

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

Faculty clean up at CACAP awards

Drs. Bagnell, Junek and Orlik receive prestigious child and adolescent awards

It's safe to say we have many extremely talented, hardworking and innovative faculty members residing in our department. Special congratulation go out, however, to three special department members who were recently recognized for their contributions to the field of child and adolescent psychiatry. **Drs. Alexa Bagnell, Wade Junek and Herb Orlik**, each received an award from The Canadian Academy of Child and Adolescent Psychiatry (CACAP) at their annual conference held in Vancouver in November.

CACAP is a national organization of child and adolescent psychiatrists and other professionals committed to advancing the mental health of children, youth and their families. The Certificate of Special Recognition, the Excellence in Education Award, the Naomi Rae Grant Award and the Paul Steinhauer Award support the importance of the work done by members of CACAP and recognizes those who have done exceptional service for the Academy and the mental health of children and youth.



Drs. Wade Junek, Alexa Bagnell and Herb Orlik with their CACAP awards.

The Certificate of Special Recognition, presented to Ms. Nancy Mannix, Founder, Chair and Patron of the Norlein Foundation in Alberta and nominated in part by Dr. Junek, is the only award not coming home to the Department of Psychiatry at Dalhousie.

Dr. Herb Orlik is the recipient of the 2013 Excellence in Education Award, presented to a psychiatric

educator who has made a significant contribution in undergraduate, postgraduate, continuing professional education or public education in child and adolescent psychiatry. Dr. Orlik has been an educational leader in child and adolescent psychiatry for decades and has made the undergraduate psychiatry curriculum and clerkship rotations at Dalhousie a highly valued part of the teaching of the next generation

[Continued on page 3]

in this issue

1

faculty clean up at CACAP

2

message from the head

4

research report

5

education report

8

global psychiatry at dalhousie

10

child and adolescent division
report from the sun life chair

11

report from the canada
research chair

13

news and announcements

18

photo feature

This newsletter is published for the
Department of Psychiatry at Dalhousie
University.
5909 Veterans' Memorial Lane,
8th Floor, Abbie J. Lane Building
Halifax, NS B3H 2E2

Editor: Dr. Aidan Stokes

Compilation, Layout, and Design:
Kate Rogers

Submissions should be sent to:
Kate.Rogers@cdha.nshealth.ca

Message from the Head

Headlines has a brand-new look! Our Communications Coordinator, **Ms. Kate Rogers**, in consultation with Dalhousie University Design Services, has completely revised the design of our newsletter to give it an uncluttered, simple and up-to-date format. We hope that you like it!

Congratulations to our award winners! As shown on our front page, **Drs. Alexa Bagnell, Wade Junek and Herb Orlik** were recently honoured with awards from the Canadian Academy of Child and Adolescent Psychiatry, highlighting the strengths of the Division of Child and Adolescent Psychiatry, which was recently approved as a Royal College subspecialty training site. **Dr. Ashwin Varghese**, PGY-5, was honoured by the Professional Association of Residents in the Maritime Provinces with the 2013 Resident Well-Being Award, and **Dr. Tom MacKay** received the Department of Psychiatry Outstanding Clinician Award for his sustained and excellent contributions to clinical care and education. Our thanks and congratulations to all!

Over that past year and a half, several members of the Department of Psychiatry have become involved in our partnership with the Northwest Territories, most recently **Dr. Aileen Brunet**, who describes her recent visit to Yellowknife on pages 8 and 9. Our NWT partners are finding our engagement to be most helpful, and in turn we are learning much from them. We have recently been able to extend our engagement to some of our subspecialty areas, including geriatric psychiatry (**Dr. Keri-Leigh Cassidy** and Ms. Sarah Kreiger-Frost, RN), ADHD (**Dr. Joseph Sadek**), and transgender health (**Dr. Shannon MacDonald**). Thus the broad range of skills in the department can be brought to bear on the clinical



Dr. Nick Delva

needs of the NWT, with its small population. A recent challenge has been a breakdown in the interface between the Nova Scotia and NWT telehealth systems, but IT specialists are engaged in getting the connection up and running again. On my most recent visit in December, I had the privilege of doing a 4-day clinic in Hay River, the second largest community in the NWT. The longer-term vision for our partnership includes the provision of direct high-quality telehealth care to the smaller communities in the NWT, likely starting with Hay River, which is now adopting the Wolf electronic medical record, an important part of the capacity to provide distance care to patients.

The FORBOW study is progressing well – please refer appropriate patients and families to our Canada Research Chair in Early Intervention, **Dr. Rudolf Uher** (please see the details on pages 11-12).

In closing, it is noteworthy that a significant and perhaps under-recognized barrier to higher rates of immunization is phobia of needles. Please check out **Dr. Christine Chambers's** video on "It Doesn't Have to Hurt," on YouTube, which is very well done and gives important guidance on how best to ensure that having an injection is as untraumatic as possible for children, thus helping to promote more positive attitudes to immunization.

Faculty clean up at CACAP awards *continued from page 1*

of psychiatrists. He has served on and led many national undergraduate education committees and has been a key leader in changing how psychiatry is taught and incorporating new approaches to learning. Dr. Orlik's passion and skill as an educator has been recognized by many student and resident teaching awards over the years, and he remains a sought-after mentor within the Dalhousie faculty. Dr. Alexa Bagnell says she "was fortunate to be a medical student who became interested in psychiatry as a career under Dr. Orlik's tutelage, and there have been countless others he has influenced." Though in his 'post-retirement' years, she says Dr. Orlik, "still works the equivalent of two psychiatrists."

Dr. Bagnell eloquently praised Dr. Orlik's accomplishments, but she too deserves recognition. Dr. Bagnell is the recipient of the 2013 Naomi Rae Grant Award, presented annually to someone who has done creative, innovative, seminal work on an aspect of community intervention, consultation, or prevention. As a child and adolescent psychiatrist, her expertise lies not only in the prevention of expert care for youth with severe and persistent mental illness, but also in her advocacy for her patients and families. She is continuously striving to connect with youth in meaningful ways in the effort to foster early identification and intervention for those in need. Dr. Bagnell is the co-creator and director of *MyHealth Magazine*, a web-based youth-friendly resource that promotes health literacy and facilitates help-seeking for adolescents, educators and

parents in the area of youth health. She is also a leader in the development of mental health education materials for use in schools and communities, authoring them herself and promoting and leading workshops in schools and primary care.

Dr. Bagnell was the regional expert supporting *Bell Let's Talk Day* and is the face of mental health in the Maritime Provinces, conducting numerous interviews and sessions in public media. Her current research, for which she was the co-recipient of a large grant, is focused on developing a public health intervention program to improve parent-adolescent communication and reduce risk for mental illness in youth. She has been the recipient of several regional and national awards highlighting her dedication to provision of clinical care and education. **Dr. Sabina Abidi**, a fellow child and adolescent psychiatrist, says she is always humbled by Dr. Bagnell's love of this work and honest approach to all she meets. "She is always loyal to her students, patients and families, taking care beyond the office setting and into the world which they live."

The Paul D. Steinhauer Advocacy Award recognizes a person who has been an exceptional advocate for children, adolescents and their families at the regional, national and international level. The 2013 recipient was Dr. Wade Juneke.

"Dr. Juneke has been a committed and unrelenting activist for child and adolescent mental health for the past three decades, working to ensure mental health programs for young

people are an integral part of mental health programs across the country," says **Dr. Aidan Stokes**, psychiatrist and Chair of the Department of Psychiatry Awards Committee. Dr. Juneke served for 12 years as the Consultant to the Government of Nova Scotia where he had significant influence on government policy as it affected mental health services for children and youth. From this experience he worked with a colleague to publish *Self-Regulating Service Delivery Systems: a Model for Children and Youth at Risk*, a proposal for governments, planners and policymakers to regularly measure outcomes and use incentives to improve those outcomes. He was also instrumental in the CACAP initiative in surveying the federal, provincial and territorial governments on a regular basis in their monitoring of the outcomes of their mental health initiatives for young people.

Dr. Juneke has served as the President of CACAP and made a significant contribution through the presentation of recommendations, including a series of essential goals, to the Mental Health Commission of Canada setting forth the needs of infants, children and youth in the *Framework for Mental Health Strategy for Canada*.

Well-deserved congratulations are in order for these three psychiatrists, who have gone above and beyond for child and adolescent mental health.

Thank you to Drs. Alexa Bagnell, Sabina Abidi and Aidan Stokes for contributing to this article through their thoughtful nomination letters.

Research Report

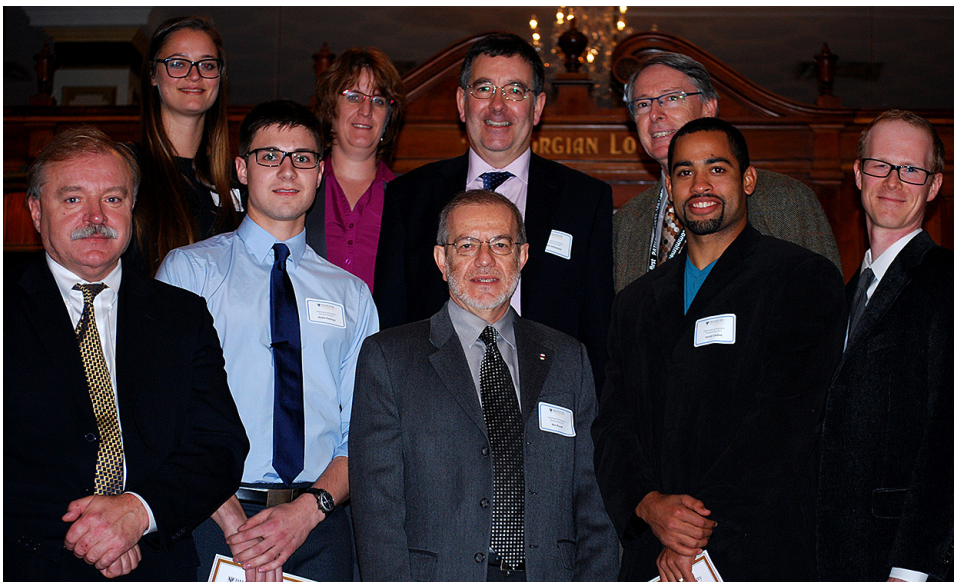
BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

23rd annual Research Day

The 23rd annual Psychiatry Research Day was held November 1 at the Lord Nelson Hotel with 111 faculty, students, and staff in attendance. The keynote presentation was an outstanding talk entitled, “Mental Capital and Longer Lives,” by Professor Thomas Kirkwood, Associate Dean for Ageing at Newcastle

University. Thank you to co-chairs, **Drs. Sherry Stewart** and **Kim Good**, and members of the program committee, **Ms. Jennifer Brown** and **Ms. Janet Bardon**, and **Drs. Mark Bosma** and **Alexa Bagnell**, for planning another wonderful event. Thanks also to all the speakers and poster presenters,

and the hard-working judges who selected our prize winners. Special thanks to **Drs. Keri-Leigh Cassidy** and **George Robertson** for hosting Professor Kirkwood and helping to organize Research Day, the Café Scientifique and associated social events.



Back row (L-R): Ms. Hera Schlagintweit, Dr. Kim Good, Professor Tom Kirkwood and Dr. Nick Delva. Front row (L-R): Dr. George Robertson, Mr. Andre Pollman, Dr. Ben Rusak, Dr. Jacob Cookey and Dr. David Lovas.

Research Day prizes were awarded to the following:

Best Undergraduate Presentation:
Mr. Andre Pollman

Best Graduate Student Presentation:
Ms. Hera Schlagintweit

Best Resident Presentation:
Dr. Jacob Cookey

Best Junior Faculty Presentation:
Dr. David Lovas

Café Scientifique

The department hosted a Café Scientifique at the Royal Bank Theatre on the evening of October 30 called “Exploiting Your Cognitive Capital: Thinking Your Way to A Long and Happy Life.” The event was moderated by **Dr. Gail Eskes** and featured presentations by **Drs. Janya Freer** and **David Whitehorn**, Ms. Jessie Robson and the Research Day keynote speaker, Dr. Tom Kirkwood. Following the presentations there was a lively question-and-answer session among members of the audience and the panel. There were 71 health care professionals, students, researchers and members of the public in attendance.



Café Scientifique panel members (L-R) Dr. Tom Kirkwood, Ms. Jessie Robinson, Dr. David Whitehorn and Dr. Janya Freer.

Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

meet an educator: Dr. Heather Milliken

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile Dr. Heather Milliken, associate professor and director of continuing professional development. If you are interested in being profiled in an upcoming publication, please contact **Ms. Annette Cossar** at Annette.Cossar@cdha.nshealth.ca.

Current education/teaching activities and interests?

I am very involved in all aspects of medical education, including undergraduate, postgraduate, continuing education and community education. At the undergraduate level I am a clinical clerk supervisor, I lecture in the Med 2 Neurosciences block, participate in OSCEs and supervise various elective rotations. At the postgraduate level, I provide a series of teaching sessions on Psychotic Disorders to PGY 2 residents and a session to PGY 4 residents on Clinical Practice Guidelines in Schizophrenia. I also participate in the Family Medicine Resident Seminar Series and am a resident research supervisor. As Director of Continuing Education/ Continuing Professional Development I am responsible for organizing the schedule of presenters for University Rounds, Clinical Academic Rounds and Interprofessional Education Sessions and chair the Joint DOP/ CHAMHP Continuing Professional Development Committee. I am currently busy finalizing the program for the XXV W.O. McCormick Annual Academic Day. I am also currently chair of the CPA affiliated Council on Psychiatric Continuing Education, made up of the Directors of CME/CPD from all medical schools in Canada and I am a member of the CPA Continuing Professional Development Committee. In addition, I am currently collaborating with several COPCE members on the development

of a RCPSC MOC Section 3 accredited workshop for the next CPA annual conference.

Preferred method of teaching or curriculum delivery?

I am fairly eclectic in my teaching methods depending on the target audience and learning objectives and use a variety of formats including didactic lectures, seminars, workshops and small group discussions. My preferred method of teaching is an interactive format that is based on adult learning principles and promotes self-assessment. I am also interested in making greater use of internet based formats such as webinars and educational apps to deliver continuing education, community education and patient and family psychoeducation programs.

A Typical “Day in My Work Life:” My work is divided between clinical care, research, education and administration, with the largest proportion of time allocated to clinical care. As a result, I often have to work on my academic activities after regular work hours. My actual work schedule varies from day to day depending on priorities, but a recent “typical” day would be as follows:

As an early riser my day usually begins between 3:30-4:00am. I spend approximately two hours reviewing and answering emails and prioritize tasks for the day before leaving for work



at 6:30am. Between 7:00 – 8:00am I meet with my research nurse and study coordinator in order to review work to be done regarding my clinical drug trials research, including updating source documents, review of any protocol amendments, preparation of Research Ethics Board submissions and annual reports, updating training on rating scales and problem-solving regarding recruitment issues, data queries, scheduling of research patient appointments, shipping of blood samples and other logistical issues. I then spend the next hour working on research issues identified during the meeting. The next three hours are spent seeing patients with the clinical clerk and providing case-based supervision and teaching. I

work through the noon hour returning phone calls and dealing with clinical paperwork such as completing progress notes and disability insurance forms. Between 1:00-2:00pm I complete research tasks for the day. The remainder of the afternoon between 2:00-5:00pm is devoted to education and academic administrative activities.

Most satisfying and frustrating aspects of doing academic work:

Teaching is a personally rewarding experience for me and while I am also a clinical researcher, is the primary reason I decided to pursue a career in academic medicine. The opportunity to interact with medical students, residents, other psychiatrists, family physicians, allied

health professionals etc., in the process of advancing knowledge and skills in psychiatry, is very satisfying and has contributed to my own continuing professional development. What has been most frustrating is that, in my opinion, under the current AFP model, education compared to clinical care appears to be undervalued and is underfunded.

My research mentor: While I have had many mentors during the course of my career, I would have to say the individual who has had the greatest influence was my father, Dr. Frederick W. Lundell, who like myself trained at McGill University and was an active member of the teaching faculty in

the McGill Department of Psychiatry for his entire career. He was an enthusiastic teacher and excellent role model who always provided support, encouragement and thoughtful advice.

My second career choice: I actually decided at age nine to become a medical doctor as a result of a school project, “What do you want to be in the future?” and never veered from that choice. Regarding the choice of specialty I initially seriously considered pediatrics, but following my clinical clerkship rotation in psychiatry I became fascinated by the challenges of trying to understand the complexities of mind-brain interactions and decided on psychiatry.

postgraduate news

It's recruitment time once again! The education section is very busy preparing for 2014 CaRMS Match, with interview dates on Jan. 18, 25 and Feb. 3, 2014. More than 60 applicants have applied from medical schools across the country, five of whom are from Dalhousie. We look forward to welcoming the candidates to the department!

Congratulations to PGY-5, **Dr. Ashwin Varghese**, who was awarded the PARI-MP Resident Well Being award. You can read more about this honour on page 15.

A job well-done to the residents who made contributions to the resident video for the department's holiday

party. Thank you to the residents both in front and behind the camera who made the video such a success.

Thanks also to **Dr. Nick Delva** who hosted our residents for dinner in November. It's a very nice opportunity for the residents to get up close and personal with the head and chief.

Congratulations to all PGY-5 residents who have now completed their STACERs. They will now move forward for the Royal College examinations in April and May. Best of luck to each of them!

We welcome back to work **Ms. Norma Thompson**, who has returned from a leave of absence and will be gradually returning to her usual duties.

NOTES:

In accordance with the CDHA Breastfeeding Policy, which promotes, protects and supports breastfeeding anywhere, anytime, including at work, the department has secured the third floor call room in the Abbie J. Lane for use by residents who are breastfeeding and don't have access to their own private office. For further information on the Capital Health Breastfeeding Policy please visit www.cdha.nshealth.ca/employees/employee-benefits/staff-breastfeeding-policy/faqs.

The teaching evaluations for the last reporting period will be distributed in January.

continuing education news

RECENT HIGHLIGHTS

University Rounds:

On November 20, Dr. Glenda MacQueen, Professor in the Department of Psychiatry and Vice Dean of the Faculty of Medicine University of Calgary, presented on the topic "Cognitive function in patients with mood disorders: Back to the basics."

On December 18, Dr. Gary Chaimowitz, Associate Professor Department of Psychiatry and Behavioural Neurosciences, McMaster University & Head, Forensic Psychiatry St. Joseph's Healthcare, presented on the topic "Criminalization of People with Mental Illness."

Special Lectures:

On November 22, **Dr. Steve Kisely**, Professor, University of Queensland, presented a special noontime lecture on the topic "Deep Brain Stimulaton – A Pacemaker for the Brain."

Upcoming Events

Save the Date for the XXV W.O. McCormick Annual Academic Day to be held April 25, 2014 at the Lord Nelson Hotel. To celebrate the 25th anniversary of the founding of Academic Day by the late Dr. W.O. McCormick, an exciting program on the theme "Addictions and Mental Health" is being planned. Confirmed speakers and topics to date include:

Dr. Dara Charney, Associate Chair (Education) Department of Psychiatry McGill University & Director, McGill RUIS Addiction Program, keynote speaker, on the topic "Why They Can't Just Stop."

Dr. Ronald Fraser, Assistant Professor Departments of Psychiatry McGill University & Dalhousie University; Consulting Psychiatrist Addictions Program, CHAMHP, plenary speaker on the topic "Evidence Based Interventions in Addictions Treatment."

Dr. Sherry Stewart, Professor Dalhousie Departments of Psychiatry and Psychology, plenary speaker, on the topic "An RCT of a New Psychosocial Intervention for Pathological Gambling."

Dr. Selene Etches, Assistant Professor Dalhousie Department of Psychiatry, on the topic "Addictions and Youth."

Dr. Maria Alexiadis, Lecturer Dalhousie Department of Psychiatry, on the topic "Addictions: Issues in Primary Care."



Dr. Glenda MacQueen



Dr. Gary Chaimowitz

A person with lived experience will share a story of recovery.

The full program and online registration will be available at the beginning of February 2014.

UPCOMING CONTINUING EDUCATION EVENTS

Clinical Academic Rounds

January 8	Dr. Kathleen Pajer (Child & Adolescent)
January 15	Dr. Tomas Hajek (Mood Disorders)
January 29	Dr. Sarah Fancy (Resident)
February 5	Dr. David Lovas (Child & Adolescent)
February 12	Eating Disorders Program
February 26	Mental Health Day Treatment Program

Inter-Professional Education

January 14	Psychiatry: Drs. David Gardner & Andrea Murphy
January 21	Specialty Services: Emerald Hall/Coast – Dr. Colin Pottie /team
January 28	Pharmacy: Ms. Michelle Locke & Ms. Kelly MacIsaac
February 4	Psychology: Mr. Andrew Starzomski
February 11	Psychiatry: Dr. Ian Weaver , Brain Repair Centre, Dalhousie
February 18	Recreation Therapy: Mr. Robert Baird, Coordinator
February 25	East Coast Forensic Hospital: Mr. James MacLean, Coordinator

University Rounds

January 22	Dr. Joanne Belknap (University of Colorado)
February 19	Dr. Alina Marin (Queen's University)

Global Psychiatry at Dalhousie

A November visit to Yellowknife

BY DR. AILEEN BRUNET, DIRECTOR, EAST COAST FORENSIC HOSPITAL

On November 11, I travelled to Yellowknife, Northwest Territories, for a two week trip on behalf of the Dalhousie-NWT partnership. The trip was initially arranged to assist with locum coverage of the 10-bed inpatient psychiatric unit at Stanton Territorial Hospital. Once that was confirmed, several requests for forensic psychiatry related contributions came in, leading to a busy, varied, and quite interesting trip.

The flight north of Edmonton revealed amazing scenery, with the square fields of Alberta giving way to a landscape of bare rock and scrub dotted with thousands of pure white, frozen ponds and lakes and sinuous rivers almost twisting themselves into knots. Once in Yellowknife, the progressively shortening days were noticeable and caused me to feel a bit disoriented as I went to hospital rounds for 7:30 am, (yes, really! I felt like a med student again showing up for a surgery rotation) while it was still dark and then it was dark by 3:30 pm.

The inpatient unit was very busy as it is the only one in the Territory and there is a high turnover of admissions. In addition to managing that unit, the psychiatrist is also responsible for doing consultation-liaison consults and ER consults, which can make for very long days. As is the case in other parts of the North, the NWT has a very high burden of mental health difficulties in the population; several people mentioned that they see mental health issues as the most common overall

health problem in the North. Mental health issues, substance misuse and homelessness are high priorities for the NWT government. Patients who may have self-harmed or are in a psychiatric crisis are flown to the hospital and discharge planning often includes making flight arrangements. Aboriginal individuals are over-represented as patients and also at the North Slave Correctional Centre, where I did a half-day clinic. At the clinic and the hospital everyone was very helpful and patient while I sorted out how to complete mental health act forms, make long distance calls and even write orders. Another trip seems warranted just so they can get a return on their investment of time getting me functional.

A lack of forensic psychiatric services in the NWT means that individuals who need court ordered assessments are usually sent to Edmonton. If the person is then found not criminally responsible it could mean that they remain in Edmonton due to the limited supports, such as supervised accommodation and mental health services, available in Yellowknife and smaller communities. As a result, individuals unfortunately end up very far away from family and their communities and culture, stresses that likely interfere with their recovery.

In addition to covering the inpatient unit and doing a correctional clinic I was asked to do three consultations on the inpatient unit on patients with forensic related issues, an outpatient consult at a nursing home of an



Sunrise at Stanton Territorial Hospital.



Clinic nurse, Ms. Debbie Thomson at the Hay River Specialist Clinic.

individual with recent criminal charges and a Q & A session at the correctional centre with staff. The issues faced by staff at the correctional centre are similar to those experienced elsewhere, such as concerns about the level of mental health difficulties in the incarcerated population, limited treatment options and problems with release planning. Another big issue that impacts upon all the services for individuals with mental health problems in the NWT is the restrictions service providers impose on sharing information with each other because of

concerns about confidentiality. This is a major impediment to communication between people who are working with the same patient/service user. I had the privilege of being invited to a meeting involving health, government, police, social services and NGO's to discuss this issue; everyone is keen to address it and in doing so may be able to come up with creative mechanisms for balancing the need to preserve the confidentiality of personal information while ensuring that the individual's best interests are served.

While I was there a half-day of presentations and discussion about issues faced by individuals with mental health difficulties and involvement with the law was organized and included presentations by me on violence risk, court ordered assessments and differences between forensic and general psychiatry. Other presentations were from the chair of the NWT review board, the physician who works in

the correctional centre, the new minister of health and social services and from those who work in NGOs such as the Salvation Army and John



Mid-afternoon in Yellowknife.

Howard Society. The atmosphere was very collegial and friendly, with lots of enthusiasm for addressing shared issues.

Yellowknife is a unique and interesting place geographically and culturally; it is worth a visit to experience Canada's North and I am looking forward to ongoing collaborations with new and future colleagues there.

telehealth service between dalhousie and NWT recognized

The Joint Leadership Council (JLC) of the Northwest Territories health and social services system met in November 2013 and agreed upon actions to improve services for NWT residents. Falling under this umbrella is the support of the government's Mental Health and Addictions Action Plan. They have called for more aggressive action in the area, including expanding access to the Dalhousie and Stanton psychiatric telehealth service to all regions of the NWT.

The telepsychiatry initiative was also recently recognized in a feature on *Technology for Doctors Online*, a

twice-monthly compendium of key health IT news for physicians. The article draws attention to the higher rates of mental illness in Canada's northern region and how the partnership between the Stanton Territorial Health Authority and the Department of Psychiatry at Dalhousie has increased access to mental health services and improves quality of care. To read more about the partnership and the difference it is making to the mental health of northern Canadians please visit: www.canhealth.com/tfdnews0917.html.



A polar bear chasing its prey in the Yellowknife Airport.

Child and Adolescent Psychiatry

BY MS. MICHELLE PATENAUE, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

This year marks the first opportunity for psychiatrists to become credentialed in the subspecialty of Child and Adolescent Psychiatry through the Royal College. The Division of Child and Adolescent Psychiatry is pleased to announce that the following faculty members have taken and passed the Child and Adolescent Psychiatry subspecialty exams:

Dr. Herb Orlik

Dr. Alexa Bagnell

Dr. Sabina Abidi

Dr. David Aldridge

Dr. Suzanne Zinck

Dr. Lorraine Lazier

Report from the Sun Life Financial Chair in Adolescent Mental Health

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

young artist in residence program

The Young Artist in Residence Program (YARP) was created by the SunLife Financial Chair in 2010 to foster youth



Photo by Ms. Stella Ducklow.

engagement and community-based knowledge translation. The YARP is intended to foster connections amongst youth who have lived with mental illness, extend and enhance connections amongst youth living with mental illness and youth not living with mental illness and to provide creative engagement opportunities for reflection on the state of mental health stigma in our community. The Young Artist in Residence Program sponsors a young person who is in the process of launching their artistic career.

Ms. Stella Ducklow, a fourth year fine arts student and award-winning advocate, has served as the Artist in Residence for the past three years. She's worked with mentally ill youth, both inpatient and in the community, and helped them create artwork to express their experiences with mental health and stigma. As co-coordinator

of YOUTH Against Stigma, a monthly coffee house focused on raising mental health awareness and decreasing stigma, she's helped it grow from the ground-up. On top of her work in fine arts, she's worked hard as a mental health advocate, having spent the last eight years speaking to over 700 people about mental health stigma. She has collaborated with organizations such as Canadian Mental Health Association, Schizophrenia Society, IWK Health Center and Laing House. In 2011, Stella was awarded with an 'Inspiring Lives Award' by the Mental Health Foundation of Nova Scotia for raising mental health awareness through art.

Stella recently decided to finish her degree in Ontario, where she's now attending Ryerson University. She has truly been a wonderful addition to our team and we wish her the best of luck in the future.

transformative research in adolescent mental health

Transformative Research in Adolescent Mental Health (TRAM) is a five-year 25-million dollar network funding opportunity developed by CIHR and The Graham Boeckh Foundation. TRAM was developed as an effort to bridge the gap between research and practice and ensure that adolescents in need of mental health services have access to the most effective services when and where they need them. The application process involves three phases, which began with an expression of interest (EOI) submitted in April 2013 and approved in June 2013. Following the EOI, successful applicants submitted a letter of intent

in early October 2013 and found out whether or not they will proceed to the third and final phase in early November 2013.

Our pan-Canadian application is lead by four principal investigators (**Dr. Stan Kutcher** [Halifax], Dr. Ian Manion [Ottawa], Dr. Glenda MacQueen [Calgary] and Ms. Keli Anderson[Vancouver]) and a 17-person steering committee consisting of researchers, service providers, family and youth representatives, community organizations and policy makers from across Canada. We also have over 170 additional network members, 36 participant observer organizations,

and 15 international advisors to help develop, implement, evaluate, inform, and share the process. Should we be successful, our plan is to improve youth and family access to mental health services by increasing the mental health literacy and mental health competency of youth and the people with whom they frequently interact (e.g., family members, schools, primary care providers); strengthen the connections between schools and primary health care; and develop a bundle of best-in-class interventions that can be implemented and evaluated at multiple diverse sites across Canada.

national school mental health development

School mental health is beginning to spread across the country. Sun Life Financial was generous in donating funds for the Mental Health and High School Curriculum Guide across Canada. This is a two-year project

to introduce the Curriculum to each province. The project is building on the successful implementation in Nova Scotia and numerous Ontario School Boards. Demonstration trainings have already taken place in British Columbia

and Alberta in partnership with school boards and government departments. The next steps are being explored in Manitoba and New Brunswick, with other provinces to follow.

Report from the Canada Research Chair in Early Intervention

BY DR. RUDOLF UHER, CANADA RESEARCH CHAIR IN EARLY INTERVENTION

happy birthday FORBOW!

The Families Overcoming Risks and Building Opportunities for Well-Being (FORBOW) study has its first birthday this month. In FORBOW, we aim to identify and reduce the risk of the most severe types of mental illness, like schizophrenia, bipolar disorder and major depression. We recruit

sons and daughters of parents with severe mental illness and we follow up with them every year. Between March and December 2013, the FORBOW team recruited and assessed 80 children and young people, most of them sons and daughters of parents with severe mental illness. In these



young people, we inquire about early antecedents (anxiety, mood lability, psychotic-like experiences) and

need for interventions. We hope that psychological interventions focused on these early antecedents will help young people stay healthy and lead productive lives.

FORBOW is funded by a Provincial Partnership Grant from the Canadian Institute of Mental Health with additional support from the Nova Scotia Health Research Foundation (NSHRF) and from the Dalhousie Department of Psychiatry. The continuation of this study depends on obtaining additional competitive funding, so it's good that we have had some good news about funding in 2013. In August 2013, FORBOW received funding from the Nova Scotia Health Research Foundation (NSHRF) to run the first intervention study, which will be called "Skills for Wellness" or simply SWELL. In SWELL, young FORBOW participants will learn cognitive-behavioural skills that will help them manage and overcome unusual experiences, including psychotic like symptoms. In October, Ms. Jessica Morash, who works as research associate in the FORBOW study, received a grant from the Psychiatry Research Fund to measure sleep in young FORBOW participants – another potential antecedent that may predispose to later mental illness and may improve in response to psychological interventions. In November, FORBOW received a positive preliminary decision on a Canada Foundation of Innovation grant

that may pay for space refurbishments, infrastructure and equipment to support the FORBOW study.

The FORBOW study has enjoyed the support from leading experts in psychiatry and psychology world-wide. Dr. John Nurnberger (Indiana University), Sir Michael Rutter (King's College London), Dr. Avshalom Caspi and Dr. Terrie Moffitt (Duke University) and Dr. Frauke Schultze-Lutter (University of Bern) are among the experts on the FORBOW Steering and Advisory Board. In October 2013, the FORBOW team received training in the administration of SCID-5 from Dr. Michael First, professor of Clinical Psychiatry at Columbia University. This was the "World Premier" for this version of SCID covering the Diagnostic and Statistical Manual version 5 (DSM-5) diagnoses. Thanks to this, faculty members, residents and researchers at Dalhousie were the first group of professionals to be trained in the newest version of the most widely used diagnostic interview in psychiatry. More training opportunities are coming up: In February 2014, Dr. Helen Fisher from King's College London will train the FORBOW team in measures of early adversity. The FORBOW study has been fortunate to receive the support from some leading experts in psychiatry and psychology world-wide.

We would like to thank clinicians and researchers who have contributed to the FORBOW study over the past year.

Thanks to you, we have been able to assess the first 80 young participants. Overall the FORBOW study aims to recruit 480 offspring aged three to 21, of whom approximately 120 will have a parent with schizophrenia, 120 will have a parent with bipolar disorder, 120 will have a parent with severe depression and 120 will have no parent with severe mental illness. To achieve our participant goals, FORBOW needs the continued help from the members of the department and other professionals. If you have patients with severe mental illness (Schizophrenia, Bipolar Disorder, and Severe Major Depressive Disorder) who are also parents of biological children aged three to 21, please consider referring them to FORBOW. Please refer, even if the children are in foster care or institutional care or are considered for adoption. A partnership with the Nova Scotia Department of Community Services will help us follow up their children even if they are not in their care.

FORBOW contacts:

Website: www.forbow.org

Email (for information, comments and referrals):

info@forbow.org; jill.cumby@cdha.nshealth.ca

Phone (for information and referrals): 902-473-1781

Fax: (902) 425-1967

news from the department

MR. TREVOR BRIGGS AND DR. NICK DELVA REPORT ON HOUSING AND MENTAL HEALTH

Dr. Nick Delva, head and district chief of the Department of Psychiatry, and Mr. Trevor Briggs, director of the Capital Health Addictions and Mental Health Program (CHAMHP) gave their two cents on the importance of decent housing options for individuals with mental health issues re-entering the community in a November opinion piece in the Chronicle Herald. They

note that “mental health providers need to be able to integrate patients back into the community in order for them to continue their recovery, but without access to affordable, supportive housing for patients and clients, recovery and re-integration is stymied.” They draw from studies that state findings of lower healthcare costs by providing supportive housing.

People living in good housing have reduced psychiatric symptoms and are less likely to experience a relapse of their mental illness or addiction. To read the full article please visit: thechronicleherald.ca/opinion/1170368-decent-housing-a-cornerstone-of-mental-health.

DR. KATHLEEN PAJER PARTICIPATES IN WOMEN RESHAPING THE WORLD CONFERENCE

On Oct. 25 **Dr. Kathleen Pajer** was one-of-six women chosen to participate in a panel at the Women Reshaping the World Conference, held at the World Trade and Convention Centre in Halifax. The conference featured the inspiring stories of how these women are making a difference and what they did to shape their careers. Conference attendees were invited to participate in round table conversations with

other women exploring possibilities, barriers, and how to make it easier to have a greater voice of influence. Dr. Pajer spoke about the process of change at the IWK Mental Health and Addictions Program and what women can do to become leaders in transforming institutional systems. Congratulations to Dr. Pajer for being recognized for her outstanding achievements.



Dr. Kathleen Pajer

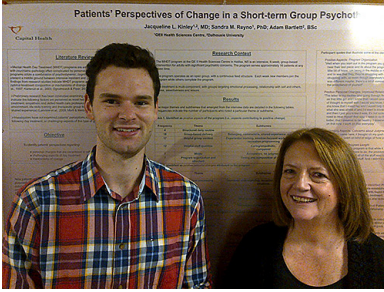
DR. ALLAN ABBASS HOSTS ANNUAL IMMERSION COURSE IN ISTDP



Attendees on the harbour cruise.

Dr. Allan Abbass was pleased to host his 10th annual Immersion Course in Intensive Short-term Dynamic Psychotherapy (ISTDP) in the fall of 2013. Participants from around the world attended the four-day course which included guest speakers Drs. Howard Schubiner, **Joel Town**, **Denise Bernier** and Sarah Nowoweiski.

SUMMER STUDENTSHIP A SUCCESS: THE MISSING VOICE IN PSYCHIATRY



Mr. Adam Bartlett with Ms. Marie Kavanaugh, MSW, MHDTP Coordinator.

Mr. Adam Bartlett received funding from the Department of Psychiatry Summer Studentship to do research with **Drs. Jacqueline Kinley** and

Sandra Reyno, and the Mental Health Day Treatment Program team.

Adam investigated the subjective experiences in day treatment in order to ascertain patients' opinions about the most significant programmatic elements and how these elements relate to self-perceived changes immediately post program and at various post-program completion times (three months, six months, one year). He helped the team gain insight from a patient-centered perspective into how the specific elements of day treatment contribute to outcome and how to

improve clinical care to better meet the needs of the patient. With Dalhousie's support, Adam helped to advance the scientific literature on differentiating and clarifying effective components of day treatment, understanding changes experienced by patients, and illuminating the subjective progression of recovery over time. The findings have had significant clinical and program-related implications, illuminating the impact of what is considered to be best practise and also honouring and giving voice to patient's experience within our clinical services and programs.

DR. CHRISTINE CHAMBERS AND TEAM DEVELOP YOUTUBE VIDEO TO HELP CHILDREN AND PARENTS WITH NEEDLE PAIN

With funding from the Nova Scotia Health Research Foundation's Knowledge Sharing Support program, a team led by **Dr. Christine Chambers** at the Centre for Pediatric Pain Research at the IWK Health Centre and Dalhousie University, developed a fun and engaging new YouTube video for parents about how to manage their children's needle pain. The production of *It Doesn't Have To Hurt: Strategies for Helping Children with Shots and Needles* was part of the Mayday Pain and Society fellowship that Dr. Chambers participated in last year, where she received training in media and advocacy. Surprisingly, despite the availability of numerous evidence-based strategies for reducing needle pain, fewer than five per cent of children receive any kind of pain relief for common needle procedures, like immunizations. In fact, one in 10

children and adults develop a significant needle phobia, which interferes with them seeking proper medical care.

The video was released on Nov. 4, 2013 and in the two weeks following its



In the video, a young girl tells her mom what she should – and shouldn't – do to help make the needle less painful.

release it received over 25,000 views on YouTube. The video has been shared widely by a number of organizations, including by the American Academy of Pediatrics, the Centre for Disease Control and National Center for Immunization and Respiratory Diseases, the Canadian Institutes of Health

Research, The American Pain Society, and Doctors Nova Scotia. It was also picked up by several popular parenting blogs and featured in two popular guest blog posts on the Canadian Association of Paediatric Health Centres and Body In Mind websites.

Please help to continue to spread the word about this video by:

1. Watching the video on the website (<http://pediatric-pain.ca/it-doesnt-have-to-hurt>) or on YouTube (<http://www.youtube.com/watch?v=KgBwVSyqfps>).
2. Filling out the anonymous survey on the above website.
3. Sharing the video with family, friends and other health care professionals by email or through social media: Like/ Share on Facebook! (www.facebook.com/CentreforPediatricPainResearch) and Tweet the website link and use the hash tag: #itdoesnthavetohurt.

DR. KATHLEEN PAJER GIVES TEDX TALK AT MOUNT SAINT VINCENT UNIVERSITY

On Dec. 5 **Dr. Kathleen Pajer** gave a TEDx talk at Mount Saint Vincent University entitled, *Bad Girls: What makes them tick?* Dr. Pajer's address focused on her research into what makes girls and women with bad or

antisocial behaviour tick and how to use this information to change their behaviour.

TED is a nonprofit devoted to Ideas Worth Spreading. It started out in 1984

as a conference bringing together people from three worlds: Technology, Entertainment, Design. For more information on TEDx talks please visit www.ted.com/.

DEPARTMENT MEMBERS CELEBRATE THE SEASON



Above: Psychiatry residents at the holiday party; Top right: Dr. David Pilon shows everyone how it's done on the dancefloor; Bottom right: Drs. Ward Yuzda and Margaret Rajda.

On Dec. 6 members of the Department of Psychiatry joined together at the Atlantica Hotel in Halifax to ring in the season with the annual holiday party. Donning their best, guests enjoyed a wonderful dinner and the opportunity to mix and mingle. Music from Merimac and dancing followed. A special thank you to the party committee: **Ms. Amy MacKay, Ms. Suzanne Decker, Ms. Jennifer Brown and Ms. Kate Rogers.**

DR. JOE SADEK ELECTED AS VP OF CADDRA

Dr. Joe Sadek has been elected as the vice president of CADDRA. CADDRA is a Canadian non-industry, not-for-profit, independent association. It is an alliance of healthcare professionals

supporting patients with Attention Deficit Hyperactivity Disorder (ADHD) and their families. As leaders in the field, CADDRA provides training and support for medical and healthcare

professionals on ADHD and produces the Canadian ADHD Practice Guidelines. For more information please visit www.caddra.ca.

awards & honours

DR. BIANCA LAURIA-HORNER RECEIVES PRESTIGIOUS MEDAL FROM ROYAL CONSERVATORY OF MUSIC

Congratulations to **Dr. Bianca Lauria-Horner** who was awarded the gold medal for the Atlantic Region in grade

3 guitar from the Royal Conservatory of Music. Dr. Lauria-Horner, who has been taking guitar lessons for a few

years, also received the award for grades 1 and 2.

DR. ASHWIN VARGHESE, PGY-5, WINS PARI-MP AWARD

By: Leanne Bryan, Benefits & Events Coordinator, PARI-MP

On November 20, PARI-MP (Professional Association of Resident Physicians in the Maritime Provinces) had the pleasure of awarding **Dr. Ashwin Varghese** with the 2013 Resident Well Being Award. The purpose of the award is to recognize a resident who is making outstanding contributions to resident well-being. Some of the characteristics may include, but are not limited to: a strong team player, respect for peers and patients, dedication to residency, ability to enhance the residency experience for others through teaching and supporting peers, and a role model for balancing work and personal life.

Ashwin was nominated by his peers in his residency program. The nominators illustrated to the committee how he excels in residency and inspires fellow residents. Some comments were as follows:

"Ashwin had proposed to start each day off with a five-minute guided mindfulness session during morning multidisciplinary team rounds, in

order to enhance their ability to be present to the needs of their patients and to their fellow colleagues. The unit was so appreciative of this simple ritual that they chose to continue it once Ashwin left the service. "

"He encourages residents to balance their personal lives with ethical work and education by establishing and maintaining healthy boundaries. His agenda of encouraging more humanistic approaches to both resident work and learning is, however, always done in a humble, kind and non-aggressive manner, and he openly practices what he believes. "

"Ashwin is a true role model in terms of being a humanitarian advocate, a supportive and compassionate colleague, and lives by example with respect to enhancing well-being through small changes such as daily mindfulness practices. He encourages everyone to reflect on how by nurturing ourselves



Dr. Ashwin Varghese is presented with his award.

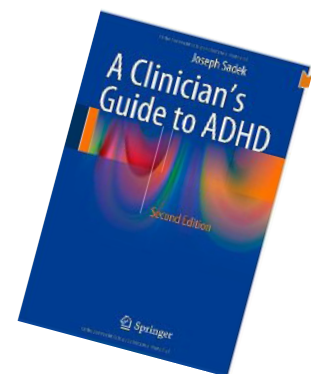
we can be more present in the moment and ultimately improve our care to those around us."

Congratulations to Dr. Ashwin Varghese on this well-deserved award!

DR. JOE SADEK WRITES AND PUBLISHES SECOND EDITION OF BOOK

Dr. Joe Sadek recently wrote the second edition of his book, *A Clinician's Guide to ADHD*. Published by Springer, *The Clinician's Guide to ADHD* combines the useful diagnostic and treatment approaches advocated in different guidelines with insights

from other sources, including recent literature reviews and web resources. The aim is to provide clinicians with clear, concise, and reliable advice on how to approach this complex disorder. If you are interested in purchasing a copy please visit Amazon.ca.



DR. TOM MACKAY NAMED 2013 OUTSTANDING CLINICIAN

Congratulations to **Dr. Tom MacKay** who has been awarded the Department of Psychiatry's Outstanding Clinician Award for 2013. The award recognizes members of the department who have made outstanding contributions to the department's mandate of providing excellence in clinical care.

Dr. MacKay has been a dedicated member of the Department of Psychiatry for many years and made monumental contributions, not only through his superior clinical care and educational guidance, but operationally through the establishment of both the Short Stay Unit and the Psychiatry Assessment Unit (PAU), which both changed the landscape of psychiatry at Capital Health. These services changed how people in the community accessed care, and improved the care they received. The PAU provided daily, dedicated, expert, and compassionate specialty nursing and psychiatric care to the Infirmity Emergency Department. The establishment of the PAU in 1994 was truly innovative, as this was one of the first services of its kind in the country. The SSU was trailblazing as well, and filled a gap in the system for a specific group of patients who, when traditionally admitted to an acute care unit, often

experienced worsening symptoms, and waited a lengthy amount of time for treatment and discharge planning.

Dr. MacKay ran both of these services, and also saw every patient admitted through the ER as the bed manager at the time. These days, two separate psychiatrists working full time, and one RN as a portion of her job, are all needed to provide the same service. Tom did this without complaint or protest; such was his commitment to the success of the fledgling services.

The success of both services can be attributed in large part to Tom's passionate efforts to foster a healthy work environment and well-functioning team. Each and every clinical member had equal voice in treatment planning (a system which persists to this day), and Tom was again ahead of his time with his inclusion of patient and family in that planning. His flexible and open approach laid a solid foundation to what were truly patient-centered and multidisciplinary services. As a testament to the culture Tom fostered within these two fast-paced and demanding services, 75 per cent of the full-time nursing staff who were hired in 1994 continue to work with the services.

Dr. MacKay has also been an extraordinary proponent for community psychiatry, providing the psychiatric back-up to the SCOT Team when it existed, with a clear belief that, if possible and medically responsible, patients are best treated in their community, not an institution.

Tom is a clinician with a rare level of dedication to both patients and colleagues. Driven by limitless energy and heartfelt commitment to both patient care and education, he consistently puts his patients and the services ahead of personal concerns and comforts. He has provided close mentorship for a number of the young psychiatrists in the department, being fully available to them at any time of day, and taking a consistently encouraging, non-judgmental, and very wise and realistic stance.

Thank you to Dr. Tom MacKay who is an ideal example of the qualities embodied in the Outstanding Clinician Award. Thank you also to **Drs. Nicole Herschenhous** and **Jason Morrison**, Mr. Gregg Lambert, Ms. Sue Perkins and Ms. Debbie Phillips, for their heartfelt nomination.



L-R: Dr. Nick Delva (left) presents Dr. Tom MacKay with his award; Dr. Tom MacKay; Drs. Nick Delva and Tom MacKay.

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND LECTURER



Belted Kingfisher, Byron Village, near London, Ont.

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 March 3, 2014, with the deadline for submissions to be Feb. 14, 2014.

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

UPCOMING AWARD DEADLINES

There are many awards that Department of Psychiatry faculty, fellows, residents, and staff are eligible to win each year. The following is a list of awards with upcoming deadlines. If you would like to nominate someone please contact **Ms. Kate Rogers** at Kate.Rogers@cdha.nshealth.ca. The awards committee will work with you to organize nomination materials. For further details and terms of reference for the awards please visit our website (<http://www.medicine.dal.ca/departments/departments-sites/psychiatry/about/awards.html>).

Granting Body: **Royal College of Physicians and Surgeons of Canada**

- Specialist of the Year (February)
- Mentor of the Year (February)
- Program Director of the Year (February)
- Kristin Sivertz Resident Leadership Award (February)

Granting Body: **Dalhousie Medical Alumni Association**

- Alumnus/a of the Year (March)
- Young Alumnus/a of the Year (March)

Granting Body: **Association for Academic Psychiatry**

- AAP Educator Award (April)
- AAP Roberts Award (April)
- AAP Fellowship Award (April)
- AAP Junior Faculty Award (April)

If you have any questions please contact Ms. Kate Rogers at Kate.Rogers@cdha.nshealth.ca or by phone at 473-1677.