

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

Outstanding members of the department awarded

Department recognizes past and present faculty members for excellence in clinical care, education and research



(L-R) Drs. David Lovas, Alec Hipwell and Donna Davis with their awards.

The Department of Psychiatry at Dalhousie University is home to exceptional educators, researchers and clinicians. We believe the achievements of our faculty should

be celebrated. In late November we did just that, awarding three members of the department for their outstanding contributions. **Dr. Donna Davis** was recognized with

not only the Outstanding Clinician Award, but also with the inaugural Dr. Larry Buffett Outstanding Teacher Award. **Dr. Alec Hipwell**, a recently retired, longstanding member of

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Message from the Head

I hope and trust that you and your families had a happy and peaceful festive season, and that you return refreshed and ready for the challenges and opportunities the coming year will offer.

I am happy to say that since the last communication there has been very little turnover of faculty. In fact the only announcement to make is the arrival of **Dr. Amr Aty**, who will be joining the CMH team at Bayers Rd. Dr. Aty has been working in the Northern Zone and has been an active participant in the Health Services Planning work for Mental Health and Addictions in Nova Scotia. A profile will be included in the next edition which will detail the extensive clinical and administrative experience he brings to his work.

It was a profound pleasure to see the recipients of recent honours featured in this edition. **Dr. Alec Hipwell** is technically senior to me, but we are virtually contemporary in terms of tenure in the Department of Psychiatry. Alec has always been held in the highest esteem for his clinical care of patients, his fostering of teaching and his clear-eyed vision of service delivery. I've enjoyed our many lively discussions over the years, which have been helpful in understanding how our systems have developed and the flaws we still need to work hard to address. A lifetime achievement award is richly and fully earned. Congratulations Alec.

And **Dr. Donna Davis**, who most will not recall, was chief resident in the mid-nineties when I was residency program director. I appreciated Dr. Davis' qualities then, and they are the same ones being recognized in the two awards she received in November. Dr.



Dr. Michael Teehan

Davis is steadfast in all she does, utterly committed to the care of her patients, as her team have attested, and a gifted teacher who seeks constantly to harness her creative abilities in the service of improved teaching methods.

Lastly, but of course not least, we recognize **Dr. David Lovas**, whose passion for delivering education is evident through his continuous work on program delivery for undergraduate and postgraduate trainees, as well as for faculty. He has shown dedication to his work, and enthusiasm in leadership. He is always willing to go above and beyond, a quality admired by his peers and trainees alike.

And we also feature **Carolyn Sisley**, senior administrator. You will read about the complex and diverse areas of work Carolyn does on our behalf. As former chair of the Finance Committee, and now department head, I must tell you that this work is invaluable. There is always history of course, and in the early years the challenges were different. Together with **Dr. Stokes**, Carolyn's disciplined and principled work on departmental finances brought stability, and eventually a strong position for the department in turbulent times. Her work behind the scenes in helping to create our current practice plan, laying the groundwork for the

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seasoned leaders *continued from page 1*

the department was honoured with the Outstanding Clinician Lifetime Achievement Award, and **Dr. David Lovas** was presented with the 2016 Educator of the Year Award. They were all presented with certificates in front of their peers during the bi-annual department meeting.

Dr. Donna Davis

It speaks volumes that Dr. Donna Davis, who has been with the department since 2005, was nominated by her peers for both the Outstanding Clinician Award and the Outstanding Teacher Award. The Outstanding Clinician Award is bestowed upon a faculty member who has made outstanding contributions to the department's mandate by providing excellence in clinical care. A current fixture on the 7 Lane inpatient unit, Dr. Davis is described as a 'stalwart psychiatric presence, who has weathered with equanimity a lot of change on the units and remains a consistent clinician, with an emphasis on looking after her patients at a high level.' Her colleagues know her to be an incredibly humane clinician who cares deeply for her patients and their families. Dr. Davis, simply put, goes above and beyond. One colleague described her as remarkable, stating "I have always noticed that she has a depth of caring and empathy, which is very different from other colleagues. I have seen her go-to-bat for 7-Lane staff in a way that most people would not even consider for their own family or friends. Similarly, she cares about patients, and relates to them, with a level of warmth and benevolence that medical schools attempt to teach, but can really only be found in those who genuinely possess the gift."

Beyond her brilliance as a clinician, Dr. Davis excels as a teacher. The Dr. Larry Buffet Outstanding Teacher Award is given to a faculty member who has demonstrated outstanding performance in their role as a teacher and supervisor to learners in the department. Dr. Davis makes a point to provide a consistent, warm and educational environment for her colleagues. She is actively sought out for teaching by residents and provides leadership around teaching for core rotations. One former resident described her as "a fantastic role model and mentor who never fails to be available for guidance and advice." Ever modest, Dr. Davis says she felt both recognized and surprised when she learned she had won not one, but two departmental awards.

"Truly the reward for me as a teacher is in what the student learns, and as a physician in how the patient heals. Appreciation from my colleagues for doing both things very well is simply awesome." Congratulations Dr. Davis, well deserved.

Dr. Alec Hipwell

Dr. Alec Hipwell retired from the Department of Psychiatry in 2015, after 31 years of dedicated service. He began working for the department in 1984 after graduating from the residency program. Over the years he has held various leadership positions in clinical work, administration and education, while also working full time as a psychiatrist. He also believed strongly in the importance of continuing education. In addition to didactic and practical teaching of medical trainees in various levels of

training, he served as the director of the residency program at the Nova Scotia Hospital from 1987-1989 and as a co-chair of Clinical Conferences at the Nova Scotia Hospital. He became instrumental in developing team-based outpatient mental health services in Nova Scotia and was one of the first psychiatrists to promote shared care mental health services with family physicians practicing in rural settings. He advocated for improved access through enhancing outpatient care in the Nova Scotia Hospital catchment areas. He understood the importance of well functioning multidisciplinary teams in community mental health care and became a leader and role model for many generations of trainees, psychiatrists and other mental health clinicians. Dr. Hipwell left a permanent impression on his former colleagues at the Cole Harbour Community Mental Health Team. "The high standards he set for patient care, collaboration with all care providers and patients, respectful, trusting and positive working environment has left a lasting impact," says **Dr. Kulli Poder**, the clinical academic leader for the service. "Dr. Hipwell has left a legacy as an outstanding clinician in the province of Nova Scotia." Dr. Alec Hipwell is the first recipient of the Outstanding Clinician Award for Lifetime Achievement in Clinical Care. "I very much appreciate receiving the Outstanding Clinician Award," he says. "It was a surprise and a pleasure. My life's professional work was dedicated to clinical care. Thanks very much to my colleagues and the Department of Psychiatry for this recognition." Congratulations Dr. Hipwell.

Dr. David Lovas

Dr. David Lovas has served as an exceptional role model for education and professionalism in the Division of Child and Adolescent Psychiatry. Since joining the department in 2012, he has been a primary and co-supervisor to a large number of learners. His commitment to education is evident at all levels by his striving to continuously improve the emergency department experience for both students and faculty, as well as his enthusiasm toward taking a leadership role among faculty. "He provides exceptional formal teaching sessions that serve to help our residents transition into the IWK emergency services with ease," says **Dr. Alexa**

Bagnell, head and chief of child and adolescent psychiatry. "He is always willing to put in the extra effort to ensure an incomparable resident experience within the emergency service."

Dr. Lovas has worked to develop both postgraduate and undergraduate curriculum, most notably the neuroscience seminar for the residents. He is continuously working to develop a comprehensive rotation for medical student rotations in the IWK emergency mental health and addictions services. He is also dedicated to faculty development and has presented at various workshops and conferences, as well as yearly at rounds.

Dr. Lovas has demonstrated an

ongoing commitment to developing policies, protocols, and guidelines related to education. In his role as Child and Adolescent Subspecialty Program Director he has been working on the redevelopment of the program curriculum and implementation of new software learning systems and "has met every obstacle with enthusiasm and positivity."

Dr. Lovas is most deserving of the Educator of the Year Award, though he says "Receiving this award was a real surprise and an honour. I love teaching and developing curriculum in this department and it was wonderful to get the feedback from my peers that the work is appreciated." Congratulations Dr. Lovas.

Research Report

BY **ANNETTE COSSAR**, ADMINISTRATOR, EDUCATION & RESEARCH

department of psychiatry summer studentship program

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 over the summer. Although this program 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 running experiments and analyzing data.

Up to five studentships will be awarded:

Department of Psychiatry (DoP) Summer Studentship (4)

The total value of the award is \$4,000. Supervisors are required to supplement the amount of the award up to the full salary and fringe benefits for the student. Applicants must have an existing research account to which the student can be hired, and from which the student can be paid.

Nova Scotia Psychosis Research Unit (NSPRU) Summer Studentship in Psychosis (1)

Students awarded the NSPRU studentship will be fully funded through the NSPRU. If a supervisor is a member of the NSPRU and the project involves research in psychosis, the student can be considered for the NSPRU Summer Studentship. Students who are not awarded a studentship through the NSPRU will still be considered for the DoP Summer Studentship Program.

Deadline for submission is Wednesday, March 1, 2017. Please contact **Jen Brown** at jen.brown@nshealth.ca for more information.

message from the head *continued from page 2*

two agreements with government and in developing and adapting management systems, positions our department very strongly, as we deal with external partners. Her organizational and leadership capabilities, her ability to explain complex financial issues in plain terms, and her straightforward

style contribute enormously to our department. On behalf of all of us, a big thank you for your sterling service.

Mark your calendars for three events in the next few months, in addition to Academic Day. Please note the Fear Family conference highlighted in this bulletin. Also the Child and

Adolescent Atlantic Provinces Meeting taking place May 26-28 at White Point Beach Resort. Finally the Atlantic Provinces Psychiatric Association Annual Meeting will be held June 8-10 at the Atlantica Oak Island Resort. I would strongly urge you to consider attending one or all of these worthy events.

Education Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

meet an educator: dr. donna davis

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Donna Davis**, assistant 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@nshealth.ca.

My current education/teaching

interests: I'm involved in clinical teaching at the bedside for learners from high school via the "shadow a preceptor" program, to all levels of medical students from Dalhousie University, across Canada, and other countries. Dalhousie University psychiatry residents in their first two years of training make up the bulk of my teaching effort. In recent years I have also had the pleasure of welcoming fifth year residents to the unit. What a joy it is to work alongside these seasoned learners who are about to venture off beyond the training program. It gives me such satisfaction working once again with residents whom I worked with early in their training only to observe them demonstrate their honed skills at this advanced level.

My preferred method of teaching or curriculum delivery: By the

nature of inpatient acute care, clinical bedside teaching is my preference. I am also a visual learner, so show and tell and hands on demonstration of techniques is where I am most comfortable. There are so many opportunities for expanded learning in the visual realm. My hope is to some day have time to further develop several ideas that I enthusiastically brought with me to the job, but had to park for some time given the clinical demands of the past number of years in the inpatient setting.

A typical "Day in my work

life": I am invigorated the moment the guard says hello as he buzzes me onto the unit every day. The teamwork starts with bullet rounds setting the pace for the day. I read the system email



Dr. Donna Davis

noting the pressures for the inpatient beds, which also sets a tone for the team. Other than that, I do not have a

typical day. That is what I love about inpatient acute care. Teamwork is our goal and the patient is our guide.

Prioritizing tasks and assessments with the team continues throughout the day. Orders, legal paperwork, progress notes, side bar conversations on patient or unit issues keep the day rolling. A continuous sharing of information and more importantly, energetic demonstration of clinical proficiency for the learners, happens as we are on the move. I choose to take time with every patient under my care daily whether it is an important assessment, or eye contact and brief chat as they are sitting in the dayroom. It is important that they know I am walking with them and mindful of their treatment progress. I lead by example and emphasize to the learners the message that one must truly appreciate every patient as a valuable human being. We must listen to what they are saying or doing beyond the depths of their illness regardless of system constraints and beyond just having the basic skill set to treat their illness. If you truly consider the patient first and spend time connecting with them to ease their discomfort or to strengthen their will to heal as part of your treatment plan, then you have a gift that makes a good psychiatrist great. That is what we should expect of ourselves as psychiatrists—that is what our patients deserve in their psychiatrist. But I digress! Even when it seems there is a flow to the day, an acute event grabs the attention of the

unit and the team reacts—together. Around lunchtime, I insist the learners take even a brief nutrition break and learn good habits early. I catch up on documentation and phone calls as I munch on one thing in my day that is predictable and constant - a tuna sandwich and a cuppa black tea. Then there is a check in with the nurses around ongoing assessments and pending orders, new admissions, patient pass levels, transfer and discharge planning and the like as well as a quick touch-base with the social workers, and the charge nurse. Patient interviews, family meetings, impromptu meetings with colleagues, staff, and learners on patient issues round out the afternoon. I make sure to show an act of kindness at least twice a day to others at random and make a call to the bed manager to throw my comments in the ring on patient flow issues. After hours, throw in reference and letter writing, evaluations of learners, answering emails, the endless searching on HPF, and attending a meeting of a variety of committees I am serving on. As the day comes to an end I thank my staff, change into my sneakers, and I walk off any residual of the day, come rain or shine.

The most satisfying and frustrating aspects of doing academic work:

Frustrations with the academic aspects of the job are few. There is never enough time to teach as much as one would like, of course. On the positive side, I believe that the duty of the advanced educator is to whittle the sharp rigid edges of textbook

knowledge such that the sculpted art of the individual learner is revealed. I am energized by learners who are open to exploring their potential. It is a humbling gift to work with such intelligent and expansive minds, and of course I am still learning, as I should be.

My education/academic mentor: I have many mentors. They know who they are as I have told each of them how important their influence has been on my growth and development along the way just, as my father has taught me. Most of you will not know this, but I come from a long line of educators. My grandfather led me to psychiatry, but my father is my mentor and hero. It is his teachings and his example that have guided much of my life. He always told me to walk through pouring rain as if it were a sunny day—so many rich layers in one little line on a style of engaging one's life and the people in it. His delivery was always kind, visual, and enthusiastic. To this day, he passes along innumerable practical life stories with learning points imbedded, and most importantly disguises the lessons in fun. Wow, what an educator he continues to be!

My second career choice:

Interestingly, my psychological profile pegged me for an architect or a surgeon. I was determined to be an actor, specifically a daytime TV soap star, or stage diva. But I love what I do, where I do it, and every day I do it--and everyone who knows me has heard me say just that.

undergraduate news

It's time to start preparing for 2017/18! In the coming months, the Med 2s will soon rank their clerkship rotation choices and the schedule will be created for release in April, for a September start. As well, the annual UGME teaching recruitment drive will kick-off.

Mandy Eslinger will be reaching out to faculty to recruit for the various undergraduate teaching opportunities

available. We encourage faculty to make their choices early, to avoid disappointment.

UGME Accreditation 2017 – The medical school is preparing for the accreditation review by the Committee on Accreditation of Canadian Medical Schools (CACMS) and the Liaison Committee on Medical Education (LCME)—the

accrediting bodies of North American medical schools. The review takes place in February 2017. For further information, please see the UGME's accreditation website: <https://medicine.dal.ca/departments/core-units/undergraduate/about/accreditation.html>

postgraduate news

It is anticipated that January 2017 will be a very busy month for our postgraduate education team. We have had an unprecedented number of CaRMS applicants, with 117 students applying to our program. Of those, 14 are from Dalhousie, which is a record number from our institution. It is unclear if the increasing interest is coincidence

or an actual trend, but we are very excited by this, and look forward to meeting our future residents in the coming months. As a result of this increased interest, we have had to add an extra interview day to accommodate as many interviewees as possible. The CaRMS interview dates are Saturday, Jan. 14, Friday, Jan. 20, Monday, Jan. 23, and

Thursday, Feb. 2. All faculty and resident interviewers have been confirmed for the first three dates, and Tracy Fraser is in the process of organizing the final interview date. Thanks to all participants in advance for giving of their time to this most important event. The results of the match will be available in early March.

continuing education news

SAVE THE DATE! XXVLLL W.O. MCCORMICK ACADEMIC DAY: FRIDAY, MAY 5, 2017

The XXVIII W.O. McCormick Academic Day, "Diversity in Mental Health" will be held on Friday, May 5, 2017 at the Marriott Harbourfront Hotel, Halifax N.S. The conference program has now been finalized and in keeping with the theme, experts from a range of disciplines including psychiatry, family medicine, pharmacy and nursing will present on the following topics:

Morning Session:

Dr. Laurence Kirmayer, keynote speaker: "Transcultural psychiatry"

Dr. Ingrid Waldron: "Troubled Waters: the impact of environmental racism in African Nova Scotian communities"

Dr. Carolyn Thomson: "Resilience"

Afternoon Session:

Dr. Gail Knudson, keynote speaker: "Transgender mental health"

Dr. Amy Bombay: "Indigenous mental health"

Dr. David Gardner: "The impact of differences in age, gender & physical health on the use of psychotropic medications in clinical practice"

Online registration will be provided by eSource Event and will be available at the beginning of March. There will be no onsite registration. Watch for further details in February. As this will likely be another sold out event, register early to avoid disappointment!

RECENT HIGHLIGHTS

9th Psychiatry Debate

Moderated by **Dr. Michael Teehan**, the 9th Psychiatry Debate, "It is the Duty of the Mental Health System to Prevent Suicide," was held on Nov. 23, 2016. Many thanks to our debaters, **Drs. Dan Toguri** and **Kathleen Singh** (residents) and **Drs. Nicole Herschenhous** and **Joseph Sadek** (faculty), for an excellent, interactive and stimulating debate on a very controversial and important topic.



The 9th Psychiatry Debate. Top (L-R): Drs. Nicole Herschenhous and Kathleen Singh. Bottom (L-R): Drs. Joseph Sadek and Daniel Toguri.

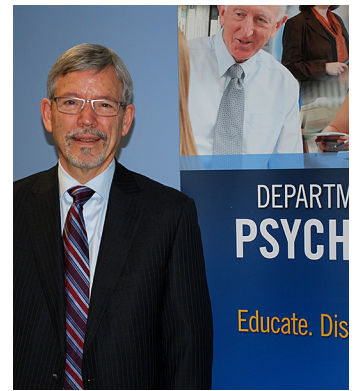
University Rounds

November 16 - Dr. Rakesh Jetly, OMM, CD, MD, FRCPC, senior psychiatrist Canadian Armed Forces, presented on the topic "100 Years Since the Great War: What has the Canadian Military Learned about PTSD."



Dr. Rakesh Jetly

December 14 – Dr. Craig Campbell, MD, FRCPC, director, continuing professional development RCPSC, presented on the topic "Using Data and Feedback to Improve: What are the Options? What are the Risks?"



Dr. Craig Campbell

UPCOMING CONTINUING EDUCATION EVENTS

CPD/Faculty Development Workshop

January 6 "Updates to the RCPSC MOC program & the RCPSC "Competence by Design" initiative: What you need to know!" Facilitator: **Dr. Heather Milliken**

Earn 4 Section 2 MOC credits. Registration is open until January 3 & space is limited.

Find more details on the department website: <https://medicine.dal.ca/departments/departments-sites/psychiatry/news-publications.html>

University Rounds

January 18 Dr. Gary Remington, University of Toronto. Topic: "Current approaches to the assessment and management of treatment resistant schizophrenia"

February 19 Dr. David Robinson, Bluewater Health. Topic: "Diabetes and mental health"

Clinical Academic Rounds

January 11 **Drs. Jason Morrison & David Pilon**. Topic: "Who are these people and what do they do anyway?!!" Your senior leadership team in the Central Zone MH&A Program"

January 25 **Dr. Barbara Pavlova**. Topic: "Anxiety disorders in people with bipolar disorder"

February 8 Acute Care Services. Topic: TBD

February 22 Mood Disorders Program. Topic: TBD

Child & Adolescent Psychiatry Clinical Academic Rounds

January 4 **Dr. Anett Bessenyei**. Topic: "Can we diagnose personality disorders in adolescence? Should we?"

February 1 **Dr. Patrick McGrath**. Topic: "Strongest Families Project"

March 1 **Dr. Anita Hickey**. Topic: TBD

REMINDERS

Archived videos of all of the presentations at the XXVI and XXVII W.O. McCormick Academic Day conference are posted on the Department of Psychiatry website www.psych.dal.ca.

As well, with the consent of the presenters, PDF copies of the 2016-2017 University Rounds, Clinical Academic Rounds and Child and Adolescent Psychiatry Rounds slides are posted at www.psych.dal.ca.

Child and Adolescent Psychiatry

BY MICHELLE LEBLANC, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

IWK NOVEMBER 2016 FACULTY RETREAT

On Nov.18, 2016, the Division of Child and Adolescent Psychiatry bi-annual faculty retreat took place in the MacDonald Building on Dalhousie's Studley Campus. The faculty retreat was well attended by 17 faculty members from across the province. It focused on both educational and clinical topics, with two riveting presentations:

'Teaching on Track and on Time' presented by Dr. Lisa Bonang, director of Community Faculty Development, Dalhousie CPD, and 'Withdrawal Management & Cannabis Use Disorders,' presented by our own **Dr. Selene Etches**. Both presentations were extremely well received, generating lively discussion and being described as "helpful, comprehensive, and [...] extremely relevant to current practice."

SUN LIFE FINANCIAL CHAIR STAFFING ANNOUNCEMENTS

The department would like to extend a warm welcome to **Kate Park**, who is working as an administrative assistant to the Sun Life Financial Chair (SLFC). Kate started on November 21 and will be responsible for organizing the chair's schedule and travel arrangements, as well as administrative duties for the SLFC team. Kate can be reached by email at Kate.Park@iwk.nshealth.ca or by phone at 902-470-7854.

In addition, we would also like to extend our sincerest congratulations to Amy MacKay, who has accepted the position of project coordinator with the Sun Life Financial Chair. Amy can still be reached by email at Amy.MacKay@iwk.nshealth.ca or by phone at 902-470-6598.

RESEARCH ARTICLE HIGHLIGHT

Dr. Lukas Propper was invited as a guest editor to lead a special issue on pharmacotherapy of autism, and



Dr. Selene Etches speaks during the November faculty retreat.

Drs. Propper, **Herb Orlik** and Nadine Halawa published a comprehensive review article on 'Metabolic Side Effects of Antipsychotic Medications in Children and Adolescents with Autism Spectrum Disorder (ASD)' in the Child & Adolescent Psychopharmacology News.

EDUCATION UPDATE

Welcome to Our New Subspecialty Residents

The Division of Child and Adolescent Psychiatry is extremely excited to announce that we have accepted three new subspecialty learners in the coming years. Dr. Gaëlle Bélanger (McGill University) will be joining us for her PGY6 year in July 2017. Dalhousie University residents, **Drs. Sarah Fancy** and **Celia Robichaud**

will be joining us in 2018 to complete their subspecialty education. We would like to extend a warm welcome to these three residents!

THANK YOU TO OUR DEPARTING PGY3 GROUP

We would like to extend a huge thank you to our departing PGY3 residents: **Drs. Josh Green, Kerry Murray, Abraham Nunes, and Josh Smalley.** You have all been a pleasure to have on our service, and we truly enjoyed working with each of you.

COMMUNITY INVOLVEMENT

Members of the child and adolescent psychiatry faculty continue to be heavily involved in community outreach work. On November 25, **Dr. Sabina Abidi** presented on

Psychosis in Schools: when things seem unreal at CEC High School in Truro. This event was well attended by approximately 100 high school teachers, and evoked a lively discussion and questions.

In addition, **Drs. Alexa Bagnell** and **Stan Kutcher** were featured in a Global TV News article 'Tortured Mind: What happens when mental health education isn't taught to kids.' The article focuses on the importance of mental health literacy in young people and can be found: <http://globalnews.ca/news/3047442/tortured-mind-what-happens-when-mental-health-education-isnt-taught-to-kids/>

Report from the Sun Life Financial Chair in Adolescent Mental Health

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

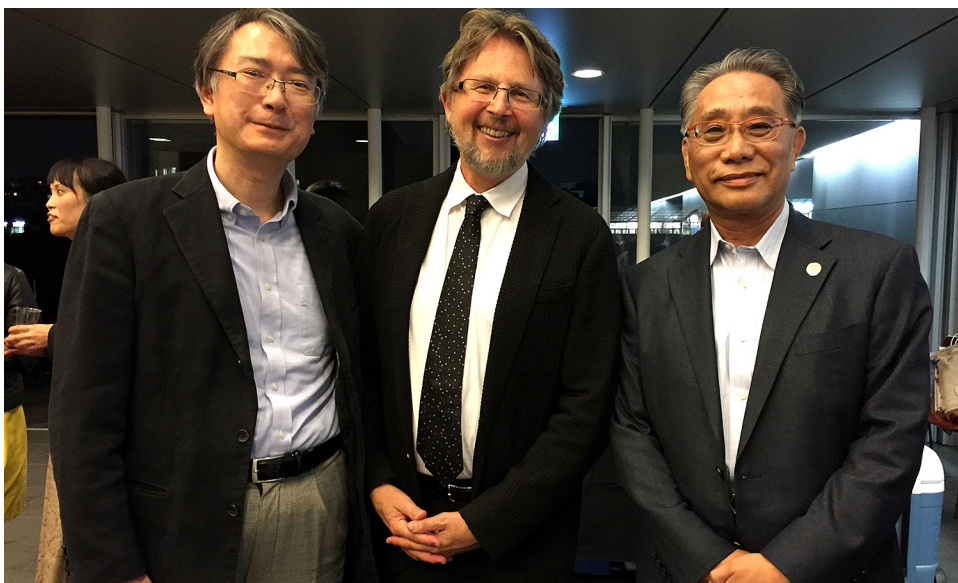
The Chair team finished up their year with some noteworthy accomplishments and the development of new projects to look forward to in the New Year. It has been 10 years since **Dr Stan Kutcher** was appointed to the Chair. There will be an event on February 16 to highlight the work done to increase knowledge and understanding of youth mental health globally, together with providing evidence based, open access tools and training programs designed to improve mental health care outcomes for youth.

JAPAN COLLABORATION

In late October Dr. Stan Kutcher traveled to Japan to meet with the mental health literacy team lead by Dr. Tsukasa Sasaki. The visit was part of an ongoing collaboration with the University of Tokyo to develop mental health literacy programs that can be implemented into the National Japanese education system. Dr. Kutcher presented to health professionals, educators and policy makers on strategies and resources that could be used to help increase mental health literacy in Japan. Several



Dr. Stan Kutcher in Japan.



Dr. Stan Kutcher and members of the Tokyo University team.

members of the Japan team had traveled to Halifax earlier in 2016 to get a first-hand look at the work being done in Nova Scotia.

MEDAVIE HEALTH FOUNDATION GRANT

On November 24, educators, students, project partners, and government officials gathered at Saint Mary's University for an event focused on campus mental health. The Medavie Health Foundation announced a \$600,000 grant to support the 'Pathway Through Mental Health Care' project. The model, developed and led by Dr. Stan Kutcher, is a three year initiative that will be implemented in five different maritime colleges and universities. The 'Pathway Through Care' will focus on teaching mental health literacy, training faculty to be better

prepared to identify students who may require mental health care and providing upgraded training to health care providers. Bernard Lord, the CEO of Medavie, was one of several attendees who spoke about the importance and urgency of a project like this. The participating schools are Mount Saint Vincent University, Saint Mary's University, St. Francis Xavier University, NSCC and Holland College. Dr. Kutcher is hoping this initiative will lead to a model that can be applied across Canada.

BEST OF WEBINAR

The Canadian Association of Paediatric Health Centres (CAPHC) recently announced their best of 2016 webinar series. Topping the list was Dr. Stan Kutcher and Ms. Yifeng Wei's webinar titled "What Role Can Schools Play in the

Pathway to Youth Mental Health Care?" During the series both Dr. Kutcher and Ms. Wei discussed the importance that schools play in the 'Pathway Through Care' model. The webinar is highlighted on their website for viewers who may have missed it the first time. The CAPHC is a non-profit organization that aims to bring together a multitude of health professionals from across the country. The Chair team is hoping to collaborate with the CAPHC on another webinar in the coming year.

MENTAL HEALTH INNOVATION NETWORK

In December, The Mental Health Innovation Network released a report titled "Stories of Change from the Global Mental Health Innovator Community" (<http://www.mhinnovation.net/sites/default/files/downloads/resource/Stories%20of%20Change%202016.pdf>). The report focuses on six innovative initiatives addressing mental health in all areas of the world. One of the featured stories profiles the unique youth mental health initiative just conducted in Malawi and Tanzania. Using radio programming, school mental health literacy and training of community health care providers, this project has demonstrated an effective intervention addressing youth depression that can now be scaled-up globally.

Report from the Dr. Paul Janssen Chair in Psychotic Disorders

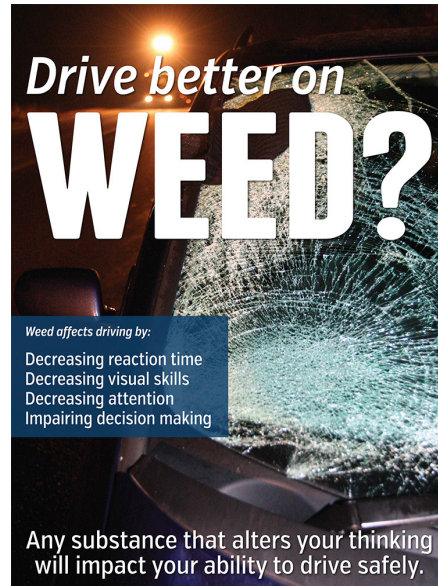
BY DR. PHIL TIBBO, DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS

public education campaign: 'youth and cannabis: addressing the myths' (weedmyths.ca)

The objective of this multimodal education project, funded in partnership by the Mental Health Foundation of Nova Scotia and the Nova Scotia Early Psychosis Program, is to increase awareness and knowledge of the potential mental health consequences of cannabis use, targeting youth between 16 – 25 years of age. An important aspect of this project was that youth were fully engaged in the development of the outcome products/messaging, aimed at addressing myths about cannabis use.

The research team met on a number of occasions in the summer of 2016 to plan the campaign deliverables, as well as review, collate and synthesize the relevant research in this area which would become the reference material for the project. Focus groups with youth and young adults were held over the summer to inform the creative, as well as to advise on how to deliver the message to their age group. In reviewing the transcripts of the focus groups, it became evident that this campaign should be targeted to the younger age group who have not already cemented their opinions about cannabis use, and thus the possibility for change in opinions around the cannabis topic was is greater.

The subsequent creative was reviewed by the research team, as well as by individual youth and



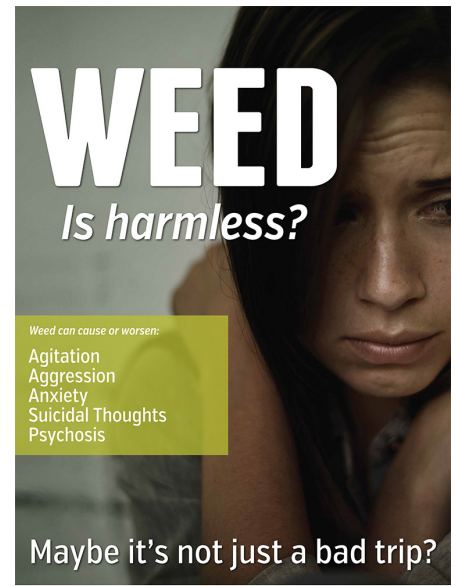
For information regarding the health effects of marijuana, please contact your physician or the Nova Scotia Early Psychosis Program at 902-473-2916.



Campaign bus shelter ads.

young adults for their input. With the input two main topic areas became the focus: "cannabis is harmless" and "it is OK to drive while high." Two short videos on each of these subjects were created for uploading to Instagram and YouTube. Once the videos were created, this further allowed the development of bus shelter ads placed near junior high schools in HRM, printed postcards and the development of the anchoring website. The campaign with all these elements was launched the week of Nov. 7, 2016.

A press release was distributed that was developed in collaboration with the Nova Scotia Health Authority with quotes from Starr Dobson (MHFNS) and Peter McIsaac (NS Chiefs of Police Association). As a result, Dr.



For information regarding the health effects of marijuana, please contact your physician or the Nova Scotia Early Psychosis Program at 902-473-2916.



Phil Tibbo completed interviews with CTV (aired Nov. 13, 2016), radio (Nov. 8, 2016 on 95.7 FM) and print (Nov., 2016 in both The Chronicle Herald and Metro News Halifax) on the campaign.

The campaign has continued to gain interest with the public and health services. As of Dec. 23, 2016, the Instagram videos had been watched in their entirety over 19,500 times in 13-24 year olds, with the YouTube videos reaching just over 23,000 complete views. The website remains active with over 2,000 hits in a one month time frame.

Please visit weedmyths.ca to see the videos and the accompanying materials.

NEWS & ANNOUNCEMENTS

news from the department

INAUGURAL NEWSLETTER OF THE FOUNTAIN OF HEALTH INITIATIVE FOR OPTIMAL AGING RELEASED

The Fountain of Health Initiative for Optimal Aging recently released their first ever newsletter. The seven page document gives background on the Fountain of Health and their accomplishments over the last couple of years. The Fountain of Health Initiative for Optimal Aging is a national effort to promote brain

health and resilience over the lifespan, consistent with the principles of Positive Psychiatry. The website, www.fountainofhealth.ca, offers clinicians cognitive behavioural therapy informed tools to use in front line care with patients for primary and secondary mental health promotion, in brief clinical encounters.

For anyone interested in receiving regular updates on Fountain of Health related research, articles and the annual Fountain of Health Newsletter, please “like” them on Facebook (<https://www.facebook.com/The-Fountain-of-Health-Initiative-517377021648553/?ref=hl>), or follow @FountofHealthCA on Twitter.

staff and faculty changes

Ms. Carrie Wipp has returned to work following her year-long maternity leave. Carrie will continue as postgraduate coordinator responsible for the PGY-2 to -5 residents and their program administrative support.

Please welcome Carrie back! She is located in RM 8206, 8-Lane and you can reach her at carrie.wipp@nshealth.ca or 902-473-7122. We would also like to extend our gratitude to Mr. Leigh Thibideau

for his efforts during Carrie’s absence. We wish him well on his next endeavors in the Division of Pediatric Emergency Medicine.

awards & honours

DR. LARA HAZELTON COMPLETES FAMILY MEDICINE TEACHING CERTIFICATE

Dr. Lara Hazelton recently completed the requirements for the Teaching Certificate in Family Medicine at the Dalhousie Department of Family Medicine. This certificate is awarded to a physician who teaches family

medicine residents and who has completed four areas of study: Study Modules; Attendance at a Faculty Development Event; Reflective essay and Peer Feedback. Dr. Hazelton is the first specialist to complete the

certificate. She was recognized at the November department meeting where she was presented with her certificate by a representative from the Department of Family Medicine. Well done Dr. Hazelton!

DR. RUDOLF UHER RECEIVES PRESTIGIOUS RESEARCH PRIZE

Dr. Rudolf Uher was recently awarded the Royal-Mach-Gaensslen Prize for Mental Health Research — a \$100,000 national prize that celebrates promising young mental health researchers by helping fund their studies. Dr. Uher will be putting this prize toward his four-year-old research project called 'Families Overcoming Risks and Building Opportunities for Well-Being (FORBOW)'. FORBOW aims to reduce the risk of severe mental illness (SMI), including bipolar disorder, major depression and schizophrenia by utilizing early intervention techniques. The FORBOW team monitors the children of parents with mental illness, as well as children of healthy parents, identify antecedents, and test whether early interventions enhance health and prevent later problems. Dr. Uher received his award in the fall and



Dr. Rudolf Uher speaks during an event in his honour on Dec. 1.

will be giving lectures at several universities in Canada over the next year, including one given at a special

event in his honour at Dalhousie on December 1. Congratulations of this great honour, Dr. Uher!

DR. GAIL ESKES ACCEPTS PROGRESS CLUB WOMEN OF EXCELLENCE AWARD

Congratulations to **Dr. Gail Eskes** who was chosen as a 2016 recipient of a Progress Club Women of Excellence Award. Dr. Eskes was the winner in the area of Education and Research. Now in its 27th year, the Progress Club Women of Excellence Awards honour seven inspirational women who play an important role in the community. The event raises funds for Phoenix Youth Programs and has raised well over a million dollars to date. Dr. Eskes was presented with her award at the gala dinner on November 16.

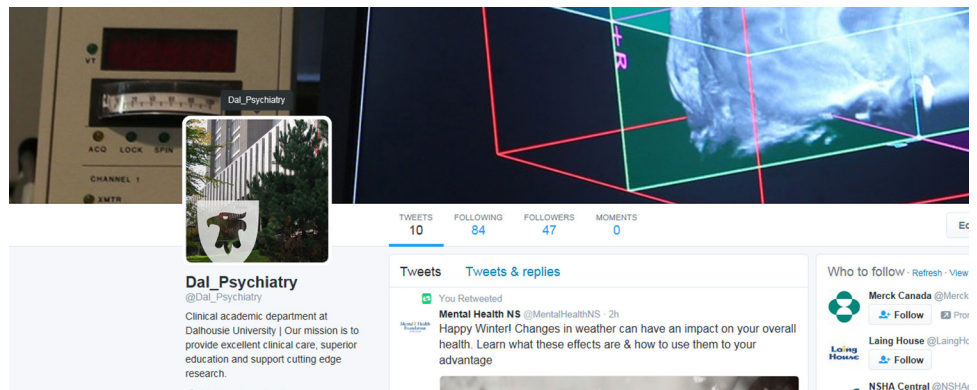


Dr. Gail Eskes with her Progress Club Women of Excellence Award (photo: Progress Club)

announcements

DEPARTMENT OF PSYCHIATRY JOINS TWITTER

We are now on Twitter! Please follow us, @Dal_Psychiatry, for updates on our programs and services, news and events, and items of general interest. If you have something department-related that you would like to share, please send to kate.rogers@nshealth.ca. If appropriate, we will share it with our followers! To connect with us head to https://twitter.com/Dal_Psychiatry and click 'follow.'



6TH ANNUAL THOMAS AND ALICE MORGAN FEAR MEMORIAL CONFERENCE: BALLAST AND BUOYANCY: SUCCESSFULLY SAILING THROUGH YOUR MEDICAL CAREER

On Friday, March 24 in Halifax and on Saturday, March 25 in Saint John, the Department of Psychiatry, in partnership with the Division of Medical Education at Dalhousie, are hosting the '6th Annual Thomas and Alice Morgan Fear Memorial Conference.' The focus is on wellness/resilience in medicine and will be held in conjunction with the Student Wellness Week in March 2017. Students, residents, physicians, faculty, and staff are invited to come and participate in an interactive conference that will help us address

important questions such as: What are the challenges and stressors learners face during their medical training and what is their impact? What can students, residents, and faculty do to change the culture of medicine to support and nurture health and wellness? To register visit: medicine.dal.ca/fear-family-conference or contact Linda.macnutt@dal.ca for more information.

Dalhousie University
Faculty of Medicine
Department of Psychiatry
Division of Medical Education

Thomas and Alice Morgan Fear Memorial Endowment presents
6th Annual Thomas and Alice Morgan Fear Memorial Conference
Ballast and Buoyancy: Successfully Sailing Through Your Medical Career
March 24th & 25th, 2017

Additional Information & Registration: medicine.dal.ca/fear-family-conference

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Locations Theatre A, Tupper Building
5850 College Street, Halifax, NS

Dates Friday, March 24, 2017 and (2:30 - 7:30 pm) DMNB Theatre 105
100 Tucker Park Road, Saint John, NB

KEYNOTE ADDRESS

Staying Human During Medical Training: How to Survive and Thrive After Medical School
Dr. Allan Peterkin
Professor of Psychiatry and Family Medicine
Director, Program in Health, Arts and Humanities
University of Toronto, Toronto ON

Information: Linda.MacNutt@dal.ca

Registration: medicine.dal.ca/fear-family-conference

Meet a Staff Member

Meet a Staff Member allows you to be introduced to all the members of our administrative staff. It was brought to our attention that some faculty don't know who we are or what we do to support them and we'd like to change that! In this issue we introduce you to **Carolyn Sisley**, director of finance and administration.

Carolyn has been a fixture in the department for the last 12 years. She is responsible for overseeing all administrative aspects of the Department of Psychiatry including finances, the Academic Funding Plan (AFP), Department Practice Plan (DPP), human resources, communications, IT, space, contracts, departmental policies & procedures, and any other business related and staffing issues. She is a member of the department executive committee, human resource committee, and finance committee where she provides expertise on administrative and financial matters. In her management of the departmental finances she prepares the annual budget, oversees the annual audit, authorizes all revenues and expenditures, and provides financial analysis and financial reporting information which is used for decision making purposes. This includes all physician and faculty compensation issues as well as the monitoring of our FTE levels and physician assignments.

Carolyn is also responsible for reporting to our partners regarding our AFP deliverables, and monitoring our compliance under the AFP. A variety of tools are used to track our deliverables including the physician activity and shadow billing reporting system which she manages. Our processes and procedures are constantly evolving as our reporting requirements and need to track data



Carolyn Sisley

is constantly increasing.

You can find Carolyn on the 8th floor of the Abbie Lane Building in room 8211. She can be reached at 902-

473-3868 or by email at Carolyn.sisley@nshealth.ca.

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND
ASSISTANT PROFESSOR



The sun rises in Yellowknife, N.W.T.

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 1, 2017, with the deadline for submissions to be Feb. 17, 2017.

Please send all submissions to Kate Rogers:
Kate.Rogers@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 **Kate Rogers** at Kate.Rogers@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 Global Health Office**

- Dr. John Savage Memorial Faculty Award (March 1)
- Dr. Jock Murray Resident Award (March 1)

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

- Regional Mentor of the Year (March 6)
- Regional Specialist of the Year (March 6)
- K.J.R. Wightman Award for Scholarship in Ethics (May 6)

Granting Body: **Royal Society of Canada**

- College of New Scholars, Artists and Scientists (March 8)

Granting Body: **College of Family Physicians of Canada**

- CFPC/CPA Collaborative Mental Health Care Award (April 1)

Granting Body: **Dalhousie Medical Alumni Association**

- Alumnus/a of the Year (April 1)
- Honorary President of the Year (April 1)
- Family Physician of the Year (April 1)
- Young Alumnus/a of the Year (April 1)

If you have any questions please contact Kate Rogers at Kate.Rogers@nshealth.ca or by phone at 902-473-1677.