

headlines

news from the department of psychiatry at dalhousie university

FEATURE

A FOUNTAIN OF FUNDS



Dr. Keri-Leigh Cassidy

Dr. Keri-Leigh Cassidy and her project team at the Fountain of Health have reason to celebrate. They have received two significant grants to fund *The Brain Health and Wellness Project*, which focuses on disseminating Fountain of Health paper-based and e-materials in the frontlines of care to support health behaviour change. A \$425,000 grant was secured from the Canadian Centre for Aging and Brain Health Innovation (CCABHI), and a second \$50,000 grant from the Nova Scotia Health Research Foundation will fund the development of the Wellness App.

The Fountain of Health was initiated in 2010 by Dr. Cassidy and other Department of Psychiatry faculty working in geriatric psychiatry, with funding from the Mental Health Foundation of Nova Scotia. Their goal is to promote brain health and resilience for adults of all ages, and they have evolved over the last eight years and become internationally recognized in their approaches to aging. These grants will help further their mandate.

“Receiving these grants is very exciting for our project team, and encouraging to us that Fountain of Health is on the right track,” says Dr. Cassidy. “This financial support is critical to the success of *The Brain Health and Wellness Project* to help shift the paradigm of healthcare away from a disease-based model to one that promotes brain health by activating behaviours to reduce the risk of dementia,

continued on page 4



**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry

IN THIS ISSUE

- 1** A FOUNTAIN OF FUNDS
- 3** MESSAGE FROM THE HEAD
- 4** RESEARCH REPORT
- 7** EDUCATION REPORT
- 13** CHILD & ADOLESCENT PSYCHIATRY REPORT
- 14** SUN LIFE CHAIR IN ADOLESCENT MENTAL HEALTH REPORT
- 15** NEWS AND ANNOUNCEMENTS
- 20** RESIDENTS CORNER
- 21** DEPARTMENT MEMORIES
- 22** HUMANITIES CORNER
- 23** PHOTO FEATURE

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MESSAGE FROM THE HEAD

It never ceases to amaze me, as I read each new edition of *Headlines*, how diverse our reach is as a department, and though only two months have passed since the last bulletin, how extensive and impressive are the activities reported here.

We should first of all congratulate **Dr. Stan Kutcher** on his appointment as Senator. I think you will agree that it is a fitting tribute to the work Stan has done over his lifetime, caring for children and young people, researching the health care needs of that population, bringing literacy on mental health to schools and universities, and providing the tools for less developed nations to care for young people with mental illness. Stan's body of work is remarkable and the impact is lasting. We offer whole hearted congratulations and wish him well in this new phase of his career.

And to all who prepared diligently and long to make postgraduate accreditation the success it was—well done. You can read the details in that section, but let me recognize the leadership of **Drs. Mark Bosma, Sherry James, David Lovas and Terry Chisholm** for coordinating the efforts of many faculty and staff in bringing about this outstanding result.

We had another highly successful Research Day in November, a departure from tradition, as it was held on Monday rather than Friday. We had an inspiring keynote address and some intriguing papers and posters from our undergraduate students, residents and research in psychiatry master's students. This annual event is a clear indicator of the strength in our research section. Thanks are due to **Dr. Ben Rusak** and the research committee members for organizing, as well as a special thanks to **Jen Brown**, the unflappable presence behind the scenes.

Dr. Keri-Leigh Cassidy and the seniors' mental health team figure prominently



Dr. Michael Teehan

in this issue, and for good reason. The national meeting of the Canadian Academy of Geriatric Psychiatry, which combined with Canadian Coalition for Seniors' Mental Health, was a resounding success. The two awards featured in our lead story are well-deserved recognition for all of the hard work and creative planning in that team.

At the provincial level, challenges continue in rural practice, particularly in Eastern and Northern zones. **Dr. Andrew Harris** has thrown himself into the task of dealing with the current difficult situation while concurrently engaging in long term strategic exercises planning the future of clinical services in mental health and addictions in the province. Please

continue to give every possible support to Andrew in this difficult task.

Preparations have been underway for the past year for negotiations on renewing the current AFP contract. As you may know, negotiations actually began in November and continued through December, with plans to maintain momentum in the New Year. I can say little, as one of the negotiation team, about specifics. I can tell you that the atmosphere among the parties is cordial and a marked contrast to the 2013/14 experience. We are hopeful that government will recognize the value in supporting the physician workforce, so that we can carry out our duties without distraction over the next four years.

continued from page 1 a fountain of funds

among many other diseases.”

The Brain Health and Wellness Project supports clinicians to use health behaviour change tools in usual care to help their patients set and achieve personalized health goals. The project will provide clinicians free training sessions, all needed material, and support from the project team of clinical leads and coaches. Clinicians can elect to use paper-based tools and/or invite patients to use The Wellness App to encourage health behaviour change. Patients self-complete a health baseline measure using the 5-point Pre-and-Post-Health

and Resilience Questionnaire and then set one small health goal related to physical activity, social connection or brain challenge. The healthcare provider checks-in again later in the context of usual care to see if the patient was able to meet their health goal.

“The approach being used in the project is evidence-based, based in principles of Cognitive Behavioural Therapy, efficient and previously field-tested in over 500 patients,” says Dr. Cassidy. “The tools were co-created over the last several years by our team, and the prototype app was developed by **Drs. Beverley Cassidy** and

Roger Hamilton.”

The project is well underway, with the paper tools ready for distribution, the clinical team assembled, coaches recruited and the project manager and project coordinators hired. The site leads are beginning to educate clinicians who are interested in trying the approach in their practices. It is open to clinicians across the country. For more information on the project visit <https://fountainofhealth.ca/> or contact info@wellnessapp.ca.

RESEARCH REPORT

Recent Events

Research Day

The 28th Annual Research Day was held November 19 at the Lord Nelson Hotel. Dr. Christopher Mushquash, CRC in Indigenous Mental Health and Addiction, opened the event with the keynote talk “Mental health and substance use research with First Nations: Development of a community-driven program of research,” followed by 14 faculty, staff, and student oral presentations and 16 poster presentations throughout the day.

Café Scientifique

The Café Scientifique, titled “Aboriginal Mental Health in Canada: A Public Conversation,” was held in the Royal Bank Theatre after Research Day on November 19. Speakers included:

- Dr. Christopher Mushquash, Canada Research Chair in Indigenous Mental Health and Addiction
- **Dr. Amy Bombay**, assistant professor, Department of Psychiatry and School of Nursing, Dalhousie University
- Dr. Margaret Robinson, assistant professor, Department of Sociology



Research Day award winners clockwise from top left: graduate student, Alex Pizzo, undergraduate student, Nacera Hanzal, psychiatry staff, Mandy Eslinger, and resident, Dr. Jill Boyd; with director of research Dr. Ben Rusak. Missing from photo: junior faculty winner, Dr. Angela Cooper.

and Social Anthropology, Dalhousie University

- Dr. Margot Latimer and Ms. Diane Obed, Aboriginal Children’s Hurt & Healing (ACHH) Initiative
- Ms. Michelle Paul, Mi’kmaq activist



Dr. Amy Bombay speaks at Café Scientifique.

Department Funding

April 2018 DPRF competition results

- Sara Bartel (**Dr. Sherry Stewart**) — Social networks in problem gamblers: A longitudinal study of social influences on problem gambling
- **Dr. Sherry Stewart** — Daily diary study of mood, cannabis use motives and cannabis use behaviour across women's menstrual cycles

- **Dr. Ingrid Waldron (Dr. Jacob Cookey)** — Black Mental Health Professionals Speak! Informing NSHA's African Nova Scotian Health Care Strategy

- **Dr. Ian Weaver (Dr. George Robertson)** — ATRX Signaling and its Role in Autistic Behaviour

PhD Program Report

The PhD in Psychiatry Research proposal is close to full approval at the internal review stage and will then move on to external review.

meet a researcher: dr. igor yakavenko

This issue profiles Dalhousie researcher **Dr. Igor Yakovenko**. *Meet a Researcher* is a recurring article in the research section of *Headlines*. If you are interested in being profiled in an upcoming publication, please contact **Jen Brown** at Jen.Brown@nshealth.ca.

My current research interests: My research investigates biopsychosocial aspects of addiction and mental health, including: studies of change determinants of gambling and cannabis use disorders, unique associated features of co-morbidity in addictive behaviours (particularly psychosis), and natural recovery and brief interventions across addictive behaviors. The interests are diverse, but a common thread uniting them is an emphasis on mechanisms of change of different types of addictions and a focus on tailoring research to real-world presentations and combinations of mental disorders.

Research projects I'm currently participating in: Some examples of projects I'm currently participating in are:

- In collaboration with the Canadian Research Initiative on Substance Misuse (CRISM), I am involved in developing a comprehensive evidence-based online platform for screening, self-management and referral to treatment for individuals curious about their substance use habits. The website is designed for youth and young adults who are not necessarily in specialized treatment but want some help with managing their habits. It is currently being pilot-tested for cannabis use only, but the follow-up project will extend this platform to include alcohol and opioid users. The platform also provides research and clinician tools to assist those interested in cannabis.



Dr. Igor Yakovenko

- A gambling related research project that I am involved in aims to examine predictors of chasing losses in gambling (i.e., trying to recover losses by continuing to play). Despite the need

for treatment of health problems related to gambling, the majority of clinical studies in this field focus on prevalence estimation and risk assessment rather than mechanisms of action, resulting in

a dearth of understanding how recovery in gambling can occur successfully. The premise of this project is that understanding specific mechanisms of action in disordered gambling can lead to more efficient treatment as it would identify specific treatment targets.

A typical "Day in my work life": As a new faculty member, a surprisingly large part of my days recently have involved ordering furniture and research equipment! Outside of the significant amount of time dedicated to setting up a new lab space, a day in my work life would typically look like this:

Answer emails early morning (often over breakfast), followed by one or more research-related or departmental meetings scattered throughout the day. A sprinkling of student meetings either about research or supervision-related, with some much-needed coffee breaks in between. The rest of the time is spent writing grants, manuscripts, preparing teaching materials, signing and faxing administrative forms, and of course, some more emails. As my teaching responsibilities ramp up next semester, some of this daily time will be supplemented with teaching in both the Psychology & Neuroscience and Psychiatry departments.

What I wish I knew (but didn't) when I first contemplated becoming a researcher: As a young graduate student, one typically thinks of research in an idealistic view where the majority of your time is spent coming up with wonderful research ideas and ways to execute them. What I wish I knew at the time is just how much of the job is dedicated not to research directly, but to essentially managerial duties of lab administration, paperwork, signing documents, and navigating the many layers of university administrative systems. In that regard, very little in our training prepares us for the fact that research is just as much about successfully managing a research program as it is about the projects themselves.

The most satisfying and frustrating aspects of doing research: The most satisfying aspect of research for me has

always and will always be seeing a good study be executed and disseminated successfully. It's very satisfying to see an idea of yours work out in practice and provide meaningful contribution to the literature. Presenting consistent and rigorously derived results is also very satisfying as it gives you confidence in your own research.

The most frustrating aspect is likely the never-ending pursuit of research funding. Grant writing is a laborious, and consistent part of research that is often frustrating with tight deadlines and a lot of effort to coordinate the writing between multiple people. However, it's a necessary part of the job to be able to continue one's research.

The experience that best prepared me for my position: I would say two types of experiences best prepared me for the position: teaching full courses in graduate training and research methods/statistics training. The teaching provided an opportunity to manage large classrooms of students including resolving their issues, and effectively delivering your material in a digestible format. The experience puts you at ease when it comes to academic teaching and mentorship if you've done it several times before. Advanced research methods/statistics training was likely invaluable toward my understanding of research and prepared me well for coming up with new studies and making sure that the methodology I employ is rigorous and scientifically valid. It also teaches what not to do and to learn to avoid common methodological and statistical mistakes.

My research mentor(s): I would credit my current success in research to two mentors: David Hodgins at the University of Calgary, and Cam Wild at the University of Alberta. Dr. Hodgins was my graduate school mentor and is basically responsible for all of my training and early career development as a clinical psychologist. He was a wonderfully attentive mentor who respected not only the academic successes of his students, but also the personal. Dr. Wild taught me a lot about navigating research after graduate school and some of the politics and challenges of securing funding for

research and finding your research niche. He also introduced me to the public health level of analysis of mental health problems, opening my eyes to a whole new world of intervention that does not necessarily involve one on one treatment.

My second career choice: Dance! As funny as it sounds, I was brought up with dance lessons from the time I was six-years old in Ukraine. After spending decades exploring all types of dancing from ballroom to hip hop and salsa, it was always a love of mine and a passionate hobby. If I wasn't in research or psychology, I probably would have pursued that training more and perhaps opened a dance school of some sort!

EDUCATION REPORT

undergraduate education news

Staff/Faculty Changes

We would like to welcome **Kelly Hancock** as the new undergraduate coordinator. Kelly comes to us from McMaster University where she was the program coordinator for the Division of Neurosurgery. Kelly started in her new role on Dec. 10, 2018 and can be reached at Kelly.Hancock@nshealth.ca or 902-473-5633.

We would also like to welcome **Dr. Joseph Aicher** as the Saint John psychiatry clerkship director. Dr. Aicher has previously held this position and we look forward to working with him again.

Updates

During the Med 2 Skilled Clinician unit we introduced the 'Hearing Voices' simulation, an empathy-building exercise created by American psychologist Patricia Deegan, to help students understand the challenges faced by patients who hear voices. The simulation was well received by students and feedback was positive for increasing empathy. Students indicated the simulation should be offered to future students.

A Psychiatry Lifestyles Night, organized by the Psychiatry Interest Group, was held in mid-November. The event was well attended with approximately 20 students learning from our faculty about life as a psychiatrist.

A new self-study module on managing agitation was added into the clerkship curriculum in mid-November. The module was developed by **Dr. Crystal Zhou**, PGY4, as her scholarly project, and built by **Mandy Eslinger** in our new course authoring software, Articulate 360. The module incorporates a number of videos, developed by Dalhousie's MedIT, involving a simulated clinical clerk interviewing a simulated patient who is

showing increasing signs of agitation. The clerks are presented with several decision points throughout the module on how to manage the patient's agitation; determining how they progress through the module.

Recruitment

We have successfully completed our 2018/2019 tutor recruitment drive. Thank you to all our dedicated faculty for committing their time to teaching our medical students.

With the arrival of January comes the start of preparations for the 2019/2020 academic year. In the coming weeks, Kelly Hancock will be in touch regarding clerkship rotation scheduling and tutor recruitment.

Contests

Please note the upcoming contests for medical students – please encourage your students to apply:

- The Canadian Organization of Undergraduate Psychiatric Educators (COUPE) Best Paper Award for Medical Students. The author of the winning submission will be acknowledged in the Canadian Journal of Psychiatry, receive \$250.00 in travel expenses paid to attend the fall Canadian Psychiatric Association (CPA) meeting (up to \$750.00 value), as well as an engraved plaque from COUPE. This contest is sponsored by COUPE. Submission deadline is late March 2019.
- The Department of Psychiatry supports the travel expenses of a Dalhousie medical student interested in psychiatry to attend the annual Psychiatry Student Interest Group Network (PsychSIGN) conference held in conjunction with the American Psychiatric Association (APA) conference. Submission deadline is mid-February 2018.

Contest details will be distributed to students through the Psychiatry Interest Group and the Dalhousie Medical Students' Society newsletter, as well as posted on our departmental website, in due course.

postgraduate education news

Accreditation

Thank you to all faculty, residents, and staff for their participation in the Royal College of Physicians and Surgeons of Canada accreditation visits in late November. The preliminary outcome reports were successful with all three psychiatry programs receiving full accreditation. Full, detailed reports will be available in early 2019, at which time more specific outcomes (including identified areas for improvements and action plans) will be circulated to all department members.



Associate postgraduate director, Dr. Sherry James, and postgraduate director, Dr. Mark Bosma.



Director of the child and adolescent subspecialty training program, Dr. David Lovas, and the director of the geriatric subspecialty training program, Dr. Terry Chisholm.

CaRMS

It is anticipated that January/February 2019 will be a busy time for our education team. This year we have a record number of CaRMS applicants, with 127 students applying to our program. Of those, eight are from Dalhousie. We are very excited by this, and look forward to meeting our

future residents in the coming months. As a result of continuing high interest, we have scheduled four interview days to accommodate as many interviewees as possible. The CaRMS interview dates are Saturday, Jan. 12, Friday, Jan. 18, Monday, Jan. 21, and Monday, Jan 28. All faculty and resident interviewers have

been confirmed for their interview days. Thank you 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.

fellowship and subspecialty training news

Meet Dr. Ian MacKay: Geriatric Psychiatry Subspecialty Trainee

Why I chose to pursue this fellowship:

I have always been interested in both psychiatry and primary care medicine. I have been interested in working with the geriatric population since I did my family medicine training in Fredericton. My staff person was a G.P. who had been practicing 27 years at that point, and had an older demographic in his practice, worked in long term care, and also did stroke rehab. After graduating I did some locums, but my first full time job was in Parrsboro, which was at the time the poorest and oldest population in N.S. I enjoyed spending time with these patients because of their rich histories, complex medical needs, and stoicism. After having lived for many decades, I think older

people just see the world in a different (often more balanced) way than the rest of us. I decided to get extra training in care of the elderly here at Dal and loved it. I secured a job in Truro for two years doing exclusively geriatrics in a variety of settings and would have continued, but the government at the time would not agree to fund the position. With no real stability, I decided to figure out a way to come back to do geriatric psychiatry, which eventually I was able to do.

The highlight of my subspecialty training so far:

I very much enjoyed my elective in movement disorders with a few of the subspecialist neurologists in Halifax and Dartmouth. It was initially quite stressful and busy. Over the span of the elective, I came to learn there was a large overlap in the disease burden and symptomatology with our geriatric psychiatry patient

population. I was also able to put a few plugs in as to the benefits of regular cognitive testing, assessing capacity, etc. that our neurology colleagues (hopefully) appreciated. I find the interface of neurology, psychiatry, and the process of ageing to be incredibly interesting. I also find elective opportunities, even within different areas of psychiatry, very enlightening and humbling, because I am able to see that every one of us really is trying their best to help their patients obtain and maintain optimal health. It is a good reminder that we are all on the same team.

Who has really impacted my subspecialty training:

My prior family medicine patients have impacted my training. As I learn more about my specialty and subspecialty, I think back to patients I have had that were complex and very

diagnostically challenging at the time. Now, I would have more experience and expertise to bring to them. It drives me to be the best I can be so that my future patients will receive care that is as informed and up-to-date as possible, while also aiming to maintain a practical and human approach that demonstrates relatability and trustworthiness. I also want to be helpful and supportive to family physicians, who are overworked and undervalued.

What does the future hold?: My possible answers to this questions have become increasingly complex over the last few years with the addition of a wonderful partner, a super-charged 18-month-old boy and a brand new baby girl, to factor into the equation. I am keeping my options open to all of Canada, but ideally I will find a job that I love, with a good work-life balance, in a place that allows my partner to have the job she loves, is accessible to family, and is a great place to raise children. I want to be in a place where our seniors are valued, and the government recognizes the need to adapt the system to the changing demographics. No matter how many times I ask the Magic 8 Ball, it fails to come through for me. Perhaps it is time I got out the Ouija board...



Geriatric psychiatry subspecialty trainee Dr. Ian MacKay.

continuing professional development news

Academic Day - May 10, 2019

Online registration will be provided by eSource Event and will be available at the beginning of March. As this will likely be another sold out event, plan to register early to avoid disappointment!

Watch our webpage for details and registration:
<https://dalpsychiatry.ca/s/womad>

Department of Psychiatry
Continuing Education



XXX W.O. McCormick Academic Day Conference

Theme: "Attention"

Westin Nova Scotian
1181 Hollis Street, Halifax

Registration opens early March 2019
dalpsychiatry.ca/s/womad

2019

Friday, May 10

Recent Highlights

University Rounds

2018/10/31 *12th Psychiatry Debate*

Debaters: **Drs. Ali Manning, Katie Radchuck, Sabina Abidi and Jason Morrison**

"The full-moon and psychiatry: Let it be resolved that there are more psychiatric presentations during a full-moon"

Drs. Manning and Radchuck, PGY-4's, modeled the debate after the CBC radio show, *This is That*. If you have not heard the show, the general premise is that a topical (and often controversial) subject is taken and presented in a way that appears valid (with expert witnesses and data), but upon further consideration, the content presented is improvised and satirical. The creative format was very well received. You will find the facts provided by the debaters on the TWIP webpage attached to the archived session details: <https://dalpsychiatry.ca/view/?file=hdOJoYjDhyAEJAdckvc5UKglwJdc0dly>

2018/11/21 *MedED*

Dr. Sharon Straus, University of Toronto
"EMB: Evidence-Based Mentorship"

REMINDER: DoP faculty members who attended this session, and completed the session evaluation, may claim a maximum of one hour of professional development in medical education in their IPP. A completed evaluation of the session is the record of attendance.

2018/12/12 Dr. Sonu Gaind, University of Toronto
"MAiD: Medical Assistance in Dying"

2018/12/19 *NEW!*

Drs. Lara Hazelton, Jason Morrison and Amy Gough (PGY-2)
"You should read this! Best articles of 2018"

Upcoming Events

2019/01/09 Child & Adolescent Psychiatry
Dr. Sandra Meier

2019/01/16 Clinical Academic Rounds
Dr. Cindy Calkin; research topic

2019/01/23 University Rounds
Dr. Paul Kurdyak, University of Toronto; mental health systems design

2019/01/30 Clinical Academic Rounds
Dr. Rudolf Uher; FORBOW

2019/02/06 Child & Adolescent Psychiatry
Dr. Lorraine Lazier; topic TBA

2019/02/13 Clinical Academic Rounds
Drs. Jill Boyd (R5) and Vhari James (R5); Addictions Project

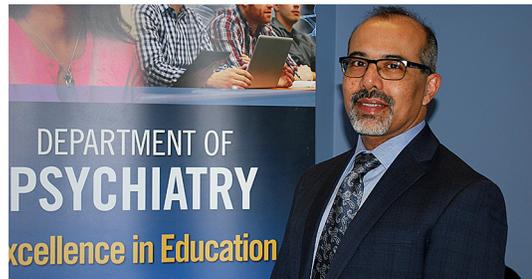
2019/02/20 University Rounds



Top: Debaters Drs. Jason Morrison and Ali Manning; Bottom: Debaters Drs. Katie Radchuck (left) and Sabina Abidi.



Dr. Sharon Straus



Dr. Sonu Gaind

Dr. David Goldbloom, University of Toronto; ECT

2019/02/27 Clinical Academic Rounds
Dr. Ingrid Waldron; Cultural Psychiatry

Reminders:

MedED

The next opportunity for DoP faculty members to earn MedED credit to report in their IPP is on May 8, 2019. Please attend and evaluate **Dr. Cheryl Murphy's** presentation on the Hidden Curriculum.

medEd minute

A new addition to *Headlines*, the “Med Ed Minute” will introduce scholarly snippets to consider in your teaching practice.

Eight general principles of effective feedback

The cornerstone of effective clinical teaching is feedback. Eight general principles of feedback to consider in your teaching practice are:

- (1) Make feedback part of the normal everyday teacher-learner relationship.
- (2) Ensure students are aware of what is expected of them.
- (3) Provide feedback on specific behaviours rather than on general performance.
- (4) Base feedback on what was directly observed, in non-judgmental language.
- (5) Provide feedback at the time of the occurrence or shortly after.
- (6) Limit feedback to one or two items.
- (7) Balance feedback by seeking the learner’s perceptions of their performance and thoughts for improvement.
- (8) Feedback should prompt changes in the learner’s thinking, behavior and performance.

Tune in to the March issue for techniques on giving feedback.

Cantillon, P., & Sargeant, J. (2008). Giving feedback in clinical settings. *BMJ*, 337, a1961. <https://doi.org/10.1136/bmj.a1961>

education kudos corner

Kudos Corner

We are recognizing those members of the department who are engaging in continuing learning through faculty development activities and who have shown a keen interest in teaching. See who’s been involved recently!

Accreditation

A tremendous thank you to our administrative staff for their phenomenal efforts in preparing our postgraduate and subspecialty programs for accreditation and helping make things run smoothly on the days; you certainly helped us shine! **Megan Bellefontaine, Tracy Fraser MacIsaac, Michelle LeBlanc, and Kate Rogers.**

CAME Certificate of Merit

Congratulations to **Dr. Mark Bosma** for being selected as one of the Canadian Association for Medical Education (CAME) Certificate of Merit winners for 2019. The aim of this award is to

promote medical education in Canadian medical schools and to recognize and reward faculty’s commitment to medical education.

Poster award

Mandy Esliger’s poster presentation on Faculty Motivations and Barriers to Teaching in a Clinical Academic Department was awarded the ‘Best presentation award by Psychiatry staff’ at the 2018 Department of Psychiatry Research Day. The poster was developed by **Dr. Mark Bosma, Mandy Esliger, Dr. Lara Hazelton, Dr. Sherry James, Dr. Heather Milliken, Dr. Cheryl Murphy and Dr. Margaret Rajda** and was originally presented by Dr. Rajda at the Association for Medical Education in Europe (AMEE)’s annual conference in Basel, Switzerland in August.

You should read this

Thank you to our faculty and residents for submitting suggestions of articles to read

for the “You should read this!” clinical academic rounds held in December. Submissions were received from: **Drs. Shabbir Amanullah, Sreenivasa Bhaskara, Jillian Boyd (PGY5), Keri-Leigh Cassidy, David Gardner, Amy Gough (PGY2), Lara Hazelton, Marissa LeBlanc (PGY2), Pat McGrath, Matt Morgan, Jason Morrison, Patti Pearce, Ben Rusak, Joshua Smalley (PGY5), Michael Teehan and Suzanne Zinck.**

Skilled Clinician

We would like to thank our many faculty for the time they devote towards teaching throughout this academic year. For this issue, we’d like to focus on the Med 1 and Med 2 Skilled Clinician units. These units give students the tools they will require in clinical electives and, later, in clinical clerkship; learning communication skills to perform a basic history and examination of a patient. As with the units mentioned in the November issue, Med 1 Skilled Clinician is also challenging to recruit for due to the

considerable time commitment required throughout the Med 1 year. Med 2 Skilled Clinician is concentrated in the fall of the Med 2 year and is the medical students' first official exposure to clinical psychiatry and one of our faculty's favourite units to tutor.

Med 1 Skilled Clinician

Tanya Tulipan
Olugbenga "Alaba" Williams

Med 2 Skilled Clinician

Mahmoud Awara
Alice Aylott
Sreenivasa Bhaskara (tutored both halves)
Katharine Black

Mark Bosma
Kristen Holm
Aaron Keshen
Shannon MacDonald
Cheryl Murphy
Christopher Murphy
Claire O'Donovan
Herbert Orlik
Deborah Parker
Bob Pottle (tutored both halves)
Lukas Propper
Margaret Rajda (tutored both halves)
Kim White

Med 2 Skilled Clinician Co-Tutors

Emily Fraser, PGY2
Nadia Hassanali, PGY4
Melissa Lahti, PGY4
Greg MacMullin, PGY3
Christie McClelland, PGY3
Anthony Pianosi, PGY3
Tyson Rizzardo, PGY3
Graham Stevenson, PGY3

Resident Call Kudos

Thank you to PGY2 **Dr. Amy Gough** who volunteered to cover a New Years Eve call shift with just two days notice. Your dedication and willingness to help has not gone unnoticed Dr. Gough!

faculty development

Faculty Development Opportunities

Dalhousie Continuing Professional Development

FacDev Thursdays Seminar Series (webinars)

Jan. 17, 8:00pm-9:00pm, Basics of Program Evaluation with Tanya MacLeod

To participate, simply login as a guest at:
<https://dal.adobeconnect.com/cme-live>

We highly recommend logging in 15 minutes before the start time.

Teaching and Assessing Critical Thinking (TACT) Program (online)

TACT 1 – Jan. 29 – April 30
Registration fee: \$100

For more information and to register please visit
<https://registration.cpd.dal.ca/Registration/Welcome.aspx?e=78E0597235DA6551058962BE940080E6>.

Emerging Leaders in Academic Medicine (ELAM) Online Course

April 8 – June 10
Registration fee: \$100

For more information and to register please visit
<https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/emerging-leaders-in-academic-medicine--elam-.html>.

SAVE the DATE | 5th Annual Medical Education Institute

"It's All About Communication"

The event takes place at Fox Harb'r Resort Oct. 25, 2019

Registration to open soon. No fee to attend. For more information as it becomes available, please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/Education-Institute.html>.

Tutor Skills Development Program

Are you new to tutoring in the UGME curriculum and looking for resources to support you in your role? Faculty Development offers an online module to introduce you to managing small group learning as well as twice a year tutor practice sessions with simulated tutorial groups. The online module is available anytime, the practice sessions are offered late summer and fall (based on interest).

For more info or to be given access to the module contact FacDev@Dal.Ca

For more information on Faculty Development and their programs, email them at facdev@dal.ca.

CHILD & ADOLESCENT PSYCHIATRY REPORT

IWK Fall 2018 Nova Scotia Child & Adolescent Psychiatry Retreat

The Division of Child and Adolescent Psychiatry hosted its bi-annual Nova Scotia Child and Adolescent Psychiatry Retreat on Friday, Oct. 26, 2018 at the Collaborative Health Education Building on Dalhousie's Studley campus. The topics for this fall's retreat were: Royal College Accreditation Visit: Preparation for Faculty (**Drs. Mark Bosma** and **Dave Lovas**) and Inpatient Unit Processes and Handover (**Dr. Celia Robichaud** and **Mitch LeBlanc**). This retreat was well attended with 14 faculty members from across the province in attendance.



Dr. Celia Robichaud and Mitch LeBlanc during their presentation.

Child & Adolescent Psychiatry Subspecialty Program

The CAP Subspecialty program is excited to announce that **Dr. Ali Manning** and **Dr. Katie Radchuck** have accepted positions to start their subspecialty training with our team in July 2020. We look forward to welcoming you both!

Capitalize for Kids

The NS Youth Mental Health and Addictions Treatment Network, an IWK capacity building initiative in partnership with NSHA and Capitalize for Kids, hosted the third webinar in December 2018. Close to 80 clinicians joined from across the province to learn about Eating Disorders treatment, led by Dr. Brynn Kelly and Jessica Wournell. Webinars are edited into podcasts and short written summaries for ongoing learning for clinicians in Nova Scotia and across Canada. Stay tuned for the next session end of January 2019 on Concurrent Disorders with **Dr. Selene Etches**.

SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT

School Mental Health Literacy Update

On December 14, the Welsh version of the *Mental Health and High School Curriculum Guide* was unveiled at a joint conference in Cardiff which hosted the National Union of Head Teachers and the Royal College of Psychiatrists. Three members of the Welsh team from the organization Action for Children traveled to Halifax this past summer to receive core trainer professional learning led by **Dr. Stan Kutcher**. Coinciding with the *Guide* launch they have begun faculty training at Welsh schools.

Two online courses developed by the Chair for educator professional learning of mental health literacy, have received positive feedback from educators and administrators alike. As of late November, over 2,000 people registered for *Teach Mental Health*, which launched this past August in partnership with St. Francis Xavier University, Western University and the University of British Columbia.

Bringing Mental Health to Schools launched in October 2017 and has seen 2,032 enrollments over its first year. Registration data collected for both courses shows worldwide reach with representation from the United States, the UK, Australia, Africa and more.

Dr. Kutcher and **Dr. Yifeng Wei** traveled to Belize in early December to conduct core trainer professional learning with a group of enthusiastic participants from Belize, Jamaica, Trinidad and Tobago, and Cayman Islands. The Belize Ministries of Health and Education partnered with the Pan-American Health Organization (PAHO) to facilitate the training with



Dr. Claudina Cayetano (PAHO) with her certificate of completion and Dr. Stan Kutcher after the training in Belize.



The entire team in Belize led by Dr. Stan Kutcher and Dr. Yifeng Wei.

the intention of implementing TMH.org developed school mental health literacy programs across the country. The trip included the introduction to the work to other Caribbean nations, as well as assisting in the development of a national rollout plan for Belize.

Cannabis Video Launch

The Chair has partnered with the Mental Health Foundation to host a breakfast panel focusing on cannabis use in youth. The event, which aligns with Bell Let's Talk day, will take place on January 30 at the Westin Hotel in Halifax. With the community grant the Chair received from the Mental Health Foundation, the team has been distributing their evidence-based cannabis resources for youth, caregivers, educators and clinicians to schools and organizations across the country. The grant will also help fund the production of an original video that will be used to inform youth about cannabis. The video will be launched at the event followed by a

discussion with a panel of experts around cannabis use and mental health in youth. Individual and group tickets are available. Visit the Mental Health Foundation website for more information: <https://www.mentalhealthns.ca/>.

7th Mental Health Academy

The Chair will host its 7th Mental Health Academy this summer on July 19, 2019 at the Spatz Theatre in Halifax. The program is currently being developed and will consist of keynote speakers and an array of breakout sessions for attendees to choose from. More updates will follow in the coming months. To stay up-to-date, visit

our website:

<https://www.mentalhealthacademy.ca/> and follow us on Twitter @mhacademy.

TeenMentalHealth.Org Conversation

The Chair launched a monthly newsletter in October called the *TeenMentalHealth.Org Conversation*. It features updates from the Chair along with highlighting the work of our partners and general news in the world of adolescent mental health. If you would like to be added to the mailing list, please sign up here: <http://eepurl.com/dJ8vgc>.

NEWS & ANNOUNCEMENTS

news from the department

Dr. Stan Kutcher named to Senate of Canada

Dr. Stan Kutcher was one of four Canadians recently named to the Senate of Canada by Prime Minister Justin Trudeau. Dr. Kutcher, the Sun Life Financial Chair in Adolescent Mental Health, received the news while in Belize working with the Pan American Health Organization on school based mental health literacy training and curriculum implementation. Dr. Kutcher is an expert in the field of child and adolescent psychiatry and has traveled all over the world educating on the subject. Beyond his work as a psychiatrist and educator, he is active in the community including as a board member of the Nova Scotia Art Gallery. He is excited about the opportunity and says there "is so much to learn, and so much to do." Dr. Kutcher joins new senators from Yukon, Ontario and the Northwest Territories, bringing the total number of senators to 105, a full complement, for the first time in eight years.



Dr. Stan Kutcher

Dr. Allan Abbass featured prominently in the Globe and Mail

Dr. Allan Abbass and his team at the Centre for Emotions and Health were featured in a lead article the Dec. 8, 2018 edition of the Globe and Mail. The article, "Their pain is real –and for patients with mystery illnesses help is coming from an unexpected source," describes Dr. Abbass and his team's ground-breaking work in Intensive Short-Term Dynamic Psychotherapy (ITSDP) for patients who have tried more traditional routes of treatment, and failed to respond adequately. Dr. Abbass and other health care professionals who have researched

ISTDP have shown that the treatment approach greatly reduces the health care system and disability costs as these patients are helped to address emotional contributing factors to their physical symptoms. The article resulted in more than 100 emails and phone calls to Dr. Abbass requesting training, interviews or treatment in the first two days alone. By three days later he had received over 30 requests for treatment from around the world, three to do media interviews and several to provide training to professionals, including one Canadian

university pain management service. "From these requests and stated needs, it's clear that there are major health system gaps throughout Canada costing the country and her people billions of dollars annually," says Dr. Abbass. In Nova Scotia alone we estimate the conditions cost \$160 million annually. " You can read the article in its entirety at <https://www.theglobeandmail.com/life/health-and-fitness/article-their-pain-is-real-and-for-patients-with-mystery-illnesses-help-is/>

Dr. Rudolf Uher named highly cited researcher by Web of Science

In December Dr. Rudolf Uher was named to the list of 2018 highly cited researchers by the Web of Science, part of the Reuters' group and the most respected source of ranking journals, universities and scientists. This select

list features the top one per cent of citations in the field and year, and includes only one other Dalhousie researcher, Dr. Boris Worm, in the Department of Biology. This is a visible demonstration of Dr. Uher's international

impact. You can view the entire list of highly cited researchers at https://hcr.clarivate.com/?utm_campaign=EM_Highly_Cited_Researchers_Product_SAR_Global_2018_Email_1&utm_medium=email&utm_source=Eloqua.

CAGP-CCSMH Annual Scientific Meeting

The CAGP-CCSMH Annual Scientific Meeting (ASM) was held October 12-13, 2018, at the Halifax Marriott Harbourfront Hotel. This meeting was the first ASM hosted in Halifax since 2002! Members of Dalhousie's Geriatric Psychiatry Program were heavily involved in organizing, planning and contributing as speakers to the ASM. Chaired by Dr. Keri-Leigh Cassidy, the 2018 ASM Planning Committee also included Dr. Beverley Cassidy and Sarah Krieger-Frost. The 2018 ASM focused on the theme of "Integrated Mental Health and Medical Care for Older Adults: Bringing Science and Practice Together." For those involved in the care of older adults across Canada, the ASM provided an opportunity to share, network and find renewed energy for this important work.

The ASM opened with the 2018 CAGP-CCSMH Pre-Conference Course (PCC) on October 11. Sessions pertained to substance abuse, anxiety disorders, capacity assessments, deprescribing,



Meeting participants on an Annapolis Valley wine tour.

ethical issues in Medical Assistance in Dying, to name a few. The discussions held were fruitful and resulted in takeaways of further development in new skills within geriatric psychiatry and how to practically implement them. A special thank-you to everyone who attended! Thanks also to members of the department's Geriatric Psychiatry Program who contributed heavily: Drs. Mark Bosma, Beverley Cassidy, Terry



Dr. Keri-Leigh Cassidy speaking at the opening ceremony.

Chisholm, Sameh Hassan, Meagan MacNeil and Cheryl Murphy, and Ms. Sarah Krieger-Frost, and **Dr. David Gardner** who also presented.

The demand for clinicians with expertise in caring for the physical and mental health needs of older adults has magnified due to the growing senior population. The CAGP/CCSMH PCC and ASM offered an opportunity to meet national experts, acquire knowledge and skills, and connect with a broad community of practice. The keynote speaker, Dr. Eileen Burns, president of the British Geriatrics Society, presented on "The Rights of Older People and Working as a Team." Dr. Sultan Darvesh, a behavioural neurologist and organic chemist at Dalhousie who runs the Maritime Brain

Bank presented on Atypical Dementias. Dr. Darvesh's groundbreaking research includes the development of therapeutic and diagnostic agents for Alzheimer's disease and the importance of butyrylcholinesterase in the human brain. Dr. Samir Sinha leads Ontario's Seniors Strategy and is an assistant professor in geriatric medicine at the University of Toronto and John Hopkins University. Dr. Sinha presented on "Integration and Systems: From Prevention to Frail Older Care." Following Dr. Sinha's plenary, a panel led by CCSMH director Claire Checkland was entitled "Integrated Mental and Physical Health Care of Older Adults: How Do We Deliver the Goods?" Panel participants included Drs. Eileen Burns, Samir Sinha, Kiran Rabheru,

Simone Powell and Monica Bretzlaff.

The 2018 Poster Award winner was **Dr. Kathleen Singh**, a Dalhousie subspecialty resident, for her abstract entitled: "The Green Card: Geriatric Psychotropic Drug Reference Card." Congratulations to Dr. Singh!

A copy of the program and Book of Abstracts can be found online at: <http://cagp.ca/2018-ASM-Program>. For those interested, the CAGP-CCSMH announced the 2019 ASM will be held at the Rimrock Resort Hotel in Banff, Alberta, October 25-26.

Dr. Joe Sadek speaks at Commonwealth Judicial Education Institute event

Dr. Joe Sadek was the keynote speaker for the Commonwealth Judicial Education Institute in November in Trinidad and Tobago. It was attended by high court and supreme court judges from the 54 nations of the Commonwealth, including Canada. Dr. Sadek's lecture was designed to provide insights into basic behavioural change to members of the judiciaries in various areas: 1) techniques to lessen delay in the delivery of judgments; 2) just

determinations in matters involving women, the poor and the marginalized; and 3) self-detection of judicial arrogance.

During the visit he was fortunate to meet the president of Trinidad and Tobago, Paula Mae Weeks.



Dr. Joe Sadek with the president of Trinidad and Tobago, Paula Mae Weeks.

staff & faculty changes

Arrivals:

Dr. Nader Perroud has joined the department as an adjunct assistant professor, effective Nov. 1, 2018. Dr. Perroud is based in Geneva, Switzerland and will be working with **Dr. Rudolf Uher**. Dr. Perroud can be reached at nader.perroud@hcuge.ch.

Kelly Hancock has joined the department as the undergraduate coordinator, effective Dec. 10. Kelly comes to us from McMaster University where she

was the program coordinator for their neurosurgery residency. Kelly will be located in room 8406 in the Abbie Lane and can be reached at kelly.hancock@nshealth.ca, or by phone at 902-473-5633.

Changes:

Jennifer Brown has been appointed to the position of postgraduate coordinator, effective Dec. 3, 2018. Jennifer has been the research coordinator in the

department for the past 10 years, and brings knowledge of department operations, as well as experience with learners through the coordination of our master's program. We have begun the competition for a replacement for Jennifer as research coordinator. In the meantime, Jennifer will continue to support the research program and wear two hats during the search process. She is located in room 8206 in the Abbie and can be reached at jen.brown@nshealth.ca or by phone at 902-473-7538.

awards & honours

Dr. Patrick McGrath receives Discovery Award

Congratulations to **Dr. Patrick McGrath** who received the prestigious Professional of Distinction award at the annual Discovery Awards on Nov. 22, 2018. The Discovery Awards are about celebrating outstanding innovators whose game-changing achievements have helped to make Nova Scotia a leader on the world stage. The Professional of Distinction award is presented to someone who is a leading innovator, a role model for people who choose science as a

career. Besides being a professor in the Department of Psychiatry, Dr. McGrath is a clinical psychologist, scientist and social entrepreneur who has built an international reputation for groundbreaking work in the field of pain in young patients. He is also the co-founder of the Strongest Families Institute, which provides evidence-based services to children and families seeking help for mental health and other issues impacting health and well-being. Serving over 5,000

families in Canada in the last year, as well as in Finland and Vietnam, the Strongest Families Institute has greatly improved the lives of the patients and families for which it serves. Dr. McGrath has received many accolades for his work over the years and is an Officer of the Order of Canada, as well as elected to fellowship in the Royal Society of Canada and the Canadian Academy of Health Sciences. Congratulations Dr. McGrath, on this new honour!

Department of Psychiatry awards its members

Congratulations to Department of Psychiatry faculty, **Drs. Magdalena Walentynowicz, Jonathan Brake, and Herb Orlik**, who were awarded the department's Outstanding Clinician Award, the Larry Buffet Outstanding Teacher Award, and the Educator of the Year Award, respectively. The awards were announced at the November 2018 department meeting.

The Outstanding Clinician Award is presented to a member of the Department of Psychiatry who has made outstanding contributions to the department's mandate of providing excellence in clinical care. Dr. Walentynowicz has been a member of the Department of Psychiatry and has worked for the Nova Scotia Health Authority (and its predecessors) consistently since 1994. She has steadfastly and tirelessly provided a dedicated service to her patients, leadership to her clinician colleagues, and mentorship to her peers. She has worked enthusiastically, effectively and efficiently to provide exemplary clinical care to her patients and has demonstrated a notable and ongoing commitment to continuing her medical education to enrich her clinical knowledge, skills and competency, which has supported her ability to consistently provide excellent clinical care. Her clinical leadership

in this role has been invaluable to and immensely appreciated by the mental health clinicians currently at Dartmouth Community Mental Health, and those who have had the pleasure and privilege of working with her at DCMH over the past twenty plus years. She has been a truly respected and relied upon resource for clinical advice amongst her psychiatric colleagues and a highly regarded mentor. Dr. Walentynowicz will be presented with her award in the spring.

The Larry Buffet Outstanding Teacher Award is presented to an exceptional faculty member who has demonstrated an outstanding performance in a teaching and clinical supervisor role for learners. Dr. Brake has been the Medical Director of Inpatient Services at the IWK for the past number of years. As part of his role he supervises medical students during their core rotations and elective experiences. Capacity to accommodate learners is an ongoing issue in undergraduate education and Dr. Brake's consistent willingness to have both core and elective students on his service significantly contributes to our success in training, and potentially recruiting, medical students. Dr. Brake consistently receives excellent evaluations from core and elective students. The overall theme of his evaluations is that

he is an excellent supervisor who is engaging, knowledgeable and creates a positive learning experience, while providing timely, constructive feedback. Additionally, Dr. Brake has been extremely supportive and accessible to students who have been involved or witnessed a critical incident while on rotation or call, ensuring the student has been debriefed and the undergraduate education team notified. It is important to note that Dr. Brake has willingly and voluntarily stepped in to take this role, without being asked, to ensure student safety, both in the moment and in an ongoing manner. Dr. Brake is a hard working academic psychiatrist and a true role model to the learners and colleagues. His abilities to maintain a demanding position within our division and successfully supervise the high volume of learners while maintaining a very positive feedback and remaining available and dedicated to the learners is commendable. He is most deserving of this award and will also receive it in the spring.

The Educator of the Year Award, presented to Dr. Herb Orlik, is a peer nomination to recognize an exceptional faculty member who has demonstrated excellence in teaching, mentorship in scholarly activity, and/or leadership and innovation in the development of

educational programming. Dr. Orlik has a long record of active participation in psychiatric education. Since he joined our Department in 1973 he pursued his interest in education by serving on many education committees and boards at the local and national levels. In 1996 he became Director of Undergraduate Psychiatry and continued in that role for next 10 years. In 2012 he stepped in as Acting Psychiatry Clerkship Director, until 2013. Dr. Orlik fostered the development of the Link Program, supporting the educational transition of Malaysian students arriving to complete their clinical training at Dalhousie. In early 2018, he took on the role as faculty lead for the Link Program. Most recently Dr. Orlik delved into creating the new child & adolescent self-directed teaching modules for the clerks. His devotion to teaching is evident in his approach and eagerness to teach and ensure students have a positive learning experience. Comments from students state he is knowledgeable, engaged, interactive, patient, passionate, dedicated, enthusiastic and genuine. He has a contagious enthusiasm for education, which makes him stand out from the crowd yet a humbleness that could mean his efforts go unseen. As well, he has a keenness for innovation to ensure we are delivering high quality education to our learners. He is certainly one of a kind and a valuable role model for our department. Congratulations Dr. Orlik!



Dr. Margaret Rajda presents Dr. Herb Orlik with the Educator of the Year Award/

Central Zone Long Service Awards

Congratulations to **Dr. Claire O'Donovan** who was celebrated for her long service by the Nova Scotia Health Authority Central Zone in the fall. **Dr. Michael Teehan** presented her with her award at the celebratory event.



Drs. Michael Teehan (left) and Claire O'Donovan (second from left) at the NSHA long service awards presentation.

RESIDENTS' CORNER

Tastings with Teehan

On November 8 and 14 the residents joined **Dr. Michael Teehan** at Chives restaurant in Halifax for their annual 'Tastings with Teehan.' The event is always very well-received by the residents, some commenting it is one of their favourite events of the year!



Clockwise from left: Drs. Michelle MacDonald, Lauren Chan, Michael Teehan, Chelcie Soroka, Greg MacMullin, Cinera States, Amy Gough, Melissa Lahti, Matt Havenga, Cody Sherran, Patricia Celan, Courtney Handford, and Tyson Rizzardo.

Post-accreditation celebration



Residents enjoyed a post-accreditation celebratory brunch, graciously hosted by Dr. Christie McClelland (PGY3). Left to right: Drs. Christie McClelland, Greg MacMullin, Angela Wang, Nadia Hassanali, Christelle Boudreau, Olga Yashchuk, Ali Manning, Chelcie Soroka, Graham Stevenson, Sarah Fancy, Cinera States.

DEPARTMENT MEMORIES



NS Hospital medical staff from 1982-83. Front (L-R): Drs. Lisolette Holland, Naveed Akhtar, Don Weir, Peter Ferguson, Harish Ruparelia, Ivan DeCoutere, Sisinio Villacastin and Sophie Abraham; middle (L-R): Drs. Emmanuel Aquino, F.L.D. Young, Dr. Isaac, Larry Buffett, Lou Stead, Harry Poulos, Pushpa Newman; back (L-R) Drs. Suk Yoon, Amal Bhattacharyya, Mambir Singh, Don Stacey, Lalia Johnston, Khalil Ahmad, Bill Wood, and unknown. (submitted by Dr. Aquino)



Dr. Emmanuel Aquino works with Dr. Rachel Morehouse in in La Jolla, San Diego, California, where Dr. Morehouse was subspecializing in Sleep Disorder. She is the pioneer in sleep disorder specialty in the Atlantic region (submitted by Dr. Aquino).



On July 1, 2018, 25 current and former undergraduate and graduate students, postdoctoral fellows and lab technicians, from across the province, country, and world, came together at Pier 21 for a Rusak lab reunion. Locally recognizable among them are former resident Dr. Mandy Emms, faculty members Drs. Ben Rusak, Penny Corkum and Gail Eskes. This was a particularly appropriate location for the event since Dr. Rusak immigrated to Canada with his family through Pier 21 as a two-month old refugee in January, 1949.

HUMANITIES CORNER

The Department of Psychiatry at Dalhousie University is pleased to announce that **Dr. Abraham Rudnick** has been appointed as Medical Humanities coordinator for a five-year term effective Jan. 1, 2019.

Dr. Rudnick will take over from **Dr. Joanne MacDonald**, who held the position since January 2014. Many thanks to Dr. MacDonald for offering the annual Student and Resident Writing Competition and for connecting the Department of Psychiatry to humanities activities at the Faculty of Medicine HEALS program.

Department of Psychiatry
Medical Humanities



Student Writing Competition 2019

Do you enjoy writing?

Medical students and residents are invited to submit reflective essays, poetry, or short fiction exploring the intersection of mental health and the humanities to the [Dalhousie Department of Psychiatry Annual Student Writing Competition](#).

One entry in each category (medical student, postgraduate trainee) will be selected to receive a cash prize.

Contest Rules

Who is eligible? Medical students, residents and fellows at Canadian medical schools.

Maximum word count: 2,000 words

Deadline: This year's deadline is April 1, 2019. Winners will be announced on May 1, 2019.

Entries can be sent as PDF attachments to the Department of Psychiatry Humanities Coordinator, Dr. Abraham Rudnick, at abraham.rudnick@nshealth.ca.

To ensure confidentiality is maintained, patients and anyone else described in essays, stories, or poems must be fictional or composite characters (with the exception of the narrator him/herself). Please indicate in your e-mail whether you are a medical student or a resident/fellow.

Winning

Winning entries will be published in the Department of Psychiatry newsletter, *Headlines*, and on the [Dalhousie Department of Psychiatry website](#).

2018 Winners

Medical Student Category:
Asleigh Frayne, University of Calgary

Postgraduate Trainee Category: (a tie)
Harald Gjerde, Dalhousie University
Carolyn Reardon, University of Toronto

For full contest details, and for additional information regarding our programs, visit:
<https://medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writing-competition.html>

Tel: 902.460.6225 | abraham.rudnick@nshealth.ca | www.psych.dal.ca

Interested in reviewing submissions? Please contact Dr. Rudnick by email at abraham.rudnick@nshealth.ca by Feb. 1, 2019.

PHOTO FEATURE



Mumbai airport wall art. (Photo by Dr. Shabbir Amanullah).

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, 2019, with the deadline for submissions to be Feb. 15, 2018.

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