

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

An outstanding Nova Scotian

Dr. Stan Kutcher receives Order of Nova Scotia



Dr. Stan Kutcher with Lieutenant Governor J.J. Grant (left) and Premier Stephen MacNeil (right).

It was announced in early-December. **Dr. Stan Kutcher**, Sun Life Financial Chair in Adolescent Mental Health and psychiatrist in the Department of Psychiatry, would receive the Order of Nova Scotia. Dr. Kutcher, along with four other outstanding Nova

Scotians, was named by J.J. Grant, the Lieutenant Governor of Nova Scotia and Chancellor of the Order of Nova Scotia, as a recipient of the Order of Nova Scotia on Dec. 3 at the 13th investiture ceremony at Province House in Halifax. Premier Stephen

MacNeil was on hand to offer his congratulations to all recipients.

The Order of Nova Scotia is the highest honour of the Province of Nova Scotia. It was established in 2001 and encourages excellence by recognizing Nova Scotians

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Message from the Head

Congratulations to **Dr. Stan Kutcher**, on being awarded the Order of Nova Scotia! Dr. Kutcher is a world leader in psychiatric education and his work has had a great impact, with more to come. Kudos also to other members of the department featured in this issue of *Headlines*, who are having an international impact, including: **Dr. David Gardner**, who recently made a number of presentations on psychopharmacology to large Chinese audiences; **Dr. Allan Abbass**, whose research and teaching in intensive short-term dynamic psychotherapy (ISTDP) is being applied in a number of other countries; and **Dr. Rudolf Uher**, whose innovative work is increasingly being noticed and recognized on the international level, including by our local Member of Parliament, Ms. Megan Leslie (please see page 11). Congratulations to **Dr. Sherry Stewart**, who was honoured with a Women of Excellence Award, to **Dr. Marie Claire Bourque**, who received a Laughlin Fellowship from the American College of Psychiatrists, and to **Dr. Herb Orlik**, our department's Outstanding Clinician for 2014.

I would like to welcome to the department **Dr. Andrea Chernin**, who has joined our hospitalist group. We bid farewell to **Dr. Laurie Potter**, who so capably led our educational activities in Saint John, and wish her the best in her new work. **Dr. Kehinde Aladetoyinbo** has taken over Dr. Potter's responsibilities in undergraduate education and **Dr. Apantaku-Olajide**, those in postgraduate education.

We are happy to announce that **Dr. Mutiat Sulyman** is our first Clinical Academic Leader for the psychiatry of



Dr. Nick Delva

intellectual disability. We are also pleased to announce that **Dr. Joanne MacDonald** is our new Medical Humanities Coordinator, and thank **Dr. Lara Hazelton** for her contribution in this role from 2008-2013. The medical writing competition inaugurated in 2010 under Dr. Hazelton's leadership is well established and attracting increasing numbers of submissions, which now come from many medical schools across the country. The winner of the postgraduate part of this year's competition is Dr. Susan McNair from McMaster University, and on page 15 you will see an excerpt from her piece "Sitting at 90 degrees."

We are looking forward to the annual CaRMS interviews, coming up later in January and early February. Please save the date for our 26th W.O. McCormick Academic Day – April 24, topic: Emergency Psychiatry.

In closing, I'd like to thank **Dr. Shabbir Amanullah** for his photograph of the patient bird getting the fish, which is a work of art, as usual!

Order of Nova Scotia *continued from page 1*

for outstanding contributions or achievements. Recipients are selected by recommendations made by the Order of Nova Scotia Advisory Council. This year the five individuals selected were: Mr. Walter Marven Borden, an acclaimed poet, playwright, actor, community leader and social activist; Dr. Richard Ballon Goldbloom, internationally acclaimed paediatrician, leader and visionary; Ms. Wanda Elaine Thomas Bernard, respected educator, scholar and social-work practitioner; Ms. Ruth Holmes Whitehead, worldwide recognized scholar, researcher, author, historian and mentor; and of course, our own Dr. Stan Kutcher. They were chosen from 117 nominations.

“It’s a great honour to have been chosen by the advisory panel to receive the Order of Nova Scotia,” says Dr. Kutcher. “There were five individuals selected this year from different backgrounds ranging from healthcare to the arts. I think this captures the richness and diversity of our province.”

Dr. Kutcher is a renowned expert in his field and has improved mental healthcare in Nova Scotia through the development of various specialty programs, first onset psychosis clinical care, research programs and his knowledge translation work. His accomplishments are numerous but he says first and foremost that he relates to his role as a clinician-teacher, working to try and help young people and their families

with what are some of the most challenging illnesses that exist. In the research realm he has worked to help understand the biology of mental illness and studied treatments to determine what kinds can be more helpful for certain disorders. With education he has contributed not only to the medical and psychiatric education of residents, faculty and other learners, but to the education of young people and their teachers through the classroom mental health literacy and school-based early identification, triage and support training programs that he developed. At the policy and administrative levels he has had the opportunity to contribute to the development of mental health frameworks, programs and services in Nova Scotia, Canada and abroad. “My work with the World Health Organization and in projects in low-income countries has provided a richness of experience and breadth of learning that I hope I have been able to translate into different ways of doing things here at home,” he says.

Also fulfilling for Dr. Kutcher are the opportunities to contribute to the creation of such different and diverse organizations as the International/ Global Health Office and the Brain Repair Center locally and nationally, the Institute of Neuroscience, Mental Health and Addictions (CIHR) and the Canadian Coalition for Global Health Research. The most rewarding for him however? “If I had to choose one thing it would be a combination of being able to help young people and

their families, and the opportunity to mentor young clinicians, educators and researchers who are now going to do things much better than I have been able to do.”

Dr. Kutcher and the other recipients each received a medal in the form of a mayflower, the provincial floral emblem, bearing the shield of arms of Nova Scotia surmounted by the crown.

Besides feeling incredibly honoured to receive the Order of Nova Scotia, Dr. Kutcher recognizes what it means for mental health.

“I think that the Order of Nova Scotia recognition was in large part an acknowledgement of how important the social conversation around youth mental health has become. I am pleased to have had a part in increasing awareness and knowledge about this issue. But, I am only one of many people who have had a role in this. It’s been a journey that many have undertaken together. Much has been accomplished, but there is still so much more to do.”

Dr. Kutcher does not plan on slowing down. He says this honour is simply a way to energize him to do more. “It has been a message that resting on your laurels is not an option. I see this as a call to keep working hard and to keep trying to make more of a difference.”

Research Report

BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

café scientifique

The department hosted a Café Scientifique at the Royal Bank Theatre on the evening of October 23, called "New Approaches in Treatment: Psychotic Disorders and Schizophrenia." The event was moderated by **Dr. Maria Alexiadis** and featured presentations by **Drs. Sabina Abidi, Phil Tibbo, Zenovia Ursuliak** and the Research Day keynote speaker Dr. Darryle Schoepp. Following the presentations there was a lively question-and-answer session among members of the audience and the panel. There were 82 health care professionals,



L-R: Drs. Darryle Schoepp, Phil Tibbo, Sabina Abidi and Zenovia Ursuliak.

students, researchers and members of the public in attendance.

upcoming internal funding opportunities

PSYCHIATRY SUMMER STUDENTSHIP PROGRAM 2015

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 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 discussion and the 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. The deadline for applications is March 2, 2015. Applications can be downloaded from: <http://medicine.dal.ca/departments/departments-sites/psychiatry/research/research-funding/internal-funding-opportunities.html>

Please note:

1. Applicants must be faculty members with a primary or joint appointment in the Department of Psychiatry at Dalhousie University.
2. Students must be in an undergraduate program or be an undergraduate medical student at Dalhousie or another university at the time of application.
3. Only one application will be

considered from each faculty member.

4. The value of the award from the Department is \$4,000 and students will be working a 35 hour week for a full 14 week period and will be paid a minimum of \$10.40/hour (total: \$5096 in salary). Supervisors are required to supplement the amount of the award up to the full salary and fringe benefits for the student using other funding sources.

5. If you hold an NSERC grant, you can also apply for a summer NSERC research award (USRA).

For more information, please contact **Ms. Megan Bellefontaine** at Megan.Bellefontaine@dal.ca.

Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

meet an educator: dr. lukas propper

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Lukas Propper**, associate professor in the Department of Psychiatry. 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

interests: As the Director of Education for the Division of Child and Adolescent Psychiatry (IWK), I have been responsible for undergraduate, postgraduate, and continuing medical education within our division. It is a real pleasure to work with a wonderful, enthusiastic team dedicated to education. Recently, we conducted a review of the PGY-3 core rotation curriculum and are working on the child and adolescent psychiatry subspecialty residency curriculum. I enjoy working closely with both learners and faculty; this year we organized two faculty retreats focusing on a transition to DSM-5 and supervision of learners.

My plans for 2015 are to continue providing education on autism and other neurodevelopmental disorders as well as pharmacotherapy of psychiatric co-morbidities commonly associated with autism. It is so satisfying to teach these topics and to advocate for this very complex yet underserved population through education.

Preferred method of teaching

or curriculum delivery: In clinical supervision, I favour a one-on-one teaching approach, and strive to provide learners with feedback directly after observing their skills. I prefer to gradually increase



Dr. Lukas Propper

learners' responsibilities to improve their confidence and competence in assessing and treating youth. I also provide learners with additional reading materials to ensure their theoretical knowledge and skills are up-to-date. I always encourage them to incorporate recent scientific

findings into their medical practice.

Typical "Day in Your Work Life":

I like starting my work day by having a breakfast with my family whenever I can. This helps me to have a good start to the day and redirect my thoughts from my busy

schedule, at least for a few minutes. Overall, I think that I have a nice balance between my clinical and academic duties and I have been enjoying both very much. My work day usually consists of an interesting mixture of patient care, supervision, administration, and clinical research.

Most satisfying and most frustrating aspects of doing your academic work: Primarily I see myself as a clinician, so the most satisfying part of my work is helping children suffering from

mental health issues and helping learners strengthen their clinical skills in order to better serve these children and families. I have a long-standing interest in developmental psychopathology of children at risk and most of my teaching and clinical research is focused on this topic (in collaboration with **Drs. Martin Alda** and **Rudolph Uher**), as I believe that early detection and intervention are the most beneficial. What is most frustrating is the fact that we have limited resources, as I wish we were able to accommodate more learners.

My education/academic mentor: I have been very fortunate to have several significant education mentors during my training and academic career, but if I had to name one, it would be **Dr. Kathleen Pajer**. She has been a key proponent of my academic growth and I have gained essential clinical and academic administration skills thanks to her thorough guidance and kind support.

Second career choice: It was internal medicine.

undergraduate news

Preparation for the 2015/16 academic year is well underway!

The Class of 2017 Med II rotation selection occurs in February with the rotation schedule for 2015/16 released to those students the end of April.

Tutor recruitment for 2015/16 has begun. In an effort to streamline the process across the Faculty of Medicine, the UGME has significantly modified the approach to recruiting and therefore has changed what we as a department recruit for. You will have received an email from

the education section of available activities. Please email **Ms. Mandy Eslinger** your teaching preferences – the activity listing is available on the website. Spaces are first come, first serve!

postgraduate news

The Department of Psychiatry was involved in the Annual Career Evening for Medical Students in December. Various residents and faculty came out to volunteer and help promote psychiatry as a career. Our booth offered a movie game with prizes, a personality quiz and tasty treats!

It's recruitment time once again! The education section is very busy preparing for 2015 CaRMS, with interview dates on Jan. 24, 30 and Feb. 6, 2015. More than 80 applicants have applied from medical schools across the country, twelve of whom are from Dalhousie.



The Department of Psychiatry booth at Career Evening.

Congratulations to PGY-4 **Dr. Marie Claire Bourque** on being awarded the Laughlin Fellowship. Read

more in the awards section.

continuing education news

SAVE THE DATE! XXVI W. O. MCCORMICK ACADEMIC DAY APRIL 24, 2015

The program has been finalized for the XXVI W.O. McCormick Academic Day, to be held on Friday, April 24, 2015 at the Lord Nelson Hotel Halifax. The theme is "Emergency Psychiatry."

Invited Keynote Speakers:

Dr. Peter Zed, Associate Professor & Associate Dean, Practice Innovation, Faculty of Pharmaceutical Sciences, University of British Columbia. Topic: "When Does an Adverse Drug Event Become an Emergency?"

Dr. Sophie Gosselin, Associate Professor & Director, Clinical Toxicology Consulting Service, McGill University. Topic: "The Toxic Effects of Illicit Drug Use."

Local Speakers:

Dr. Tom MacKay, Assistant Professor, Department of Psychiatry, Dalhousie University, Psychiatry Emergency Service, QEII Health Sciences Centre. Topic: "What is a Psychiatric Emergency."

Dr. Andrew Harris, Associate Professor, Department of Psychiatry, Dalhousie University, Consultation-Liaison Service, QEII Health Sciences Centre. Topic: "Delirium:

Recognizing and Managing the Signs and Symptoms."

Dr. Suzanne Zinck, Assistant Professor, Child and Adolescent Psychiatry Division, Department of Psychiatry, Dalhousie University. Topic: "The Suicidal Adolescent."

Dr. Aileen Brunet, Assistant Professor, Department of Psychiatry, Dalhousie University, Clinical Director, East Coast Forensic Hospital. Topic: "Violence Risk Assessment: A Practical Guide for Mental Health Clinicians."

Patricia Cosgrove, MSW, RSW Family Support Worker Nova Scotia Early Psychosis Program. Topic: "A Dialogue about a Family Member's Experience with Mental Health Emergency Services."

Online registration will once again be provided by eSourceEvent. A notice will be sent out as soon as online registration is available.

RECENT HIGHLIGHTS

University Rounds

On Nov. 19, Dr. Steve Kisely, Professor University of Queensland and Adjunct Professor, Departments of Psychiatry and Community Health and Epidemiology, Dalhousie University, presented on the topic "The Association Between Child Maltreatment and Adult Mental Health

Problems: Evidence from a Large Prospective Cohort. "

On Dec. 17 Dr. Ian Manion, Clinical Professor, School of Psychology, University of Ottawa and Executive Director, Ontario Centre of Excellence for Child and Youth Mental Health, presented on the topic "Top Ten Topics on Child and Youth Mental Health."



Dr. Ian Manion

Announcements

Please note that Dr. Scott Stuart's Two-Day Level A Course on Interpersonal Psychotherapy has been rescheduled to May 14 & 15, 2015. This course will be open to all Department of Psychiatry Faculty and Residents and to all CHAMHP mental health clinicians.

UPCOMING CONTINUING EDUCATION EVENTS

Clinical Academic Rounds

January 7 Child & Adolescent Psychiatry: Dr. Laura Connors & **Dr. Joanne Gusella**
January 21 Clinical Academic Rounds: **Dr. Mary Lynch**
January 28 Clinical Academic Rounds: **Dr. Philip Tibbo**

February 4 Child & Adolescent Psychiatry: **Dr. Suzanne Zinck**
February 11 Clinical Academic Rounds: **Dr. Rudolf Uher**
February 25 Clinical Academic Rounds: **Dr. Rachel Bell**

University Rounds

January 14 University Rounds: Dr. Wade Berrettini
February 18 University Rounds: Dr. Louise Arseneault

Global Psychiatry at Dalhousie

BY MS. SANDRA HENNIGAR, SPECIAL PROJECTS, DALHOUSIE GLOBAL PSYCHIATRY

Trinidad training project

Ms. Keltie Donnellan, master trainer with the Canadian Training Institute, and **Ms. Sandra Hennigar**, special projects with Global Psychiatry at Dalhousie, completed the train-the-trainer program in the Prevention and Management of Aggression and Violence with 12 staff who work in mental health services in Trinidad. The first three days were spent with

the trainers reviewing their progress since they were last seen in early October and supervising a simulated teaching of the training. During the last three days they supervised the trainers teaching the program to two new sets of cohorts. The twelve trainers were divided into two groups; each group further divided into three groups of two and each group of two

delivered a day of training, teaching both the theory and the practical skills training.

The training sessions went well and the new trainers showed significant improvement in their grasp of the material, their teaching methods and their level of confidence. They benefitted not only from their practice teaching, but also from observing their colleagues' delivery of the material. The twelve trainers received their certificates and are now able to begin teaching within their health authorities.

Recognizing that education alone does not change practice, Ms. Hennigar and Ms. Donnellan have been working with the staff of the Mental Health Unit to identify the supports required to sustain the trainers to move forward with teaching within their clinical areas. Some of the trainers appear to have administrative support to offer the training on a consistent basis and



The graduating class of trainers.

have begun making plans to begin training sessions in the New Year. Other areas are less committed to the necessary level of support required to make this project a success. In some instances the trainers have to pay out of pocket for the printed materials that support the training and may be expected to conduct the training on their days off. In support of the trainers moving forward and being successful, Ms. Ashvini Baball from the Mental Health Unit will be asking the Permanent Secretary to the Minister of Health to write a letter

to all CEO's of the Health Regions outlining how they can support the training within their health regions. The Mental Health Unit will become the centralized office for overseeing the delivery of the training. For example, they will collect statistics on the amount of training done and the numbers and classifications of staff receiving the training. This information will be shared with the Ministry of Health on a regular and annual basis and establishes a level of accountability which seems to be a missing piece in many of their

systems. The Mental Health Unit will issue the certificates back to the regional trainers for staff who have been trained. Ms. Baball will liaise with the trainers on a quarterly basis to facilitate sharing and problem solving amongst the trainers.

Ms. Hennigar and Ms. Donnellan will return in June 2015 to conduct a booster session with the trainers and continue to support them and the Mental Health Unit as they move this training forward.

northwest territories update

Drs. Arlene MacDougall and Nick Delva, along with Ms. Hennigar are completing a semi-annual report for partners in Yellowknife, outlining the

accomplishments from the year. The partnership between the Department of Psychiatry and N.W.T. is up for renewal in March 2015. This report

will help frame the discussions with our partners of what the next contract may look like.

Report from the Sun Life Financial Chair in Adolescent Mental Health

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

The Sun Life Financial Chair team has been working on a number of new initiatives and expanding its programs to other parts of Canada and abroad. One of the new projects is the development of a pre-service teacher mental health literacy curriculum resource that will be made available to all Canadian faculties of education for their use. The background work on this project has seen the Chair leading a consortium of faculties of education from three

universities: St. Francis Xavier; University of Western Ontario; and University of British Columbia. This has included involving over 30 other Faculties of Education across Canada as Participant Observers. This group will now move ahead to continue its work with applications to create and distribute the curriculum.

In Nova Scotia, the Chair has continued to partner with SchoolsPlus on the training of "Go-To Educators"

(teachers and other key school personnel who are trained to identify, triage and support young people who may be at high risk for a mental disorder). At this time, over 800 "Go-To Educators" have been trained and are applying their skills in both junior high and secondary schools across the province. In Alberta, this program has been rolled out in a number of school boards in the Calgary region with over 900 teachers trained there. Data collected to date by the

University of Calgary researchers has demonstrated highly significant and very substantial improvements in outcomes of program participants. The New Year will see the beginning of this program and training in the mental health literacy curriculum resource starting in British Columbia and the Yukon with increased applications in Manitoba and Ontario.

Dr. Kutcher also continues his work as co-lead of the Mental Health Section of the national Sandbox Project. Originally established by the

Hon. Dr. Kellie Leitch, the Sandbox Project is dedicated to improving health outcomes for Canadian children, youth and their families. In this role, he is advancing a novel approach to youth mental health clinical care in primary health and community settings. This involves the development and testing of a mobile application and web-based electronic illness self-management and intervention tool linked to health care providers in real-time and supported by clinical care direction resources. All this is also designed

to be able to “sit” on an electronic personal health record to be used to direct, monitor and improve mental health care of young people. Evaluation of this approach will begin early in the New Year in Kingston, Ontario and Dr. Kutcher is hopeful that success in that phase will lead to further developments that can be delivered here in Nova Scotia and simultaneously in other parts of Canada as well.

sun life chair team member recognized



Ms. Faten Alshazly

Ms. Faten Alshazly, public affairs/ knowledge translation advisor to the Sun Life Financial Chair of Adolescent Mental Health, has been named Canada's Top 100 Most Powerful Women, which is a first for Nova Scotia in the Arts and Communications category. Ms. Alshazly's desire to seek out every opportunity to bring together form

and function across all mediums has helped TeenMentalHealth.org make an impact locally, nationally and internationally.

NEWS & ANNOUNCEMENTS

news from the department

DR. DAVID GARDNER PRESENTS IN CHINA

Dr. David Gardner, professor with the Department of Psychiatry and College of Pharmacy, returned to Beijing, China upon invitation of Dr. Liu Jing, vice president and professor at the Peking University Institute of Mental Health, to give the second Seminar for Psychopharmacotherapy and Diagnosis of Mental Disorders in Children and Adolescents. Three years ago Dr. Gardner and **Dr. Stan Kutcher** had provided the first training program for Chinese child and adolescent psychiatrists in clinical psychopharmacology. This year David was joined by Dr. Pang Peng of Stony Brook University Medical Centre, New York, who focused on child and adolescent psychiatric diagnoses. Dr. Gardner was put to task giving nine presentations over the four-day seminar, covering fundamental treatment concepts and the pharmacotherapy of psychosis,



Dr. Gardner (centre) at the opening ceremonies of the 4-day child and adolescent psychopharmacology seminar.

mood disorders, anxiety disorders, ADHD, and disruptive behaviour disorders and recalls, “a real challenge is knowing what they know and what they need to know to make sure that all who attend find it to be worth their while.” Each of Dr. Gardner’s presentations (>550 slides!) were sent in advance and translated into Chinese and each presentation was translated in real time. Dr. Gardner says the translators were amazing. “They were able to

translate some pretty complex pharmacological language and, even more challenging, my attempts at humour. To know what the learners knew and needed to know, I needed the translators to tell me what their responses were to my questions. They were invaluable,” he says. Dr. Liu indicated that the seminar was very well received. Approximately 70 psychiatrists from across China attended the seminar, which ran Oct. 29 to Nov. 1, 2014.

DR. NORMAND CARREY PUBLISHES ESSAY ON CANADIAN MEDICAL JOURNAL BLOG

Dr. Normand Carrey wrote an essay in early November that was accepted by the Canadian Medical Journal Blog. Titled “Sympathy for the Devil: society, psychiatry and terrorism,”

the essay touches on the complex relationship between the three entities and explores the acts of terrorism for which the country has experienced lately. To read Dr. Carrey’s essay

please visit: <http://cmajblogs.com/sympathy-for-the-devil-society-psychiatry-and-terrorism/>.

DRS. ABBASS AND BERNIER PRESENT IN MONTREAL

Drs. Allan Abbass and Denise Bernier recently provided Grand Rounds and consultation to the University of Montreal Department of Psychiatry on the innovative inpatient intensive psychotherapy program. This program, developed here at Dalhousie and Capital Health, has been found to provide significant symptom reduction. There has been a great deal of international interest in novel applications of the form of brief psychotherapy used at the Centre for Emotions and Health with numerous consultations in Canada and abroad over the past 10 years. Most recently



Drs Allan Abbass and Denise Bernier (centre) meet with faculty from the University of Montreal.

these consultations have resulted in New Program Funding in Australia, Norway, Italy and the UK.

DR. DAVID GARDNER AND TEAM LAUNCH SLEEPWELL NOVA SCOTIA

Dr. David Gardner and his team have recently launched Sleepwell NS, a new program that aims to help people battle insomnia without relying on sleeping pills. Phase one of the project is about helping people to not start using sleeping pills. While there are some materials to help motivate people to stop, withdrawing sedative-hypnotics will be the focus of phase two. The Sleepwell program

makes it easier to access pre-existing effective treatments for insomnia without the need for sleeping pills. The website acts as a portal to vetted resources. The clear focus is on cognitive-behaviour therapy for insomnia (CBTi). A patient prescribed “Sleepwellns.ca” is therefore getting a prescription that recommends they visit a website which in turn links them to resources that provide the

tools for treating insomnia - CBTi workbooks, CBTi online programs, and CBTi-based apps. The Sleepwell website aims to educate the user so that they can make an informed decision about how to treat their insomnia and which CBTi resource best suits their interests. For more information on the program please visit sleepwellns.ca.

FORBOW ENDORSED BY MP

The work of **Dr. Rudolf Uher** and his team has been acknowledged by MP Megan Leslie. Dr. Uher received a letter from Ms. Leslie in late October praising his ‘groundbreaking mental health study.’ The Families Overcoming Risks and Building Opportunities for Well-Being (FORBOW) study focuses on severe mental illness – psychosis, bipolar disorder and severe types

of major depression. Because it is a preventive study, Dr. Uher and his team work with a population who is at high risk of developing mental illness: young people who have a combination of family history (a parent with severe mental illness) and other antecedents or milder sorts of problems such as anxiety, cognitive delays, or psychotic-like experiences in childhood. They are focused on

improving the lives of young people. Ms. Leslie commented on the lack of attention mental health receives from our health care system and said, “With the stigma surrounding mental health and the number of Canadians affected by mental illness, it is encouraging to know about studies like yours.”

DEPARTMENT MEMBERS CELEBRATE AT ANNUAL HOLIDAY PARTY

Members of the department gathered together at the Prince George on December 5 to celebrate the holiday season. The venue was lovely, the food delicious and the entertainment, a cut above. Though as in past years the guests enjoyed music provided by the band Merimac, this year the residents and faculty hit the stage for some live skits as well. The resident group portrayed various faculty members, while the faculty portrayed the residents. Everyone did an excellent job and the audience clearly enjoyed it, erupting laughter countless times. We were successful in raising over \$500 for Bryony House through raffle tickets sales at the event and a total of \$692, along



Faculty perform skits during the holiday party.

with several boxes of goodies, was delivered to Bryony House just in time for the holidays. Thank you all for your generous donations both at the party and throughout December. A

special thank you also goes to the party planning committee: **Ms. Amanda Iadipaolo, Ms. Megan Bellefontaine, Ms. Amy MacKay and Ms. Kate Rogers.**

staff and faculty changes

Dr. Andrea Chernin has joined the department as a lecturer and hospitalist, effective Dec. 1, 2014. Dr. Chernin obtained her MD from Dalhousie University in 1991. In recent years she has been working as a family physician in Truro and Kentville. Dr. Chernin is based at the East Coast Forensic Hospital. She can be reached at andrea.chernin@cdha.nshealth.ca tel 902-460-7329; fax 902-460-7337.

Dr. Laurie Potter has left the department, effective November 24. Dr. Potter's inpatient duties will be covered by **Dr. Kehinde Aladetoyinbo, Dr. Okechukwu**

Anyaeqbuna and Dr. Alan Fostey until further notice. Dr. Potter's duties as director of Postgraduate Psychiatry Education have been accepted by Dr. Apantaku-Olajide and those as director of Undergraduate Psychiatry Education by Dr. Aladetoyinbo. Her position as Medical Director for the Psychiatry Inpatient unit has already been assumed by Dr. Anyaeqbuna. Her resignation is a great loss to the Department of Psychiatry and to Dalhousie Medicine New Brunswick. We wish her well in her future career.

Dr. Mutiat Sulyman has been appointed the Clinical Academic

Leader for the Intellectual Disabilities Team. Dr. Sulyman obtained her MBBS from Usmanu Danfodio University, Sokoto, Nigeria and trained in Psychiatry in the Royal College of Surgeons Psychiatric Rotational Training Scheme Programme at St. Ita's Hospital, Republic of Ireland. Dr. Sulyman joined the faculty of the Dalhousie Department of Psychiatry in 2012 as a specialist in the care of patients with intellectual disabilities, and is well-prepared to take on the new role of Clinical Academic Leader, Intellectual Disabilities.

awards & honours

DRS. PROPPER AND MOSHER ANNOUNCE SUCCESSFUL EXAM RESULTS

Congratulations to **Dr. Lukas Propper** who has successfully completed the Child & Adolescent Psychiatry subspecialty exam.

Congratulations also to **Dr. Pamela Mosher** who passed the American Board of Psychiatry and Neurology board exam in child and adolescent

psychiatry. Dr. Mosher is now a Diplomate of the organization.

DR. SHERRY STEWART AWARDED WOMEN OF EXCELLENCE AWARD

Congratulations to **Dr. Sherry Stewart** who was awarded a Progress Club Women of Excellence Award for 2014. Dr. Stewart was chosen as a recipient in the Education and Research Category. The Progress Women of Excellence Awards Gala takes place each November. Hosted by the Canadian Progress Club Halifax Cornwallis, this annual fundraiser hosted in support of Phoenix honours 19 inspirational women who play an important role in our community.



Dr. Sherry Stewart in her gambling lab.

DR. MARIE CLAIRE BOURQUE SELECTED FOR 2015 LAUGHLIN FELLOWSHIP

Congratulations are in order for **Dr. Marie Claire Bourque**, PGY-4, who has been selected as a recipient of the 2015 Laughlin Fellowship of the American College of Psychiatrists. This is a very prestigious award given to a select number of residents from the United States and Canada

deemed likely to make a significant contribution to the field of psychiatry. As part of the award, Dr. Bourque has been invited to attend the annual meeting of the ACP in Huntington Beach, CA in February, 2015.

Congratulations again to Marie

Claire, who will be an excellent representative of the Department of Psychiatry at this upcoming event. Thanks also to Dr. Pamela Mosher from Child & Adolescent Psychiatry, who provided significant assistance in facilitating the application for this award.

DR. HERB ORLIK NAMED OUTSTANDING CLINICIAN FOR 2014

Congratulations to **Dr. Herb Orlik** who was awarded the 2014 Department of Psychiatry Outstanding Clinician Award. Dr. Orlik has been a dedicated child and adolescent psychiatrist for more than 40 years. His commitment to his patients and their families is unwavering, as is his dedication to clinical service. He currently serves as the clinical leader for the Autism/PDD specific care clinic and recently served as a psychiatrist with the Eating Disorders Team.

Dr. Orlik continuously receives positive feedback from residents on-call and is an exceptional role model to learners and is a sought-after mentor among faculty. He has exhibited very strong leadership and served as the Chief of Psychiatry and the Head of the Division of Child and Adolescent Psychiatry from 2001 to 2011. He is heavily involved in education, particularly at the undergraduate level and has served on many national education committees.



Dr. Nick Delva presents Dr. Herb Orlik with the 2014 Outstanding Clinician Award at the November department meeting.

Known for his dedication to patient care, Dr. Orlik is a passionate advocate for patients and their families. He was a pioneer in the development and implementation of telepsychiatry, particularly at the IWK. His work in this field has helped children and families in rural areas receive care that they otherwise

would not have received.

Dr. Orlik is a most deserving recipient of the Outstanding Clinician Award. We are lucky to have him as a member of the Department of Psychiatry. Congratulations Dr. Orlik!

Humanities Corner

new humanities coordinator

The department has been without a humanities coordinator for several months after **Dr. Lara Hazelton** stepped down to pursue other endeavours. We are pleased to announce that **Dr. Joanne MacDonald** will assume this role as on Jan. 1, 2015. The Department of

Psychiatry humanities coordinator is the liaison to Dalhousie University's internationally-recognized Medical Humanities Program. Dr. MacDonald will advocate for the humanities within the department, ensure distribution of news and information regarding events of the Medical Humanities

Program, arrange preceptors for elective students, and collaborate with partners at the medical school and in the community. Thank to Dr. MacDonald for taking on this responsibility. We know she will be a great asset to the area of medical humanities.

student writing contest

The Dalhousie Department of Psychiatry is pleased to announce the results of the 2014 Student Writing Contest. In the Resident Category, the winner is Susan McNair, from McMaster University. In the Medical Student Category, the winner is Benjamin Huang, a student at the University of British

Columbia. There were many excellent entries in this year's competition, and the Department of Psychiatry would like to congratulate all the contestants on their creative efforts. In this issue of Headlines, we feature an excerpt from Susan McNair's winning submission, *Sitting at 90 Degrees*. An excerpt from Benjamin

Huang's submission will be included in the next issue of Headlines. To read Susan's entire entry please visit <http://medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writing-competition.html>.

SITTING AT 90 DEGREES

I am sitting at a 90 degree angle to my patient's mother, who is tiny, fearful, and seems swallowed by her purple sweater and the fluorescent lights. She is looking at me tearfully and speaking in a soft, careful manner. That she loves her son and is beside herself with concern for him is obvious. It is also clear that she is exhausted and worn thin by competing demands. She explains quietly that she is a college student in finals and also employed. She elides what she thinks might not interest me. "His stepfather and I have a rocky relationship. They don't always get along either." Is that important for you

to know, her gaze seems to ask me.

I am impressed for a moment that she has chosen such a concise and self-contained way to refer to a situation that, one assumes, dominates much of her life. She has alluded to it now, and the next move is mine. I can pursue it, or, if I deem it not relevant, I can leave it while sparing her the pain of being cut off or dismissed while sharing herself. I respect her brilliance in this matter, however unintentional it may be.

I do not pursue it right away. Other things I need to know, emergent things, befitting the psychiatric

emergency department. What happened today; how long; ever before? Drug use (yes); family history (not really). We are sitting at 90 degrees to each other, can make eye contact if we choose, or break it easily without seeming rude. She looks down often. Her hands disappear into her purple sleeves, and the sleeves wipe her eyes. She seems to be getting even smaller. I am sad for her. Perhaps that is why, at midnight-thirty with a full board of patients, I ask my patient's mother: "Earlier you alluded to a rocky relationship at home. Could you tell me more?"

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND
LECTURER



The patient bird gets the fish.

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 2, 2015, with the deadline for submissions to be Feb. 13, 2015.

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: **Dalhousie Faculty of Medicine**

- Faculty of Medicine Program Directors Award (Feb. 28)

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

- Specialist of the Year (March 1)
- Mentor of the Year (March 1)

Granting Body: **Dalhousie Global Health Office**

- Dr. John Savage Memorial Award for Faculty (March 2)
- Dr. TJ Jock Murray Resident Award (March 2)

Granting Body: **The Association of Directors of Medical Student Education in Psychiatry**

- ADMSEP Devneil Vaidya Junior Faculty Teaching Award (March 1)

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