

Department of Psychiatry HEADLINES

Eating Disorders Team Wins Award

Submitted by: Michelle Patenaude
Administrator, Child and Adolescent Psychiatry



Eating Disorder Team
from left to right:
Dr. Stephanie Casey,
Psychiatrist,
Bonny Halket,
Administrative
Assistant,
Tara White, Social
Worker,
Dr. Joanne Gusella,
Psychologist and
Team Leader, and
Lisa Parkinson
McGraw, Dietician.
Missing from photo:
Judy Ashley LeBlanc,
Nurse.

Congratulations to the Eating Disorders Team at the IWK Health Centre for being chosen as one of the two winners of the first Award for Excellence in Patient and Family Centred Care. This new award was created by the IWK Family Leadership Council to recognize a staff member, health care provider, or team for outstanding patient or family centred care practice.

The Eating Disorders Team received this important recognition because it is

a model of patient and family centred care, which honours the family's cultural and social background, as well as teaching families to advocate for their child, and for the child to advocate for him/herself.

The team's main approach employs Maudsley Family Therapy, which is evidence based and tailored to help children and teens with eating disorders to recover. Parents are seen as central to their child's life, and are empowered

through treatment to help their child to combat the disorder.

Eating disorders are life threatening, difficult to treat, and on the rise among young children, and the specialized IWK Eating Disorders Clinic offers hope to these children and their families. This award is a testament to the team's dedication to family centred care.

Congratulations!

Message from the Head

Dr. Nick Delva

As can be seen on our cover page, not only does our Child and Adolescent Eating Disorders Team provide award-winning clinical care, they don't do too badly in the morale department either! Congratulations to this excellent, hard-working, and dedicated group!

We have many other things to celebrate and people to congratulate at this time. We are very happy to be joined by seven new junior colleagues in their PGY-1 year, who come from seven different medical schools across Canada and offshore: **Drs. Rachel Bell** (UBC), **Nancy Boniel** (International Medical School), **Kristen Holm** (Dalhousie), **Liisa Johnston** (Queen's), **Mirka Kolajova** (U. of Ottawa), **Anita Ray** (Western), and **Vanessa Thoo** (U. of Calgary). We also welcome **Dr. Marla Davidson**, who completed her residency at the University of Saskatchewan and will be a Fellow in Seniors Mental Health. We are very pleased that Sobey Research Fellow **Dr. Mirko Manchia** will be continuing as a Fellow in Mood Disorders in the 2010-2011 academic year. Congratulations to **Dr. Catalina Lopez de Lara** on winning a Dalhousie Resident Research Day Best Oral Presentation in Basic Science Research award.

We are sad to bid adieu to **Ms. Martine McKay**, Undergraduate Education Coordinator, who will be employing her finely-honed skills in undergraduate education in coordinating all Dalhousie Medicine New Brunswick 3rd and 4th year undergraduate activities, based in Moncton. We are

very grateful for Ms. McKay's excellent work in the Department of Psychiatry over the last 12 years, and wish her the best of luck in her new position and her new home. Congratulations to **Ms. Annette Cossar** and 32 faculty members who have received long service awards from Dalhousie and CDHA respectively, honouring up to 40 years of dedicated service!

We also bid farewell to **Drs. Bobbi French** and **Caroline Abbott**, who have provided much-needed and highly valued clinical care in, respectively, Child and Adolescent Psychiatry and the Mood Disorders Clinic.

We welcome several new faculty members to the Department: **Dr. Birgitte Norrie**, a Visiting Professor from Denmark working in the Centre for Emotions and Health, **Dr. Luke Napier**, back from a year's leave, **Dr. Abigail Ortiz**, who will work in the Mood Disorders Clinic and also care for inpatients at the Abbie J. Lane Building, and **Dr. David Russell**, who is joining us as a Mental Health Hospitalist.

Congratulations to **Dr. David Gardner** on his promotion to Professor. Research is thriving in the Department and congratulations are due to researchers **Drs. Tomas Hajek**, **Phil Tibbo**, and **Carlo Carandang** and their colleagues on their recent successes in obtaining significant funding for research studies. I was very happy to see that a senior medical student, Sarah Ironsides, won the Dr. J. Donald Hatcher Research Prize for



work done under the supervision of **Dr. Gail Eskes**. Dr. Hatcher was the Head of the Department of Physiology when I was a medical student at Queen's University, just before he became the Dean of Medicine here at Dalhousie.

Major part of this issue's focus on the inspiring work of our International Psychiatry Section (IPS), led very effectively by **Dr. Sonia Chehil**, who is building many important partnerships. The IPS has been performing highly effective work, and has several major foci including the development of human resources through educational programs, the development of treatment guidelines, and the creation of up-to-date mental health legislation. Imagine the challenge of delivering mental health care to a Guyanese population roughly the size of Nova Scotia with human resources that include only two psychiatrists! All involved with the efforts of our IPS help inspire hope in our partner countries, and are in turn themselves inspired to do more. I love

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Department of Psychiatry HEADLINES

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Research Section

Submitted by: Janet Bardon
Research Administrator

Research Expo

This year's Research Expo was a great success and was well attended by both psychiatry residents and faculty members. Everyone was treated to pizza and beverages while viewing poster presentations by researchers in the Department and discussing the research opportunities that are open to residents. For the second year, the residents took part in a poster trivia game and the winner was **Dr. Dilruba Rahman**. Congratulations Dilruba! Thank you to everyone who helped with the event, especially the members of the Research Expo Planning Committee: **Dr. Kim Good**, **Dr. Alexa Bagnell**, **Ms. Janet Bardon**, and **Ms. Jennifer MacDonnell**.

Research Day

This year's event is scheduled for Thursday, October 14 at the Lord Nelson Hotel. Now in its 20th year, Psychiatry Research Day promotes student involvement in research and showcases the Department's diverse expertise to our university and local communities. This year's keynote speaker will be Dr. Robin Murray, Professor of Psychiatry, Institute of Psychiatry at the Maudsley, Kings College, University of London.

If you are interested in presenting at this year's Psychiatry Research Day, please submit your abstract using the registration form found at <http://psychiatry.medicine.dal.ca/research/researchday.htm> and forward it to **Ms. Jennifer MacDonnell** at Jennifer.MacDonnell@cdha.nshealth.ca before July 30, 2010. For more information, please contact Jennifer at 473-7358.

Congratulations

Sarah Ironside, a fourth-year medical student whose research was supervised by **Dr. Gail Eskes** during her undergraduate program, has been awarded the Dr. J. Donald Hatcher Research Prize. Named in honour of Dr. J. Donald Hatcher, a former Dean of Medicine, this research award recognizes excellence in medical research, and is offered to the final year undergraduate medical student who, at graduation, is considered to have carried out the most meritorious and



Dr. Kim Good explains her research to **Dr. Christopher Murphy** at the Research Expo on June 23

significant research at Dalhousie during the undergraduate medical program, including electives.

Drs. Tomas Hajek, Martin Alda, Anne Duffy, and Mr. Tyler Rolheiser were awarded CIHR funding in the amount of \$426,312 CAD for the study "Anatomical, functional connectivity and gray matter development as risk factors for bipolar disorders — longitudinal MRI study in offspring of bipolar parents". The grant application was ranked fourth among 52 applications submitted to Behavioral Sciences B committee from all over Canada.

Drs. Phil Tibbo, Dr. Robert Bartha, **Dr. Denise Bernier**, Dr. Steven Beyea, **Dr. Kim Good**, **Mr. David McAllindon**, **Dr. Heather Milliken**, and Dr. Xiaowei Song were awarded CIHR funding in the amount of \$186,963 over three years for "Quantitative Proton Spectroscopy of White Matter at 4 Tesla in First Episode Psychosis Part II: A Clinical Study". The goal of this brain imaging project is to uncover the neurochemical correlates of the functional and anatomical abnormalities that have been reported in the superior longitudinal fasciculus (SLF) of patients with first-episode psychosis (FEP).

Message from the Head

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the photograph showing "Hope for Our Nation" under a beautiful sky.

Dr. Pippa Moss' work in Kenya is further evidence of what good can be achieved by dedicated and caring people.

Congratulations to **Dr. Alexa Bagnell** for winning the D.A. Gillis Award for

Clinical Excellence and to **Dr. Pam Forsythe** on her recent award as Royal College NB Specialist of the Year.

Did you know that the founder of surrealism was a psychiatrist? If not, you'll be interested to read **Dr. Lara Hazelton's** piece on Andre Breton on page 16.

It's been a busy year, and I hope that everyone will be able to take a breather

at some point this summer, and enjoy the longer days and beautiful weather. I look forward to seeing many of you at two important events later this summer: a noon-time BBQ celebration of the start of construction of the Community Living Units at the NSH site on August 16 and our Awards Dinner on August 26.

Joyce Totton (PI) and **Dr. Carlo Carandang** (CI) received a \$7,000 grant from Medbuy, for their study entitled “Zopiclone vs. trazodone vs. quetiapine for inpatient psychiatric adolescents with insomnia”, an open-label study that will take place on 4 South at the IWK.



Faculty of Medicine Resident Research Day Award Winner

Congratulations to **Dr. Catalina Lopez de Lara** for winning the Best Oral Presentation in Basic Science Research at the Dalhousie University Faculty of Medicine Resident Research Day on May 20.

Dr. Lopez de Lara's presentation was entitled “Mapping susceptibility genes for bipolar disorder using linkage and gene expression analyses” and her award was sponsored by the Dalhousie Medical Alumni Association (DMAA). Dr. Lopez de Lara would like to thank her supervisors **Dr. Martin Alda** (Dalhousie University) and Dr. Gustavo Turecki (McGill University) for their support, guidance, and fruitful discussions. She would also like to acknowledge the co-investigators of this study, Drs. Grof, Rouleau, Young, Beck, and particularly, Dr. Jaitovich-Groissman, Ms. Mamdani, Ms. Lebel, Ms. Cruceanu, and Mr. Yerko, for their significant contributions and support in different stages of this project. All the molecular work was carried out at Dr. Turecki's laboratory in Montreal. This project was funded by a grant from the Canadian Institutes of Health Research (CIHR). This study has been submitted and accepted for publication in the *International Journal of Neuropsychopharmacology*.

For more information on the Faculty of Medicine Resident Research Day, please visit the Faculty of Medicine website at <http://rrd.medicine.dal.ca/>.

International Psychiatry Section

Innovations in Health Human Resource Development in Mental Health in Guyana

Submitted by: Dr. Sonia Chehil
Director, International Psychiatry

The general health human resource shortage in Guyana heavily impacts mental health. Human resources currently available in Guyana to provide mental health care are inadequate in number and training to meet the mental health needs of the population.

Health human resource development in mental health is identified as one of the ten priority areas of action in Guyana's National Mental Health Strategy 2008-2012. In partnership with the International Psychiatry Section (IPS), the Ministry of Health has been working to establish a comprehensive approach to in-service training and health professional program development for health and allied health professionals.

This approach will ensure the sustainable development of an appropriate health and mental health workforce with the knowledge, skills, and attitudes necessary for the health

sector to provide high quality, evidence-based mental health care provided by the right person, with the right skills, at the right time, in the right way at each level of the health sector and at key points of interface with sectors such as education and human services and civil society.

The Ministry of Health's most ambitious initiative to scale up the mental health workforce in Guyana was conceptualized in 2009 and involves the development and establishment of formal training programs in psychiatry and psychiatric nursing. The Ministry envisages the establishment of the following programs in Guyana by 2011:

- Post-Graduate Diploma Program in Psychiatry for Physicians
- Clinical Internship Program
- Psychiatric Nursing Program
- Community Mental Health Worker Program
- Patient Care Assistant Program

In partnership with Dalhousie's growing IPS Collaborative, each program will be delivered using a combination of distance-education and on-site clinical teaching using North-South paired tutors. Each program will be embedded within and certified by the University of Guyana as a formal training program.

The development of the formal psychiatry and mental health training programs dovetails with the continuing efforts to institutionalize a Centre of Excellence for Psychiatric Services at the Georgetown Public Hospital Corporation (GPHC). Under the auspices of the Dalhousie IPS Collaborative, which serves as the hub for the development, coordination, monitoring, and evaluation of the centre, psychiatrists and senior psychiatric residents from academic institutions across Canada will work with the existing staff at GPHC to:

- develop and implement standard treatment guidelines for

- psychiatric care;
- develop and implement a standard psychotropic medication formulary and accompanied psychotropic medication guidelines;
- provide clinical teaching, supervision, mentorship, and didactic teaching to junior doctors, interns, medical students, and allied health professionals; and
- assist in the development of local tutors in mental health and psychiatry.

The objective also includes creating a quality service through which training

for the post-graduate psychiatry, intern, nursing, and allied health professional formal training programs can be provided.

Initiatives to establish the Centre of Excellence were launched in January 2010 with the placement of **Dr. Deborah Parker**, then PGY-4, at the GPHC. Dr. Parker was the first senior resident to be involved in the development of this program and has been instrumental in establishing what will become a teaching clinic for evidence informed psychiatric care practice. Dr. Parker's three-month assignment ended on March 29, 2010. Dr. Nadia Aleem, senior psychiatry resident from the University of Western Ontario followed Dr. Parker in May 2010.

Dr. Aleem's placement at the GPHC will last until July 30, 2010. It is envisioned that the senior resident placement at the Georgetown Public Hospital will become a regular three-month rotation filled by senior psychiatry residents from academic institutions across Canada.

The activities of the June 2010 IPS Guyana Mission were the next steps in anticipation of the launching of the Post-Graduate Diploma Program in Psychiatry for Physicians and the Psychiatric Nursing Program in January 2011.

It goes without saying that none of this would be possible without the continued support of the IWK Health Centre, CDHA, Dalhousie University, and the Nova Scotia Department of Health.

Top: Meeting of the Dalhousie Team at the Canadian High Commission in Guyana. L-R: Arlene MacDougall (Senior Psychiatry Resident, McMaster University), **Sonia Chehil** (Director IPS), Robert Drouin (CIDA representative Canadian High Commission), Sandra Hennigar (RN, Psychiatric Nurse Specialist), Loretta Whitehorne (RN, Psychiatric Mental Health Nurse and Educator), Susan Charlton (RN, Psychiatric Nurse Specialist and Educator), **Matthew Morgan** (Psychiatrist, Dalhousie).

Bottom: Dalhousie Psychiatry and Nursing Teams with the Minister of Health and Chief Nursing Officer of Guyana.



Reflections on Psychiatric Nursing in Guyana

Sandra Hennigar, RN (Senior Nursing Administration), Susan Charlton, RN (Nurse Educator), and Loretta Whitehorne, RN (Psychiatric Mental Health Nurse and Educator)

Psychiatric nursing can be a very exciting field offering many opportunities including inpatient settings with a number of different foci (psycho-geriatrics, rehabilitation, acute care, etc.). Nurses can work in community-based settings, develop skills for specific patient populations, work in community development, and become educated to work in advanced practice. Nurses can move into other support roles in education, research, and administration.

The possibilities are endless and rewarding.

This is not the way psychiatric nursing is perceived in all countries. We had recently been invited to Guyana to discuss a partnership to provide psychiatric nursing education to nurses in Guyana. This relationship would include collaboration between Dalhousie University IPS and the Guyanese Ministry of Health. Throughout a period of four working days, we met with a range of nurses who worked in a variety of roles in either the psychiatric unit at the Georgetown Public Hospital Corporation (GPHC) or the National Psychiatric Hospital (NPH). Ministry

staff organized tours of the two facilities, which allowed us the opportunity to see the environments in which nursing care is delivered, and a brief look at how care is currently being provided. Inpatient psychiatric nursing in Guyana consists primarily of observation and provision of basic needs (food, bathing, and containment). Nursing assessment and interventions specific to psychiatric illness is not evident in the scarce charting that is done. We were told that psychiatric diagnoses would be appearing in the charts of those patients seen in GPHC, due mostly to the fact that Dalhousie University has had a senior psychiatric resident working in

the Georgetown psychiatric outpatient clinic.

During the last two days of our visit, we met with nurses including the Chief Nursing Officer for Guyana, Director of Nursing for GPHC, a clinical facilitator from the NPH, a staff nurse, and a nurse who is teaching in the Medex program. The purpose of these meetings was to review the post-RN psychiatric-mental health nursing curriculum that is currently being used throughout Nova Scotia. This curriculum was developed through the Registered Nurses Professional Development Centre (RNPDC) in response to the lack of preparation for new graduates in Nova Scotia to work in this specialty area. The Psychiatric-Mental Health Nursing Program (PMHNP) is a performance-based certification program that utilizes a competency-based methodology to achieve its performance-based

certification. The competencies for the PMHNP are arranged under five general areas: critical thinking, clinical practice, relationship-centered practice, professionalism, and leadership. The course can currently be taken part-time over a 15 month time frame or full-time in a classroom setting over 13 weeks. Knowledge is assessed through examinations and skills are assessed in an Objective Structured Clinical Exam (OSCE) prior to precepted clinical experiences.

The staff from Guyana agreed that all of the units included in this curriculum were needed to better prepare their nurses to work in their clinical settings. Changes need to be made to contextualize the content and

to add a section on crisis management. The program will include print-based study guides supported with required readings, videotapes, and computer-based technologies. Consideration will be given to facilitate some guided clinical experiences at times when we are present.

There is no doubt that providing education to nurses working in psychiatric settings is a step toward improving care for patients with mental illnesses. But this approach alone will not create a sustainable system of psychiatric care in Guyana. Policies that support the provision of care must be implemented concurrent to the start of any educational program. Staff educated in new ways of caring for their patients will surely quickly revert back to a system of custodial care if the system has not changed to support a new way of practice.

This project of partnering with Guyana's nurses and the Guyanese Ministry of Health is an exciting endeavour and opportunity which we feel privileged to embark upon. We look forward to fostering the working relationships we have already developed with our colleagues in Guyana as together we establish this psychiatric nursing education program for Guyana.



Nursing Team presenting their program



L-R: Susan Charlton, Loretta Whitehorne, and Sandra Hennigar

Building Clinical Care Capacity in Guyana: Psychiatry Resident Elective in Global Mental Health



Dr. Nadia Aleem, PGY-5 in Psychiatry, University of Western Ontario

I am writing this article from my apartment in a quiet neighborhood in Georgetown, Guyana.

My stay here is part of an elective through Dalhousie University. Though I have not yet been here two weeks, I already feel as though I have seen and experienced things that have forever changed my appreciation of psychiatry. Each morning I arrive to work to face up to 100 people, all of whom await psychiatric care. In the course of

a morning, one moves from seeing nine-year-olds to 90-year-olds, most of whom are accompanied by family members and all of whom have suffered significantly before seeking psychiatric care. Though all the patients speak English, the Creole dialect will take a little while to understand. I am thankful to my Guyanese colleagues for their help with interpretation of local terminology and for the patients' good humour during the course of my adjustment. It has been such a unique experience to be introduced to Guyana through their stories.

In the next two months, so many more experiences lie ahead. Building on the work of previous resident

Dr. Deborah Parker, I am completing a lecture series for the interns in training at Georgetown Hospital. I look forward to travelling with the treatment team to smaller communities as part of the Psychiatric Outreach program. I also hope to participate in the weekly drug rehabilitation program. On top of all of this, there are lots of restaurants to visit, new fruits to try, and El Dorado rum to sample. A visit to Kaiteur Falls and a walk through the rainforest all make for a busy agenda and the promise for many adventures.

Reflections from Guyana

Submitted by: Dr. Matthew Morgan
Psychiatrist, Dalhousie University

Flashback: It is April 2009 and I am sitting in Orlando, Florida. I am contemplating the steps I would like to take to be more productive in my personal and academic life when I am struck with a thought like a bolt of lightning and I am surprised I have never considered it before now. I think to myself “I should e-mail Sonia Chehil to tell her about my interests in social justice, public health, and the Caribbean”.

Flashforward: It is June 19, 2010 and I am sitting in the airport in Halifax eagerly waiting to board a plane that will take me to Guyana, South America and the start of a new adventure.

The International Psychiatry Section (IPS) at Dalhousie has been intimately involved in the improvement of Mental Health Services in Guyana in partnership with the Guyanese Ministry of Health. Through meetings with **Dr. Sonia Chehil** and the IPS members, we decided to develop a Post-Graduate Diploma Program in Psychiatry for General Physicians. I, along with a PGY-5 in Psychiatry from McMaster

(Dr. Arlene MacDougall), travelled to Guyana. Our purpose was twofold: to meet with the stakeholders involved in the development of the program curriculum and to examine the condition of the current Mental Health Services in the country.

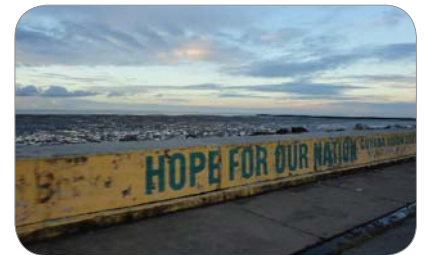
Most people think that Guyana is a country somewhere in Africa. In fact, it is a coastal country in South America and is one hour (by plane) southeast of Trinidad. It has a large area of unpopulated rainforest and is unique in that the capital city (Georgetown) is six feet below sea level. This is distinctly obvious by the numerous canals running throughout the city and the elevated buildings constructed to avoid damage from frequent floods.

It was a very successful trip for Arlene and myself and we were able to present a finished curriculum document to the Minister of Health, Dr. Leslie Ramsammy, on the last day of our trip. We were also accompanied by three nurses from the Mental Health Program who were there to establish a Mental Health Curriculum for Registered Nurses.

Looking back on my experience allows me to be thankful for what I have in Canada. I have always said my experience in developing countries is what “got me into medicine” as it gave me a perspective that little else would have accomplished.

However, I can now say that my experience in Guyana has given me a new and important purpose: to take what I have been blessed to receive in Canada and to help a country that is looking to make some changes to their mental health care.

It will not be easy and at times the conditions I saw made me feel like it will be overwhelming. However, our visit was only the beginning of a journey in collaboration and I believe that the sign I saw on the Guyanese sea wall summarizes my feelings well: “Hope for our Nation.”



“Guyana: Hope for Our Nation”

Dr. Arlene MacDougall, PGY-5 in Psychiatry, McMaster University

When we arrived in Guyana in the early morning of June 20, 2010, I expected to see the poverty, the injustices, ailing infrastructure, and various barriers to making progress that we encountered over our weeklong stay. However, there was something very different about this trip from my previous experiences in developing countries: I didn't feel completely overwhelmed and ineffectual about it all. For the first time, I felt I could assist in addressing the identified needs and contribute in a positive and sustainable way.

With only two national psychiatrists serving the public sector of Guyana (pop. 770,000), the majority of people

living with serious mental illness are not receiving the necessary psychiatric care. But during our brief stay, our team was able to work together with various stakeholders including the psychiatrists, prospective trainees, the Minister of Health and his staff, the Chief Medical Officers, and the University of Guyana in the development of a context-appropriate curriculum to train general physicians in the specialty of psychiatry.

There was a tremendous amount of support and enthusiasm for the training program on all accounts. The two-year diploma program is slated to start in the early part of 2011 and will be a collaborative effort between the current faculty in Guyana and faculty from the Departments of Psychiatry at

Dalhousie, McMaster, and potentially other Canadian universities. The goal is to generate in-country capacity both in terms of psychiatric clinical service as well as in the training of future physicians in psychiatry.

I left Guyana with a sense of hope — a sentiment that was clearly shared by many of the Guyanese we came across during our travels — and an even stronger commitment to international psychiatry. Guyana's mental health care system is going through an incredible transformation under the guidance of **Dr. Sonia Chehil** and other faculty members of the International Psychiatry Section at Dalhousie. To be a part of this change was both an honour and pleasure.

Celebrating Innovation in Human Rights and Mental Health



L-R: **Dr. Scott Theriault**, Ms. Cheluchi Onyemelukwe, Prof. Bill Lahey, Ms. Alana Lancaster, and Ms. Leah Hutt.

We celebrated the beginning of the final phase in the development of a new mental health legislation for Guyana that is appropriate, practical, affordable, and most importantly, implementable in a low/middle income country (LMIC) context. The IPS, in collaboration with the Health Law Institute and the Government of Nova Scotia, have been working with Guyana's Ministries of Health and Legal Affairs to develop legislation that does something exceptional — it both speaks to the context and realities of a LMIC and is consistent with current global standards in mental health law and human rights. Under the supervision and mentorship of **Dr. Scott Theriault**, IPS technical lead, Professor Bill Lahey, Director of the Health Law Institute, and Ms. Leah Hutt, Government of Nova Scotia, Cheluchi Onyemelukwe and Alana Lancaster, graduate students in Dalhousie's Faculty of Law, prepared and presented a penultimate draft of the innovative legislation to the IPS team on June 17, 2010. The final draft and accompanying briefing notes will be submitted to Dr. Leslie Ramsammy, Guyana Minister of Health, in the beginning of August. It is anticipated that the new legislation will be introduced in the Guyanese Parliament in the Fall of 2010.

Child and Adolescent Psychiatry Division

Submitted by: Michelle Patenaude
Administrator, Child and Adolescent Psychiatry

Clinical Research Presented at WCBCT in Boston

Dr. Alexa Bagnell, Alissa Pencer, Cheryl Gilbert MacLeod, and Marie Poisson had their poster "Group CBT Treatment for Child and Adolescent Anxiety Disorders: Effectiveness and Practicalities in a Clinical Setting" accepted at the World Congress of Behavioral and Cognitive Therapies (WCBCT) in Boston in June.

The research conducted by the IWK Treatment of Anxiety Group (TAG) examined the effectiveness of a group CBT protocol (Cool Kids©; Rapee et al., 2006), for children and adolescents (age 7-19 years) with a range of anxiety disorders, conducted by a multidisciplinary team at a secondary/tertiary health care centre.

The results of the study support the effectiveness of evidence-based CBT group treatment of child and adolescent anxiety disorders in reducing anxiety and improving function in a real world clinical setting. Younger children are more likely than teens to achieve remission of anxiety disorder within the duration of the group.

This research was also accepted as a poster for the American Psychological

Association (APA) Conference in San Diego in August, entitled "Effectiveness of CBT for Anxiety in Youth in Clinical Practice".

CRP Has New Direction

The IWK program formerly known as the Children's Response Program (CRP) has changed its name to COMPASS, Centre for Collaborative Child and Family Treatment.

The treatment is family focused and collaborative. The name change and new logo was the product of a collaborative effort that involved staff, families, and leadership. We believe that Compass accurately reflects the "new direction" that this program is heading in. We would also like to think of our program as a "guide" for our families on their journey to wellness.



Dr. Joanne Gusella Featured Talent of Planet Atlantic

Dr. Joanne Gusella is featured in a new music video for the planet called "We'll Find A Way." The video was launched in a free, all ages event in Halifax on June 15 at St. Matthew's United Church in Halifax.

The featured talents of Planet Atlantic are made up of celebrated East Coast artists Dave Carroll (United Breaks Guitars), Chelsea Nisbett (Dalhousie student), Ian Sherwood, Kim Wempe, Carmel Mikol, and Michael Redden, together with "We'll Find A Way" songwriters Melanie Donnelly, Catherine Kinsman, and Joanna Butler (Gusella) (adjunct faculty at Dalhousie in Clinical Psychology and Psychiatry).

The event featured a special behind-the-scenes short film, and guest speaker, meteorologist/environmental advocate, Richard Zurawski. The audience gave a standing ovation when they saw the video (<http://www.youtube.com/watch?v=MpCPKFchhHA>), and the aim will now be to encourage others to share it worldwide. The David Suzuki Foundation along with the Ecology Action Centre and Solar Aid will share

in all profits from sales of a \$15.00 compilation CD available at HMV on Spring Garden Road. The single is also available on iTunes (search “Planet Atlantic”), and has been released to radio nationally.

Dr. Gusella is excited that David Suzuki has initiated a “Playlist for the Planet”, and that “We’ll Find a Way” has a chance of making it on a CD to be released by Universal Music this October. David Suzuki says “We hope to emerge with an anthem — a song that will inspire us all!” To help support their song’s chances to be that “anthem for the planet”, you can click the link and listen to We’ll Find a Way on their Planet



The artists in Planet Atlantic. From left to right on bottom row: Kim Wempe, Chelsea Nisbett, Carmel Mikol, Melanie Donnelly, **Joanna Butler (Gusella)**, and Catherine Kinsman. Back row left to right: Ian Sherwood, Michael Redden, and Dave Carroll.

Atlantic page on CBC Radio 3’s website: <http://radio3.cbc.ca/#/bands/Planet-Atlantic>.

For more information on the “We’ll Find a Way” project check out their website at www.planetatlantic.com.

Mental Health and Addictions Strategic Plan

A special Division of Child and Adolescent Psychiatry meeting was held on May 21 to discuss ways to move forward with the mental health and addictions strategic plan. The meeting was attended by guests Dr. Ruth Carter, Director of Forensic Services, Ms. Susan Mercer, Director of Mental Health and Addictions, and Mr. Steve Ashton, Director of People and Organization, IWK. The Executive Leadership Team at the IWK Health Centre recognizes the importance of completing the MH&A strategic plan and have offered their support and Mr. Ashton will organize the strategic plan process. His function will be to guide the process, get all of the pieces together, and put together a structure for the strategic plan, beginning with an environmental scan.

A Mental Health and Addictions Town Hall meeting was held on June 23 to launch the beginning of the strategic plan process. It was announced at this meeting that the hope is to complete the strategic plan by December 2010.

Further information about the strategic planning process will be posted in the IWK intranet (Pulse). Once the plan is completed, the real work in implementing the necessary changes will begin.

IWK STARS Team Recognition Award

This award is presented to exemplary teams who demonstrate a high level of trust in and respect for each other as manifested in their positive work environment and extraordinary outcomes. There are teams within the IWK Health Centre who demonstrate outstanding commitment to the Mission, Vision, and Values of the IWK. Team Recognition award recipients include teams who distinguish themselves amongst their colleagues by demonstrating outstanding performance in the application of Health Centre core values to achieve our mission and move forward in the realization of the Health Centre’s vision “Healthy Families. The Best Care.”

The Division of Child and Adolescent Psychiatry is very pleased to announce that two of our own teams are recipients of the 2010 IWK Team Recognition Award: the 4 South Team and the Children’s Response Team — IWK Compass Program.

Education Section

Submitted by: Annette Cossar
Education Administrator

Undergraduate News

One of the biggest news items for the Education Section is that we will be bidding a fond farewell to one of our own: **Ms. Martine McKay**. She will be departing across the Nova Scotia border to the Moncton campus of the Dalhousie Medicine New Brunswick Program.

In her new role, Martine will be

coordinating the clerkship students representing all disciplines within the Faculty of Medicine throughout the teaching facilities in the Moncton area. Martine might have tiny feet, but her shoes will be hard to fill. Tears have been shed and a few more I suspect will fall.

Martine has been a member of the Department of Psychiatry for 13 years — she will be missed, especially that roar of laughter that can erupt without notice from her office!

Martine’s last day at the office will be July 23. Congratulations Martine!

Postgraduate News

Mark your calendars! The 2010 Psychiatry Annual Awards Dinner is scheduled for Thursday, August 26 at 6:30 pm at The Westin Nova Scotian. An electronic invitation via Doodle has been sent out to expedite the invites to guests and the collection of RSVPs. The RSVP deadline is Friday, August 20 — we look forward to seeing you at this year's celebration!

On a related topic, we would like to ask for your participation in the selection of the W.O. McCormick Award for Outstanding Presentation for 2009/10. As a part of the regular Clinical Academic Rounds evaluations, attendees were to make note of any presentations by our Postgraduate Residents that might be worthy of nomination. The eligibility period represents presentations between July 1, 2009 to June 30, 2010. Please forward your nominations to **Ms. Annette Cossar** at annette.cossar@cdha.nshealth.ca with an explanation for your reasons for nominating the individual by Friday, July 30, 2010.

We are looking for submissions from our Postgraduate trainees who are interested in the area of Psychotherapy. The Robert and Stella Weil Fund in Psychiatry provides a funding opportunity to the successful trainee who is interested in fostering or pursuing further exposure in Psychotherapy. Please forward your proposal to Annette at annette.cossar@cdha.nshealth.ca by Friday, July 30, 2010. Further information is available on request.

Our new recruits have arrived! The Department welcomes **Liisa Johnston, Nancy Boniel, Rachel Bell, Kristen Holm, Anita Ray, Mirka Kolajova, and Vanessa Thoo** to our Residency Program. At this time, the new fellows will begin as well. We are pleased to welcome **Dr. Marla Davidson** (U of SK) and **Dr. Mirko Manchia** (Univ. of Cagliari, Italy). Dr. Davidson will be joining the Seniors Mental Health group and Dr. Manchia will be with the Mood Disorders group where he completed his Sobey Fellowship appointment.

Mock Oral Madness is taking place for the PGY-5 residents who are preparing themselves for the Royal College STACER examinations this fall. The Curriculum Review of the didactic schedules continues and throughout the summer months there will be some "catch-up lectures" presented for the PGY-2 and -3 residents. This fall will see a change in the Child and Adolescent lecture series. The sessions will move from Wednesdays to Thursdays for those residents rotating through the IWK.



New Residents L-R: Liisa Johnston, Kristen Holm, Nancy Boniel, Anita Ray, Rachel Bell, and Mirka Kolajova. Missing from photo: Vanessa Thoo.

Continuing Education Activities

Clinical Academic Rounds will resume in September at The Nova Scotia Hospital and Abbie Lane Building. Please contact Ms. Kim Byrne (NSH) and **Ms. Carrie Wipp** (Abbie Lane) to advise them of your availability to present during the academic year. There will be a new change to the Rounds schedule. Beginning in September, the Division of Child and Adolescent Clinical Academic Rounds will be incorporated into the Abbie Lane regular Wednesday

schedule. The two schedules will merge and one of the Rounds' spots will be dedicated to the area of Child and Adolescent Psychiatry.

Given the ongoing expansion of CME/CPD activities in the Department and the Royal College criteria for self-accreditation of educational events for MOC Section 1 credits, we will be establishing a separate committee for Continuing Education which will be similar to the existing committees within

the Education Section. The Committee will look at how to expand the use of technology through on-line methods. As an example, webcasting of our Clinical Academic Rounds and University Rounds to areas like New Brunswick. This would increase accessibility and would enable our faculty members to participate from their rural or other external locations.

Upcoming Workshops:

Canadian Group Psychotherapy Association 31st Annual Conference, September 29–October 2, 2010, The Lord Nelson Hotel and Suites, Halifax: “Strength in Numbers — Creating Sustainable Groups”

NSH Academic Day XXI, October 1, 2010, Sea King Club, Shearwater: “Triangles of Care: Consumers-Families-Providers Working Together”

8th Atlantic Canada Psychosis Conference, November 5, 2010, Halifax Marriott Harbourfront Hotel: “Recovery: From Theory to Practice”

12th National Collaborative Mental Health Care Conference, June 23–25, 2011, Halifax World Trade and Convention Centre: “Charting a New Course to Better Care: Building Stronger Links Between Patients, Families and Healthcare Providers”

News & Announcements

Staff / Faculty Changes

Dr. Birgitte Norrie is visiting the Department as a Lecturer working with **Dr. Allan Abbass** in the Centre for Emotions and Health.

Dr. David Russell has joined the faculty as a Lecturer and Mental Health Hospitalist, effective June 7.

Dr. Bobbi French has resigned from the Child and Adolescent Psychiatry Division, effective June 30.

Dr. Kosuke Kajitani completed his Sobey Fellowship with **Dr. George Robertson** on June 30.

Ms. Martine McKay has resigned from the position of Undergraduate Education Coordinator, effective July 23. Martine has accepted the Dalhousie Medicine New Brunswick position as the Undergraduate Medical Education Coordinator (Med 3&4) in Moncton. Congratulations Martine!

Dr. Caroline Abbott will be retiring from Mood Disorders on July 31. She joined the Department in 1974. Best wishes in your future endeavours!

Dr. Luke Napier will be returning to the Department as a Lecturer and Staff Psychiatrist 7 Lane, effective August 1.

Dr. Abigail Ortiz will be joining the faculty as an Assistant Professor and Staff Psychiatrist for 6 Lane and Mood Disorders, effective August 9. Dr. Ortiz has just finished a two-year fellowship in Mood Disorders with **Dr. Martin Alda**.

Congratulations

Dr. Alexa Bagnell wins the D.A. Gillis Award for Clinical Excellence

Congratulations to **Dr. Alexa Bagnell** who was awarded the D.A. Gillis Award for Clinical Excellence. This award was named as a tribute to Dr. Alex Gillis, Chief of Surgery at the IWK Health Centre from 1965 to 1994. Dr. Gillis showed a tremendous commitment to his patients and their families, and was an inspiration to students and colleagues. In 1994, Dr. Gillis moved to Saudi Arabia where he was Chief of Medical Services in Riyadh. He returned to the IWK in the role of Vice President of Professional and Academic Affairs. From 2002–2004, he acted as President and CEO, and returned to the Professional and Academic Affairs position after a successful CEO search was completed. In 2004, he was appointed to the Health Council of Canada. Dr. Gillis is past president of the Canadian Association of Paediatric Surgeons, as well as recipient of the Order of Canada. Currently, Dr. Gillis is working on special projects for the IWK Health Centre Executive Office and led the Centennial celebrations in 2009. This award recognizes Dr. Gillis’ contributions to excellence in health care and is presented to a health care professional at the IWK.

Recipients of this award have demonstrated excellence in clinical practice, sound clinical judgement, and excellent communication skills. They have a strong commitment to patients and families, and the ability to inspire students, and be a role model for colleagues.

Dr. Alexa Bagnell Appointed Associate Chief of Child and Adolescent Psychiatry

Congratulations to **Dr. Alexa Bagnell** on her appointment as Associate Chief of Child and Adolescent Psychiatry, effective May 1.

Dr. Cheryl Murphy Welcomes New Family Member



Dr. Cheryl Murphy, George, and big brother Austin are thrilled to welcome Owen Isaac to their family. He arrived May 27, 2010 weighing 8lbs 11 oz. All are doing well and they are enjoying every moment!

David Gardner Promoted to Full Professor

Congratulations to **Dr. David Gardner** on his promotion to Full Professor effective July 1. Dr. Gardner joined the faculty at Dalhousie in 1997 in the Departments of Psychiatry, Pharmacy, and Pharmacology. He completed his Pharm.D. in 1997 at UBC and a M.Sc. in Community Health and Epidemiology at Dalhousie in 2003. David's promotion recognizes his strong records of effective teaching and research. He is a member of the Science Advisory Committee of the Mental Health Commission of Canada and has over 50 peer reviewed publications. He and **Dr. Michael Teehan** are looking forward to the publication of their new book *Antipsychotics and Their Side Effects*, to be published this fall by Cambridge University Press.



Annette Cossar Celebrates 25 Years with Dalhousie

Congratulations to **Ms. Annette Cossar**, Education Administrator, for celebrating 25 years at Dalhousie. Annette and the other Dalhousie long service employees and retirees were honoured at a tea at Dalhousie President Dr. Tom Traves' home on July 2. Annette began her Dalhousie career at the Department of Chemistry in 1985, and then moved to the Dean's Office at the Faculty of Science before joining the Department of Psychiatry 18 years ago. Congratulations on 25 years at Dalhousie Annette!

CDHA Service Awards

CDHA Service Awards current to June 30, 2009 were presented to faculty at a long service ceremony held by CDHA earlier this year and at the Department meeting on May 18. The following faculty received awards for their years of service in this round, including a few belated awards:

- 40 years: **Dr. Amal Bhattacharyya**
- 35 years: **Drs. Emmanuel Aquino and Aidan Stokes**
- 30 years: **Drs. Larry Buffett and Richard Howard**
- 25 years: **Drs. Alec Hipwell, Douglas Maynes, Bill McCormick, Paul Reynolds, and Mary Tomlinson**
- 20 years: **Drs. Bianca Lauria-Horner, Saravana Muthu, Patricia Pearce, Curtis Steele, and Michael Teehan**
- 15 years: **Drs. Sreenivasa Bhaskara, Siobhan Bergin, Bill Bradley, Michael Flynn, and Claire O'Donovan**
- 10 years: **Drs. Allan Abbass, Martin Alda, Terry Chisholm, Stan Kutcher, John LeBlanc, Joanne MacDonald, Wahab Mershati, Heather Milliken, Margaret Rajda, Mai Riives, Ben Rusak, and Scott Theriault**



CDHA Service Award recipients join **Dr. Nick Delva** at the May 18 Department meeting.

Congratulations to all of our long service award recipients!

Announcements

4th National Conference of the Canadian Coalition for Seniors' Mental Health, September 27–28, 2010

This two-day event is designed to provide information and inspiration to anyone who is working to promote seniors' mental health and improve the assessment and treatment of seniors with mental health problems.

With over 100 leading-edge speakers presenting on new research findings, emerging models of care, knowledge translation initiatives, caregiver perspectives, innovative anti-stigma programs, and health promotion case studies, this program promises to satisfy your learning and networking requirements. Full program information and registration details are also available at www.ccsmevents.ca. For registration inquiries, call 416-785-2500, ext. 2363. For more information about the CCSMH or the conference program, visit www.ccsmevents.ca or call 416-785-2500 ext. 6331.

Atlantic Canada Psychosis Conference, November 5, 2010

The Nova Scotia Early Psychosis Program (NSEPP), in collaboration with the Capital District Mental Health Program and the Department of Psychiatry, Dalhousie University, will present the 8th Atlantic Canada Psychosis Conference on Friday, November 5 at the Halifax Marriott Harbourfront Hotel in Halifax.

This established high-profile educational event is organized as part of the education component of NSEPP in collaboration with community stakeholders and the First Episode Psychosis program, Memorial University of Newfoundland. It is an important education event which provides a valuable opportunity for primary care physicians, psychiatrists, mental health and other professionals, patients, and family members to obtain the most up-to-date information about recovery from psychosis and to network and share information.

This year's conference is entitled "Recovery: From Theory to Practice". This year's theme will focus on substance use comorbidities and the psychopharmacology of early psychosis and schizophrenia. Our keynote speakers include Dr. Doug Noordsy, Director of Psychosis Services and Associate Professor of Psychiatry, Dartmouth Medical School, New Hampshire, who will address substance use and psychosis and Dr. Gary Remington, Professor of Psychiatry, and Head of the Schizophrenia Program, University of Toronto, who will talk about psychopharmacology of schizophrenia. The keynote speakers, leading clinicians, and researchers who are recognized on the local, national, and international levels will also be joined by local experts in presenting on topics of great importance to clinicians, patients, and families.

The conference format offers a combination of lectures, workshops, and poster displays providing ample opportunity for interactive learning and information exchange for clinicians, researchers, and educators.

For more information on the conference agenda, speakers, and registration process, visit www.e-earlypsychosis.ca or contact Ms. Margie Crown at (902) 473-4022 or Ms. Carolyn Sinyerd at (902) 473-1678.

News

Laura Burke, Peer Support Staff at Laing House, Wins Recovery of Hope Award

Submitted by: Laing House

The Conference Awards Election Committee of the Schizophrenia Society of Canada (SSC) recently announced that Laura Burke, Peer Support staff, Laing House, has been chosen to receive the Recovery of Hope Award this year at the SSC National Conference being held in St. John's, Newfoundland on July 27, 2010. This award has been established by the SSC to recognize and encourage people with schizophrenia who, in spite of the discrimination associated with mental illness, have shown significant self-determination in their recovery process. They will also have made outstanding voluntary contributions in their community towards the SSC mission: to improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy, and research.

The successful candidate must be a person who has schizophrenia or psychosis. Candidates must have shown exceptional courage and determination to meet personal goals regarding education, vocational and skill development, family and/or peer involvement, and participation in community activities as a volunteer.

Candidates have shown that there really is hope for schizophrenia and that recovery is possible, in spite of the barriers that they face every day. That hope may be shown in the form of public speaking, support to others, or any other method by which their knowledge or expertise has made a difference in the area of schizophrenia. Some of these candidates will have given their time to helping schizophrenia societies dispel the myths and misconceptions about schizophrenia.

The Laing House community is very proud of Laura for this and her many other accomplishments both within and outside of Laing House. Sincere congratulations to Laura on winning this prestigious award. For more information about Laing House, visit www.lainghouse.org.

Atlantic Provinces Psychiatric Association (APPA) Annual Meetings 2010 and 2011

Submitted by: Dr. Bill McCormick, former Secretary/Treasurer of APPA

The 2010 Annual Meeting was held June 10–12 in St. John's, NL. It was an enjoyable gathering and a new experiment was needed for the R.O. Jones Memorial Lecture. The originally arranged speaker fell ill and we were very lucky to be able to get, at short notice, Dr. Kenneth Shulman — an eminent geriatric psychiatrist at the University of Toronto — who presented in Halifax on June 9 on “Lithium in old patients — a two edged sword?”

Unfortunately, Dr. Shulman was not able to travel to St. John's to give the R.O. Jones Memorial Lecture. However, a recording was made of his presentation in Halifax and it was shown in St. John's. We cut the recording off at the end of his talk without the discussion period from Halifax and Dr. Shulman joined us via telephone for a very good question and discussion period. The evaluations — both informal and on the official evaluation forms — all agreed that, considering Dr. Shulman's inability to attend the meeting, it was still a definite success.

As one would expect, there was a good turn out of psychiatrists from Newfoundland and Labrador. 20% of PEI psychiatrists were there, six from NB, seven from non-Metro Nova Scotia but I have to admit to disappointment that I was the only Dalhousie AFP physician to attend.

The business meeting took its usual duration of 4.5 minutes and Dr. Simon Brooks has kindly taken over from me as Secretary/Treasurer. The Association is indebted to Ms. Donna Fraser who, for many years, has done the real work of running the Association.

APPA 2011 will be hosted by NSPA. It is all set for June 9–11, 2011 at Oak Island Resort, where families can get a cabin and enjoy the beach. The R.O. Jones Memorial Lecture will be presented by Dr. Allan Schore, Department of Psychiatry and Biobehavioral Sciences, UCLA David Geffen School of Medicine, and at the UCLA Center for Culture, Brain, and Development (<http://www.allanschore.com/>).

Update from Saint John

Greetings from Saint John! It's been a very exciting and productive year for us. First and foremost we are very proud to announce that **Dr. Pamela Forsythe** has been named the Royal College Specialist of the Year for the province of New Brunswick for her outstanding commitment to the medical community and for being such an outstanding mentor to many of our new faculty. We also wanted to congratulate Dr. Forsythe on her new job as the local Director of Student affairs for the medical school. She is also the president of the newly revitalized New Brunswick Psychiatric Association.

We also had a very successful Faculty Appreciation Event on June 16 to celebrate the many achievements of our small but very dedicated faculty. **Dr. Ward Yuzda** has officially been named as a Royal College examiner and participated in his first set of exams this past April. Dr. Yuzda and **Dr. Laurie Potter** have both joined the Royal College Regional Advisory Committee, Area 5.

This year we welcomed **Dr. Satyendra Satyanarayana** to our faculty and he has taken on the position of our CME coordinator. **Dr. Georgia Laurencic** and Dr. Potter travelled to Halifax on May 14 to participate in the annual mock orals and OSCEs. **Dr. Kehinde Aladetoyinbo** has completed the first year of his Masters in Medical Education. **Dr. Emma Unoh** passed the Royal College Psychiatry Fellowship exam this past April. **Dr. Glen Sullivan** has been appointed as the Membership Coordinator for the Canadian Sleep Society. And finally, **Dr. Rachel Morehouse** has been asked to Chair a Task Force for the Examination and Credentialing Committee on the development of Sleep Medicine as a subspecialty of the Royal College.

In other news, we have a new Emergency Department opening soon and we are very pleased with our new interview rooms and office suites that we now have for our staff and trainees. **Drs. Margaret Rajda** and **Mark Bosma** visited us for a presentation on satellite residency programs and a site safety inspection on June 10, 2010 and were quite pleased with our new training facilities. We are looking forward to our increasing involvement with the training of our future physicians and psychiatrists in the coming year.



Dr. Pamela Forsythe receiving the NB Royal College Specialist of the Year Award from Dr. John Steeves, Associate Dean, Dalhousie Medicine, New Brunswick and Chair, RCPSC Regional Advisory Committee for Region 5.

Features

Pippa's Place

Submitted by: Dr. Pippa Moss
Psychiatrist, Dalhousie University

Pippa's Place is a home for AIDS orphaned and abandoned children that is being set up in Nakuru, Kenya, with my son Thomas and support from many friends and strangers! It is not named for myself, but for my African granddaughter who was infected with HIV at birth, probably by the hospital where she had gone to be safe. She has been close to death several times during her short life and her parents, Ndungu and Damaris, concluded that God had sent them this challenge so that they would learn skills to care for his unwanted AIDS babies. Thomas insisted that we could, of course, help, so the project started.

Looking at the attachment needs of children, they decided to not run another orphanage, but foster and eventually adopt children into their own family. They could hardly afford to care for their own children, so we set up a Trust under Kenyan law. I purchased the land, which belongs to the family but is leased to the Trust which will develop it to meet the needs of the extra children. The project is supervised by the Fundy Peace Foundation (FPF) and as such is a registered Canadian charity.

Our first baby, Erik, joined us in March 2009. Each child is sponsored by people over here, their "aunts" and "uncles" — they need about \$180 per month to cover their medical and nursing needs as well as the usual food and clothing, etc. Sponsors are encouraged to build a bond with their child and to visit them if they can. We also welcome visits from supporters, so they can see for themselves what a huge impact they are having in the life of the children.

Thomas and I visited Pippa's Place in June. Our aims for this visit were to first spend time with the children and also be there when the next child entered the family. We also looked forward to meeting the goats, and planned to

plant fruit trees in order to provide for the family in the future, as fruits and avocados are an important part of the children's diet as well as a potential source of income for the project.

We were delighted to see how well all of the children are doing. Little Pippa is a happy and healthy eight-year-old, doing well in school, despite all of the time that she missed due to illness in the past. We were delighted to see that she has caught up in her growth and fits size eight clothing! This is a really good indicator of health. She is clearly well bonded with her little brother, Erik and couldn't wait to have her new sister home. We took her and Griff, her brother, to Mombassa for two days as their birthday present. They really enjoyed their first swim in a pool, and the train journey was a hit too, especially with the bunk beds for sleeping and the meals in the dining car.

Little Erik is a joy. It's hard to believe that this is the same baby who came home only 18 months ago. He has just blossomed into one of the happiest two-year-olds that I have met — he even laughs in his sleep! He is not talking much yet, but he is learning at least three basic languages, so this is not necessarily a delay in speech, as it would be considered here where children usually only learn one.

Erik loves to give people a "high five" and has the cutest grin I have seen in a long time. He's busy and wants to be into everything — a typical two-year-old. His motor skills have caught up and he runs and climbs with glee. He is also now the expected size for a two-year-old — and loved the new clothes that we took. The toys were also a hit; he quickly started to put the Duplo blocks together and had a wonderful time with the beach ball, playing football (Kenyans are as hooked on soccer as Canadians are on hockey) and then throwing and trying to catch it.

Little Phyllis is the next baby to join the family: the little sister that Pippa is waiting for. She was born to an HIV positive mother but antibodies have disappeared over time and so we assume that it was maternal antibodies that were picked up in earlier testing. She has a heart condition and has apparently had surgery, but does not have a scar on her chest, so we are not sure yet what was done. She needs a lot of nursing care so other families are loath to take her — just the child that Pippa's Place was designed for.



Dr. Moss holds Phyllis

Although Phyllis is one-year-old she is very small — about the size of a five-month-old. She can sit independently but falls to the side and tends to arch her back; her head is not well supported and she cannot take her own weight on her legs. She will need the same sort of care and play that Erik thrived on. Looking at her head, the hair is worn away on both sides, a sign that she has been spending many hours lying down in a crib. This could well account for her motor delays. She's such a beautiful

baby when she smiles that everyone will surely fall in love with her. Phyllis was worn out by the end of our visit to the children's home and fell asleep in my arms — it was hard to place her in her crib and leave her behind, but she has since come home to her family and I suspect that she will begin to thrive at home.

While in Nakuru we visited the local hospital and donated supplies of medications so that these could be safely dispensed through the pharmacy, for free to people in need. Many people cannot afford the medications and have to go without, even dying as a result. Only antiretrovirals are free, thanks to NGOs.

We left Nakuru with many happy memories of the trip. It was hard to leave, but it helps that I plan to return in February 2012. By that time little Phyllis will be two and we will be ready for yet another child, if he hasn't already come to join us next summer.

Looking at the children in the slums of Nairobi, searching through piles of garbage, I could not help but think that this could have been the lot of Erik and other children of Pippa's Place. The Kenyan government has decided that all children need to be adopted into families and not cared for in orphanages, or even fostered. It seems

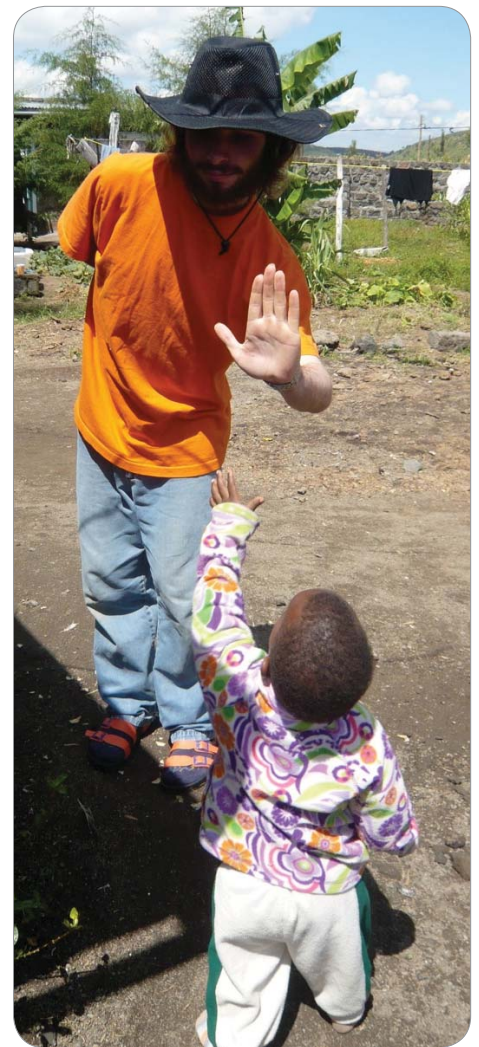
that Pippa's Place is well ahead of their new approach, yet I cannot help but wonder how they plan to find enough families with the time and willingness to take the children and the ability to afford it. Damaris and Ndungu could not do what they do without our support.

I am happy to be home but miss Kenya. As a child psychiatrist, this is some of the most fulfilling work that I do.

For more information, please visit our website: <http://pippasplace.org>.



Erik, Pippa, and Griff all dressed up for church in their new clothes



Erik offers Thomas a high five

Humanities Corner

I have always been amazed at the way an ordinary observer lends so much more credence and attaches so much more importance to waking events than to those occurring in dreams... Man... is above all the plaything of his memory.

Andre Breton

Born in 1896, Andre Breton was a French psychiatrist whose writings were foundational in the development of the Surrealist movement. While still a medical student, Breton worked on a neurology ward during World War I. There he met Jacques Vache, a patient who had sustained a leg injury in battle. Like so many others of his generation, Vache was disillusioned by the war and its dehumanizing effects. He espoused a joyless "umour" (humour without the "H") as a form of resistance to the establishment. Breton formed a friendship with his patient, and continued to correspond with him after he was discharged.

Vache died of an opium overdose in 1919, possibly a suicide. In 1924, Breton published the "Surrealist Manifesto", which advocated psychic automatism, the expression "of the actual functioning of thought... exempt from any aesthetic or moral concern." Surrealism went on to be one of the most influential movements of the 20th century, and Breton always acknowledged the important contribution his former patient had made to his theories.

Interested in participating in events related to the medical humanities? Please contact **Dr. Lara Hazelton**, Departmental Humanities Coordinator, at Lara.Hazelton@cdha.nshealth.ca.