsychotics are reviewed and compared across the 20 chapters of side effects. Monitoring guidance is given regarding each side effect and is tailored to the uniqueness of each antipsychotic.

The authors hope that the content and organization of the information will not only support patient monitoring but also patient-specific therapy selections. Drs. Gardner and Teehan saw that

there was a gap in the texts available to them as clinicians. "We learn how to start medications but not what to look for in the middle, or what to switch to if needed", Dr. Teehan said. "And even though it's unlikely to be read cover to cover, it should be a useful reference for all psychiatrists prescribing these medications, and not just in Canada."

Dr. Stan Kutcher thinks that this text is exceedingly well done and "is a model for how these books should be written. It will ultimately affect patient care, which is hard to do, and it should be required reading for all psychiatry residents and all active practitioners."

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Message from the Head

Dr. Nick Delva

Congratulations to **Drs. David Gardner** and **Michael Teehan** on the publication of their new book, *Antipsychotics and their Side Effects*. This book deals with a very important topic, and will help clinicians to recognize, prevent, and treat the side effects of a crucial part of our therapeutic armamentarium. Great cover art too!

Art and the other humanities are very important to our Department and are well illustrated in this issue of *Headlines*, which is most ably produced by **Ms. Christy MacDonald**. You will note the beautiful "Wishing Tree" donated by the team at the Sun Life Financial Chair in Adolescent Mental Health to the Festival of Trees, and you will read an account of the Dalhousie Resident Players' wickedly funny Xmas skit, and reviews of some recent films relevant to mental health screened at the Atlantic Film Festival. Our Departmental Medical Humanities Coordinator is **Dr. Lara Hazelton** and we are very happy that she is this year's recipient of the Dr. Gerald and Gale Archibald Gold-headed Cane Award in the Medical Humanities. This award is presented each year to a Dalhousie faculty member who "combines scholarly attainments, humanism and professional skills and serves as an effective role model for students in the medical humanities." Dr. Hazelton will be presented with the award at the Gold-headed Cane Award dinner, to be held on February 10.

We are once again in the thick of the CaRMS process. We interviewed 23

candidates on Saturday, January 22, and have two more days of interviews to go. Thanks to all who have participated and will participate on February 3 and 7, including staff (**Ms. Annette Cossar** and **Ms. Carrie Wipp**), faculty, led by our Postgraduate Program Director, **Dr. Margaret Rajda**, and residents. Needless to say, participation in the CaRMS match is one of the most important things we do, and each year determines who will be our junior colleagues over the next five years. There are many hiccups along the way and it takes a lot of effort to deal with them; for example, Dr. Rajda had to find three extra interviewers first thing on Saturday morning (for a 9:00am start) when weather prevented one interviewer from travelling from New Brunswick and sick children prevented two local faculty from attending!

The Department continues its efforts to advocate for more and better mental health services in Nova Scotia and looks forward to contributing to the provincial mental health strategy, which the government has announced it will release in the fall.

Having signed a new AFP agreement with the Department of Health and other partners (Doctors Nova Scotia, Dalhousie University, CDHA, and IWK), we are now implementing a new shadow billing process, which will provide both ourselves and the Department of Health with useful information about our clinical activities. **Ms. Norma Thompson** has been seconded to manage this project,



and it is estimated that our new shadow billing system will be implemented by the end of this calendar year.

In the last issue of *Headlines*, we reported with sadness the death of **Dr. Kersti Covert**, Assistant Professor and Staff Psychiatrist in Saint John, and you will see her obituary in this issue. I am glad to hear that a memorial trust fund is being established in Dr. Covert's honour to support an annual prize for a medical student showing exceptional promise in the field of Psychiatry.

I hope that everyone will be able to take in at least part of the upcoming Canada Games in Halifax. Enjoy the rest of the winter!

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Department of Psychiatry HEADLINES

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Research Section

Submitted by: Janet Bardon
Research Administrator

Psychiatry Summer Studentship Deadline: March 1, 2011

The Psychiatry Summer Studentship Program is designed to provide a number of qualified undergraduate students with an opportunity to become involved in research in the Department of Psychiatry over a 12 week period in the summer. Although this program in effect provides summer employment for students, faculty supervisors are expected not to treat summer students in this program as technicians, but rather to involve them fully in the discussion and design of experiments. This program offers students an opportunity to learn new research techniques as they acquire hands-on experience in running experiments and analyzing data. Students receive a \$5,000 stipend over the 12 week period.

Please note: (1) applicants must be faculty members with a primary or joint appointment in the Department of Psychiatry at Dalhousie University, or residents and staff in the Department, and (2) students must be in an undergraduate program or be a medical student at Dalhousie or another university. For an application or more information, please contact **Ms. Jennifer MacDonnell** in the Psychiatry Research Office at (902) 473-7358.

Cognitive Health & Recovery Research Laboratory: What's New

Cognitive deficits (e.g., problems with attention, memory, problem solving, or reasoning) are often associated with neurological and psychiatric disorders. These deficits can be chronic, difficult to treat, and detrimental to a patient's functioning and recovery. The treatments currently available for cognitive impairments are limited in number, very time-intensive, and require trained personnel to implement the interventions. **Dr. Gail Eskes** and her group in the Cognitive Health and Recovery Lab in the Department of Psychiatry and Brain Repair Centre have recognized the need for better treatment of cognitive disabilities in many brain diseases and have teamed up with other Dalhousie researchers in the Brain Repair Centre to develop the "Cognitive Repair Kit".

Recognizing that attention and working memory are frequently affected by brain disorders, the Kit will be designed to feature computerized assessment and identification of attention deficits, coupled with focused training exercises that can be installed on a person's home computer, and can be customized to each individual's unique cognitive needs. The technology will be linked to the internet which will enable clinicians to monitor each

person's performance, and adjust patients' training exercises if needed. Ultimately, the Kit will give individuals the tools to engage in intensive skills training conveniently at home, with only limited supervision needed by the clinician.

Dr. Eskes is the principal investigator of the project and brings both clinical and research expertise in the assessment and treatment of cognitive disorders due to brain disease. Co-investigators involved in developing the Kit are Dalhousie professors Dr. Ray Klein (Psychology), an expert in cognitive psychology, Dr. David Westwood (Kinesiology), an expert in human visuo-motor control, and Dr. Ivar Mendez (Anatomy, Neurobiology & Neurosurgery), an expert in cell restoration therapy for the treatment of Parkinson's disease. Dr. Eskes and colleagues will work together with other experts in Computer Science and Engineering, design and video game development.

The research team has been awarded \$1.8 million from the Atlantic Canada Opportunities Agency's Atlantic Innovation Fund (AIF) for the project, with matching funds from the Department of Psychiatry, Capital District Health Authority, the Brain

Repair Centre, Nova Scotia Health Research Foundation, the Dalhousie Medical Research Foundation, and Dalhousie's Faculties of Medicine and Science.

Current research projects relating to the development of the Kit include testing of a computerized assessment battery that will aid clinicians in assessing a person's attention and working memory (Dalhousie Computerized Attention Battery; DalCAB), in collaboration with **Dr. Bev Butler** of the Department of Psychiatry. Other projects are focused on identifying effective treatment protocols for different attention and working memory deficits in patients after stroke.

In further stages of the project, the team plans to examine the impact of adding cognitive training with the Kit to other medical therapies in different patient groups. One study is planned in collaboration with Dr. Mendez to investigate the added benefit of cognitive training when provided with stem cell restoration therapy in patients with Parkinson's disease.

For more information on the Cognitive Health & Recovery Research Lab, please visit, <http://eskes.psychiatry.dal.ca>.

New Attachment Research Collaboration Underway

A new relationship has been born! **Dr. Jacqueline Kinley**, along with **Dr. Jaime Williams** and the Day Treatment team (DTP), are entering into a research collaboration with **Dr. Patricia Crittenden**. Treatment of psychiatric patients who experience complex pathology is challenging and requires a comprehensive approach to assessment and treatment. Ensuring meaningful and lasting improvement for these patients entails both symptom management and attention to psychological and interpersonal functioning. Day treatment programs are especially well-suited to providing such treatment. However, adult attachment theory, which is potentially of critical importance, has been somewhat overlooked in this treatment setting. Clinically, attachment style has been found to be important for psychotherapy process and outcome.

Researchers have examined the role of the therapist as an attachment figure and the patient's attachment style as a mediator of psychotherapy process. Further, the DTP recently completed a study of 145 patients demonstrating shifts in attachment using the Relationship Scale Questionnaire (RSQ; Griffin & Bartholomew, 1994) to measure attachment. Participants reported significant improvements in terms of secure and fearful attachment styles. In addition, changes in interpersonal functioning were significantly predicted by changes on one or more of the RSQ subscales. These findings are, however, limited by being entirely self-reported.

Dr. Crittenden has developed an interview-based assessment called the Adult Attachment Interview-Developmental Maturational Model (AAI-DMM), based on a meta-theory of development and adaptation (see forthcoming book on the AAI-DMM by Crittenden & Landini, Norton, March 2011). In this current collaboration, we will investigate whether the AAI-DMM will yield more specific information about psychological and interpersonal functioning in a real-world clinical sample. There is exciting new evidence that attachment has a direct effect on our neurobiology. This study, along with other future collaborations, will help to establish Dalhousie among the international leaders in attachment research.



L-R: **Drs. Patricia Crittenden, Jacqueline Kinley, and Jaime Williams.**

Child and Adolescent Psychiatry Division

Submitted by: Michelle Patenaude
Administrator, Child and Adolescent Psychiatry

Presentations

Dr. Anne Duffy presented a poster at the American Academy of Child & Adolescent Psychiatry's 57th Annual Meeting in New York in October. Her poster was entitled, "The Relationship Between Substance Use Disorders and the Early Stages of Bipolar Disorder".

Dr. Joanne Gusella presented a poster at the Biennial Conference of the Eating Disorders Association of Canada in Toronto in November. Her poster was entitled "Does placing parents in charge increase weight gain for youth (<16 years) in treatment for anorexia nervosa?: A pilot study". While at the conference, Drs. Gusella and **Stephanie Casey** were able to meet with professionals across Canada. The next national conference of the Eating

Disorders Association of Canada, a newly formed association, will be in Halifax in the fall of **2012**. Stay tuned!

DICAP Strategic Plan Working Group

Drs. Anne Duffy and **Sonia Chehil** co-chaired a DICAP Strategic Plan Working Group in December. This group developed a thorough proposal which focuses on the roles and services of Psychiatry in the IWK Mental Health and Addictions Program and the Department of Psychiatry and on the populations that require psychiatric care. This proposal has been shared with the senior executive at the IWK. The timing of this document is particularly important as the IWK is currently developing a strategic plan for their Mental Health and Addictions Program.

Family Therapy Consultation and Training Team

The Child and Adolescent Division of Psychiatry and the IWK Mental Health and Addictions Program have partnered together to develop a new Family Therapy Consultation and Training Program. This program is led by **Mr. Alan McLuckie**, MSW, RSW, RMFT, PhD (candidate) and Ms. Ali Tonn, MSW and is held at Maritime Psychiatry.

The Family Therapy Consultation and Training Program is an interdisciplinary approach which focuses on interactions between family members to meet treatment goals and facilitate change. The newly redeveloped program offers training to Child and Adolescent Psychiatry residents as well as social workers within the IWK.



Dr. Alexa Bagnell

appears on the big screen!
She delivered the keynote address at the Shannex Holiday Luncheon at the Mental Health Foundation of Nova Scotia's Festival of Trees in November.

Education Section

Submitted by: Annette Cossar
Education Administrator

Undergraduate News

The Education Section would like to welcome back **Dr. Cheryl Murphy** from her maternity leave to take up the position of Undergraduate Director. Also at this time, we would like to extend our sincere “thanks” to **Dr. Lara Hazelton** who acted as interim Undergraduate Director in Dr. Murphy's absence. Your guidance and leadership was much

appreciated —thank you!

The final block of Med 2 Patient/Doctor is underway. The current Med 2 group will be provided with their Clerkship Track Selection information and forms for completion in mid-February. There is also going to be Med 1 and 2 Tutor information circulated to all faculty at the end of January to sign

up for next year's teaching activities. In March, there will be a Clerkship OSCE which some of our faculty have identified in their IPP and you will be contacted with the specific details for this event.

Postgraduate News

The CaRMS 2011 recruitment campaign is underway. The first interview date was Saturday, January 22 and 23 candidates made their way here through some inclement weather. The majority attended a welcome reception on Friday evening at OPA! restaurant with several of our residents. The next morning the candidates were provided with an interview and OSCE stations and there was an opportunity for a “meet and greet” with our faculty and residents who participated and the candidates were provided with a tour of Halifax before leaving the city. The remaining two dates are Thursday, February 3

and Monday, February 7, when we will see smaller candidate numbers. We have six positions for Canadian medical graduates and two IMG positions for a total of eight entry positions.

At this time, I would like to communicate some administrative changes that have or will be occurring over the next little while in the Education Section. **Ms. Norma Thompson** has been seconded for six months to the Administrative Section to initiate a special project, Shadow Billing Implementation with **Ms. Carolyn Sisley** and **Dr. Nick Delva**. **Ms. Carrie Wipp** has taken on the coordination of the

Postgraduate Education for all, so please contact her if you have any questions over those six months. At this time, I would also like to thank **Ms. Suzanne Decker** for agreeing to help us out at this hectic time — we greatly appreciate it! A further point to note includes the Undergraduate Coordinator position which has been advertised and we hope to make an announcement once this recruitment process has been completed. Thank you for your patience as we work through this busy academic time of year.

Continuing Education Activities

Clinical Academic Rounds at the QEII

February 2: Eating Disorders Team
February 9: Child and Adolescent Psychiatry Division
February 23: Dr. Tomas Hajek, Mood Disorders
March 2: Dr. Joseph Sadek, "ADHD Comorbidity"
March 9: Child and Adolescent Psychiatry Division, Laing House
March 23: Dr. Allan Abbass
March 30: Nova Scotia Early Psychosis Program

University Rounds at the QEII

February 16: Dr. Femi Oyeboade, Professor of Psychiatry and Head of Clinical Teaching Academy (Psychiatry), University of Birmingham, "Thinking about time: Psychopathology & Temporality"
March 16: Dr. William Z. Potter

Clinical Academic Rounds at the NSH: to be announced

February 4, 11, 18, and 25
March 4, 11, 18, and 25

International Psychiatry Section

Submitted by: Julie O'Grady
International Administrator

Reflections from Guyana

Ms. Donalda Edgar, RN, 7 Lane Health Service Manager

We arrived early on Sunday, October 24 for our preliminary fact finding trip to Guyana. Our trip was long and we arrived at our destination, Project Dawn, at 2:00am. I was very curious about this country and its people and what the experience would be like.

Sunday was a day of rest and planning. Our project lead for the nursing part of the project in Guyana is Ms. Sandra Hennigar and she was my travelling companion. We did look for information on Guyana on the internet and found many interesting details about their challenges and the strategies they have adopted to address them.

Monday was an eventful day, and nothing that was planned happened, as the day shifted from meetings to a trip to New Amsterdam. We were able to attend a ceremony to celebrate the induction of the first class of psychiatric nursing attendants at the National Psychiatric Hospital in New Amsterdam. The Minister of Health, Dr. Leslie Ramsammy, gave a very stirring address about the change in direction for mental health patients at the hospital.



Ms. Sandra Hennigar addresses the graduating class at the National Psychiatric Hospital in Guyana.

Ms. Hennigar was asked to address everyone about the upcoming program for nurses in mental health. My impression was that the staff was hopeful about this change.

We arrived back at the ministry around 4:30pm and met with Dr. Carlos Moran, Psychiatrist; Ms. Audrey Corry,

Matron; Mr. Noel Holder, Chief Medex; and Ms. Taramattie Barker, Chief Nursing Officer (CNO). We discussed the registration of the nurses for the program and what would be needed. I was concerned about how they would have everything ready in time for a January start date, but they assured us it would be fine. This was the first meeting where we talked about the possibility of having nurses from other parts of the country come to the program.

On Tuesday we went to New Amsterdam to the national hospital and met with the staff and the instructors for the courses. It was an interesting day because we had a very good discussion and were able to ask many questions and also answer some questions for them. I felt that I understood more of what they do and how they look after their patients. I was struck by their use of the terms asylum, inmates, and compound. Words mean a lot and some of what we can help them do is change the way they refer to the patients.

The following day was spent meeting with staff from the Georgetown area and looking at what type of documentation they had. We also explored some options



around how to engage the supervisors and instructors in the course work. One of the concerns they expressed was not knowing or understanding what the students would be doing.

It was an interesting few days and gave me a better feel for the student needs and what the program would look like. There are still many questions about this venture but I feel it will have to be a work in progress and we will iron out the kinks as we proceed.



Left: Minister Ramsammy and Ms. Hennigar at the head table at the National Psychiatric Hospital graduation.

Right: Ms. Sandra Henniger, **Dr. Bianca Lauria-Horner** and Ms. Donalda Edgar with Mental Health Staff in Tobago.

6th World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders

Drs. Sonia Chehil, Scott Theriault, and Ms. Donalda Edgar recently presented at the 6th World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioral Disorders. The conference brought together a global audience focused on the promotion of mental health, prevention of mental illness, and early treatment. Topics were diverse and covered areas in global mental health, resilience, community interventions, and community development, amongst others. Keynote speakers included Sen. Michael Kirby and Ms. Louise Bradley from the Mental Health Commission of Canada. The Honourable Leslie Ramsammy, Minister of Health for Guyana and a major supporter of the IPS delivered a keynote address to a standing ovation.

Members of the IPS presented on the topic of North-South Partnerships for the Promotion of Mental Health, outlining some of our key projects in the Caribbean as an example of collaborative partnership and were well received. Conference attendees showed considerable interest in our poster display outlining our work and opportunities.

Sun Life Financial Chair in Adolescent Mental Health

Submitted by: **Dr. Stan Kutcher**

Sun Life Financial Chair in Adolescent Mental Health

It has been a busy few months for the team with lots of exciting news to share.

We are pleased to announce that Evergreen: A Youth Mental Health Framework is completed and is available for download at <http://teenmentalhealth.org/index.php/initiatives/evergreen/>. In addition, the Mental Health Commission of Canada is working on a proactive dissemination of the materials this spring.

Our team has expanded with the addition of Mr. Jeff O'Neill who will

be helping with the development of a stronger school mental health team. He will be specifically responsible for projects and networks coordination. Welcome, Jeff!

Several members of the team were selected to present their work at the 6th World Conference on Promotion of Mental Health and Prevention of Mental and Behavioral Disorders.

Dr. Stan Kutcher presented on the Evergreen initiative, Ms. Yifeng Wei, PhD candidate, presented on the

school mental health model, and Ms. Christina Carew, ABC, presented in the implementing effective programs category showcasing how the team has harnessed digital and social media intelligence to increase the relevancy of its programs to the target audience.

The new teenmentalhealth.org site was launched in the fall, providing more information and access to programs than ever before. It's a great resource for parents, educators, and health professionals with a wide variety of

materials available that can be read online or downloaded free of charge.

The High School and Mental Health Curriculum guides are available to the general public now, and the team is busy working on improvements to the guide to expand the offerings to teachers around the world. If you know a teacher that might be interested, please direct

them to: <http://teenmentalhealth.org/curriculum>.

Ms. Wei and Dr. Kutcher will be heading to China in February for several meetings to determine the application of the school mental health model, High School and Mental Health Curriculum and physicians training programs in Chinese communities.

Dr. Kutcher will also be hosting a year in review session in the IWK Auditorium on February 10 from 12:00–1:30pm. This is a great opportunity to drop by and see what the Chair has been up to as well as to get a better understanding of the resources available.

The Festival of Trees

The Chair sponsored a tree in the Mental Health Foundation of Nova Scotia's Festival of Trees in November. **Ms. Amy MacKay**, Administrative Assistant to the Chair, poses with the team's creation at the Shannex Holiday Luncheon. The tree was entitled "The Wishing Tree" and included ornaments decorated with the wishes of adolescent mental health patients. The ornament highlighted below reads "I wish I was happy". The Wishing Tree was one of 30 in the Forest of Trees, with donations supporting the Mental Health Foundation of Nova Scotia.



From Print to Practice

continued from page 1

When asked how does one become an author of an international text by a prestigious book publisher, Dr. Gardner said "well, to be honest, I did it all wrong". He describes glancing at his bookcase one day on a whim and noticed that Cambridge University Press was on a lot of the spines. He then looked up the e-mail address of a medical editor from their website and sent an exploratory enquiry, including a couple of chapters of the book. Shortly thereafter this project became an

accepted publication. Only afterwards did he learn that his whim and quick acceptance had somehow bypassed the several formal steps of proposal and advisory review that constitute the usual process before a text is accepted at Cambridge. The editor must have liked what he saw in those first few chapters!

Drs. Gardner and Teehan are planning to distribute copies of their book to service units of the Mental Health Program and also hope to be able to offer subsidized copies of the

text to residents and members of the Department. Moreover, they are working with **Dr. Ian Slayter**, Clinical Director, Adult General Psychiatry Services, to help translate the intentions of the book into clinical reality across CDHA.

The Department of Psychiatry offers sincere congratulations to Drs. Gardner and Teehan for this accomplishment and wishes them continued success with their future literary endeavours.

News & Announcements

Staff / Faculty Changes

Dr. Javad Alaghband-rad, Child and Adolescent Division, is on a leave of absence.

Congratulations

Book Chapter Published

Congratulations to **Dr. Carlo Carandang** for the newly published 2nd edition of “Pediatric Psychopharmacology, Principles and Practice”. Dr. Carandang wrote Chapter 27, “Running a Pediatric Psychopharmacology Clinic” and refers to the text as a “must read for all child psychiatrists”.

Dr. Carlo Carandang New APA Fellow

Congratulations to **Dr. Carlo Carandang** on being inducted as a Fellow of the American Psychiatric Association (APA) for 2010. The convocation ceremony for new Fellows will be held during the APA's Annual Meeting in Honolulu, Hawaii in May.

Announcements

Understanding and Treating Eating Disorders

A talk will be held in conjunction with National Eating Disorders Week by a team of Dalhousie clinicians and researchers including **Dr. Simon Sherry** and his graduate students Mr. Sean MacKinnon and Ms. Aislin Graham discussing: (a) the definition and the epidemiology of eating disorders; (b) the causes of eating disorders; and (c) effective treatments for eating disorders. This lecture will focus on how common, costly, and impairing eating disorders are, what factors contribute to the development of eating disorders, and how to treat eating disorders.

The talk is being held on Thursday, February 3 at 7:00pm at the Alderney Gate Public Library and is open to the public.

What's New in Psychology Today

Dalhousie University's Department of Psychology (Clinical Area) is hosting a lecture entitled “What's New in Psychology Today” to celebrate Psychology Month.

Dr. Jeannette McGlone will be presenting a brief lecture titled “Brain Injury after Sports Concussions: Should we be Worried?”. **Dr. Penny Corkum** will be presenting a brief lecture titled “Just One More TV Show: Waking up to the Consequences of Inadequate Sleep in Children” and **Dr. Simon Sherry** will be presenting a brief lecture titled “Treating Depression by Focusing on Patterns of Behaviour”.

These lectures are being held on Tuesday, February 8 at 7:00pm at the Spring Garden Road Memorial Public Library and are open to the public.

12th Canadian Collaborative Mental Health Care Conference

As a consumer, family member, or provider, you are invited to attend the 12th Canadian Collaborative Mental Health Care Conference to be held in Halifax from June 23–25, 2011. The theme, “Charting a New Course to Better Care: Stronger Links between Consumers, Families and Health Care Providers”, is intended to showcase several aspects of the triangle of care.

Keynote presentations from the Meriden Family Programme which has been promoting the development of family-sensitive, evidence-based mental health services since 1998 with a particular emphasis on the implementation of family work, will present how families, consumers, and providers can collaborate effectively and give new direction to mental health outcomes. The new position paper on collaborative mental health care developed by the Canadian Psychiatric Association and College of Family Physicians of Canada's working group will be presented by Dr. Nick Kates. This is an exciting new chapter in the evolution of collaborative mental health care in Canada.

Please visit their website, <http://www.shared-care.ca> for developing information about the conference. If you have any questions, please e-mail greta@shared-care.ca or phone (902) 482-0531.

News

Dalhousie Psychiatry Resident Players Present... A Holiday Show-Stopping Spectacular

As was witnessed by many this year at the annual holiday gathering, the psychiatry residents produced what was hopefully one of the funniest and most labour-involved annual skits yet delivered.

Many thanks must go around to a variety of sources including any and all residents (too many to name here!) who took part in the planning, writing, directing, filming, set production, acting, editing, and post-production phases of this video extravaganza. Special thanks yet again must go to our standing chief resident, **Dr. Christopher Murphy**, who spent countless hours putting together the “bits and pieces” to produce the polished finished product. Up until 6:00am on a workday and not on-call — kudos Christopher!

As those who have viewed this masterpiece are also aware, there was more than resident talent showcased in this production. Thanks to staff luminaries such as **Drs. Margaret Rajda, Jason Morrison, Sonia Chehil,** and **Matthew Morgan** for joining our team and showing off their acting chops. Behind the scenes, a thank-you to Joel “Andrew” Brown, **Dr. Shauna Correia’s** partner, for helping to mix the audio for probably one of the best psychiatry themed music videos of all time. Additionally, thank you to **Dr. Emily Maxan’s** son Owen, who, although he doesn’t know it yet, will be an acting star one day with his recurring roles in our films.

We would also be remiss to not thank those who were the not-so-subtle objects of our well-intentioned jabs for having a refreshing sense of humour about themselves and allow us to keep doing this every year (including the infamous “Dr. A.”).

Finally, the biggest thank you to all those who attended and laughed because as the saying goes “that’s why [we] play the game”. You make it all worthwhile.

As this is my last year as a resident, you may note a slight tone of sadness in my writing as I have had an absolute blast helping with these videos the past three years, and really hope the tradition can continue, and continue to get better with the next generation of “young whippersnappers” to carry on the torch!

From the residents, we hope you all had happy holidays and have many laughs in the year ahead.

Dr. Michael Stubbs, PGY-5



Drs. Michael Stubbs, Liisa Johnston, and Christopher Murphy.

Faculty in the News

Dr. Jacqueline Kinley appeared on CBC’s “At the Table” television program that aired on December 30. The half-hour interview was entitled “How Relationships Can Change the Brain: Neuroplasticity” and can be viewed at the following link: <http://www.cbc.ca/atthetable/>.

Dr. Stan Kutcher was featured on the January 3 edition of the CBC Radio 1 program, “The Current”. “From the Heart” is the story of a poet who was diagnosed with schizophrenia and her struggle to separate her medical condition from her muse and featured Ms. Laura Burke. Listen to the episode online at the following link: <http://www.cbc.ca/thecurrent/episode/2011/01/03/from-the-heart/>.

Canadian Group Psychotherapy Association's National Conference

The Canadian Group Psychotherapy Association's (CGPA) National Conference "Strength in Numbers" was held for the first time ever on the East Coast in September, 2010. The conference was a great success due to the hard work of the conference organizing committee which included **Dr. Ward Yuzda** of New Brunswick and Ms. Marie Kavanaugh, MSW of Halifax along with the CGPA President Elect **Dr. Jacqueline Kinley**. It showcased clinical and academic activities in group psychotherapy across the country and included several didactic and experiential training opportunities. The event was sponsored by Dalhousie University Department of Psychiatry and supported by Dr. David Pilon of the Capital District Mental Health Program who gave thanks to conference keynote speaker Dr. Scott Rutan of Boston who spoke on "The Healing Effects of Belonging". A public lecture was also given by Dr. Michael Ungar on "The Importance of Groups for Resiliency in Youth".

This spring will see the launch of the first Atlantic Chapter of the CGPA which will be headed by Dr. Yuzda. Congratulations to all on bringing national recognition and opportunities to our East Coast clinicians!



Drs. Jacqueline Kinley and Ward Yuzda.

Humanities Corner

In this month's issue of Humanities Corner, we continue the series of film reviews from the Atlantic Film Festival reviews of *Submarino* and *Rhonda's Party*.

In other news, the results are in for the Department of Psychiatry 2010 Student Writing Competition. The first place winner is Med I student Ms. Sarah Fraser for her essay entitled, "Casey's Slope". Honorable mentions go to Mr. Michael Steeves, Med I and Ms. Christine Saveland, Med IV. The winning essay will appear in a future issue of *Headlines*. Many thanks to **Drs. Kathy Black** and **Curt Peters** for serving as judges in what will hopefully become an annual event. If any faculty members are interested in volunteering for this or other medical humanities events, please contact **Dr. Lara Hazelton**.

Submarino

Synopsis: Former Danish 'Dogma' director Thomas Vinterberg (*The Celebration*) is back with *Submarino*, a story about two brothers who lose track of each other after an unstable childhood, until they meet up again in prison.

Nick and his younger brother have grown up in terrible circumstances: their childhood was marked by poverty, abuse and an alcoholic mother until the family was torn apart by tragedy. Nick is now 33 and has just been released from prison. He's a man who knows what he wants: to train hard and drink hard in order to stand up against a hard world. His brother is a junkie and a single father for whom only two things count in life: his daily fix and a better life for his six-year-old son. What binds them is their mutual struggle for a life worth living.

Vinterberg brings this story, based on the best-selling Danish book by Jonas T. Bengtsson, to the screen with



unflinching realism. *Synopsis and photo provided by the Atlantic Film Festival.*

Review: I had the opportunity to review “Submarino”, a powerful Danish film directed by Thomas Vinterberg at the 30th Atlantic Film Festival. Two teenage brothers, Nick and Martin, living with their alcoholic mother, are responsible for taking care of their baby brother, who dies one night. The two brothers blame themselves for this tragic event and carry the blame into their adult life. They grow apart and several years later they meet again at their mother’s funeral. Nick is unemployed, lives in a shelter and drinks. He is angry and resentful towards his mother. On the outside, he appears intimidating, but inside, he is a vulnerable and caring person. Martin, a widower with a young child, is severely addicted to drugs. While he dearly loves his son, his addiction greatly interferes with his ability to care for him. They meet again, and for the last time, in jail after Nick is wrongly accused of murder and Martin arrested for drug trafficking. While in prison, Martin ends up killing himself leaving his son an orphan.

The performances are heart-wrenching as one follows the two main characters on their path of self destruction. “Submarino” is a film that portrays the devastating effects of intergenerational substance abuse on child and adult development.

Dr. Catalina Lopez de Lara

Psychiatry Resident

Rhonda’s Party

Synopsis: Rhonda, a reclusive nursing home resident, has spent months planning her best friend’s 100th birthday party with the help of a fresh-faced young nurse, Amy. The band is booked, the cake is ordered, and everyone is invited. But when the guest of honor dies on the eve of the celebration, Amy must deliver the crushing news, and Rhonda is forced to decide whether or not the party will go on. *Synopsis courtesy of <http://rhondasparty.ca> and photo courtesy of Nelson MacDonald.*

Review: Shot entirely on the former Short Stay Unit of The Nova Scotia Hospital, Rhonda’s Party is a film created as a part of Nova Scotia’s Film Five program. The film invites the viewer into Rhonda’s world and writer Christine Comeau compels us to grapple with the major themes of aging, death, and finding meaning in life as Rhonda prepares to celebrate a friend’s 100th birthday. Director Ashley McKenzie puts her cinematic touch on every scene and camera angle, suggestive without being heavy handed. Together with producer Nelson MacDonald, they have pulled together a cast starring Marguerite McNeil as Rhonda and Karine Vanasse as a young nurse, Amy. The actors capture with subtlety their individual experience of a moment of loss that draws in the attentive viewer to their own reaction to mortality, ranging from the comic to the tragic. The setting is a dreary, crowded nursing home inhabited by elderly characters, actors recruited from the Northwood Players, an acting troupe made up of residents of Northwood Manor. Rhonda’s Party has played in the 2010 Atlantic Film Festival, the St. John’s International Women’s Film Festival in Newfoundland and it was named Best Canadian Short at the 2010 YoungCuts Film Festival, earning McKenzie a nomination for best director. It will also be playing in March 2011 at the 6th Annual Vancouver Women in Film Festival.



Marguerite McNeil plays Rhonda in Rhonda’s Party.

Dr. Curt Peters

Staff Psychiatrist

In Memoriam: Dr. Kersti Covert

Submitted by: Dr. Rachel Morehouse

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Born in Tallinn, Estonia, Dr. Kersti (Vontso) Covert of Rothesay, NB, wife of Dr. William Covert, passed away at the Saint John Regional Hospital November 17, 2010, following a valiant battle with cancer.

Prior to immigrating to Saint John in 1954, Kersti lived briefly in Germany, Italy, and Australia after having to flee from Estonia which was occupied by the Germans and Russians.

Kersti was in private practice in psychiatry in Saint John for nearly 40 years. She was an Assistant Professor of Psychiatry in the Dalhousie Faculty of Medicine and an active member of the teaching staff of the Department of Psychiatry in Saint John. She was also very active in local, provincial, and national societies and organizations including the Saint John Medical Society (as past President), NB Psychiatric Association (Past President), APPA (Atlantic Provinces Psychiatric Association), and CPA (on many committees including the Board).

Kersti was a graduate of Simonds High School in Saint John, Mount Allison University, and Dalhousie Medical School. She completed her Psychiatric residency at McGill University.

Kersti is survived by three daughters Liara (Brett) Styles of Melbourne, Australia, Cristina Covert of Seattle, Washington, and Sabrina (Dan) Woo of Kentville, Nova Scotia; one sister, Helvi (Tom) Price of Jackson, Mississippi; two grandsons: Nathan Woo and Tashi-Bonzai Styles. Besides her parents, she was pre-deceased by one daughter, Karine Alyssa (Kari).

Kersti will be missed by her colleagues in the Department of Psychiatry in Saint John and Halifax, indeed by the entire medical community. She will be especially missed by her patients, many of whom visited her in the hospital, sent gifts



Dr. Kersti Vontso Covert

March 21, 1940 – November 17, 2010

and best wishes, and attended her funeral. Kersti always spoke out on behalf of patients and colleagues, with energy, enthusiasm, and passion. A memorial trust fund is being established through MindCare New Brunswick which will fund an annual prize for a medical student showing exceptional talent and interest in the field of Psychiatry.