

Department of Psychiatry HEADLINES

Department of Psychiatry welcomes its first Canada Research Chair, Dr. Rudolf Uher

Dr. Rudolf Uher, a clinical psychiatrist trained at the Maudsley Hospital in London and one of the world's leading experts in gene-environment interactions and in pharmacogenetics, has joined the Department as an Associate Professor and is our first Canada Research Chair. Dr. Uher's research will focus on early intervention to prevent severe mental illness.

While working as a Clinical Lecturer at the Institute of Psychiatry at the Maudsley Hospital he received an email from **Dr. Martin Alda**, the Killam Chair in Mood Disorders at Dalhousie, informing him of a job opening in the Department of Psychiatry. "It sounded like a great opportunity with a lot of freedom and support to carry out meaningful long-term research" recalls

Dr. Uher, who decided to apply for the job after a visit to Halifax. Dalhousie advertised the psychiatry position with the understanding that the incumbent would need to be selected as the Canada Research Chair as well. After he was selected for the position, Dr. Uher started the lengthy process of applying to be a Canada Research Chair. In November 2011 he was officially awarded the Chair position, more than two years after he initially applied for the job at Dalhousie.

As the Canada Research Chair in Early Intervention in Psychiatry, Dr. Uher will focus on the early stages of

the development of severe mental illness and try to determine whether there are effective ways to prevent its progression.

"I'm trained as an adult psychiatrist, but most mental illness starts in the teenage years and early adulthood," says Dr. Uher. "Lots of time I see adults who have been ill for 20 or 30 years and we are limited in what benefits we may achieve with treatment after the illness has done its ravages. I believe that early

"It will be a helpful and reassuring experience for families"

intervention has the potential to achieve much better outcomes."

Dr. Uher's research will be focusing on severe mental illness – psychosis, bipolar disorder and severe types of major depression. Because it is a preventive study, he'll be working with a population who is at high risk of developing mental illness. These will be young people who have a combination of family history (a parent with severe mental illness) and other antecedents or milder sorts of problems such as anxiety, cognitive delays, or



Dr. Rudolf Uher

psychotic-like experiences in childhood. "The risk of developing severe mental illness is about 40 per cent when there is a family history plus these antecedents, which is high enough to warrant an intervention," he says.

Dr. Uher is working on a cross-diagnostic basis and collaborates with

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Message from the Head

Dr. Nick Delva

We are very happy to have **Dr. Rudolf Uher** as our first Departmental Canada Research Chair! We welcomed him to the Department of Psychiatry earlier this year, and our leading story tells the reader about his background and research program. You'll note that the timeline for his work extends many years into the future and that many of the most important findings are expected as far away as 10 years from now. Also noteworthy is the extensive degree of collaboration involved in his current and future work.

A number of congratulations are in order:

To the recent graduates of our residency training program – **Drs. Jonathan Brake, Amanda Ginnish, Katie Manders, Emily Maxan, Lee Simpson** and **Miroslava Stingu-Baxter** were recognized at last week's annual Department of Psychiatry Awards Dinner. At the Dinner, a number of awards were presented, which are described on page 5.

To **Dr. Ezio Dini**, our residents' choice for the "Teacher of the Year" award.

To **Dr. Margaret Rajda**, Postgraduate Program Director, **Dr. Mark Bosma**, Deputy Postgraduate Program Director, **Dr. Katherine Matheson**, Chief Resident,

Dr. Liisa Johnston, Associate Chief Resident, and all others who worked so hard to restore our residency training program to fully "Approved" status. Formal notice of this great news was conveyed to Associate Dean, Faculty of Medicine, **Dr. Martin Gardner**, on June 8, 2012.

To **Dr. David Gardner**, Canadian Pharmacist of the Year.

To **Dr. Ben Rusak**, winner of the prestigious Max Forman Senior Research Prize.

The reader will note the continued prolific work conducted by **Dr. Stan Kutcher**, Sun Life Financial Chair in Adolescent Mental Health, who has recently produced materials aimed at reducing the frequency and severity of concussions in young people and the extensive efforts of **Dr. Sonia Chehil** and her team in the area of Global Psychiatry. A new initiative for Global Psychiatry in 2012-2013 will be the involvement of new Fellow **Dr. Arlene MacDougall** in the further development of a partnership with the Northwest Territories. You will be hearing more about this as the year goes by.

We welcome two new faculty members to the Department: **Dr.**



Jonathan Brake (IWK) and **Dr. Mutiat Sulyman** (CDHA – Psychiatry of Intellectual Disabilities), and bid farewell to **Dr. Anne Duffy**, who will be continuing with her research program in Calgary as the holder of the Campus Alberta Innovates Program Professorship in Child and Youth Mental Health. As mentioned in the May issue of Headlines, we are also looking forward to working with eight new junior colleagues over the next five years; our new PGY-1s are: **Drs. Rosemary Clarkson, Ashley Crane, Mandy Emms, Sarah Fancy, Terrence MacCarvill, Ahmed Saleh, Michal Saphiea, and Ian Sarty.**

In closing, I'd like to wish you all a happy summer, with plenty of relaxing moments!

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Department of Psychiatry HEADLINES

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Research Section

Submitted by: Janet Bardon
Research Administrator

Recent internal grant awards:

Psychiatry Summer Studentships

Dr. Gail Eskes – Ms. Kerry Clifton
Dr. Martin Alda – Ms. Caoimhe McParland
Dr. David Gardner – Ms. Magda Szumilas
Dr. Phil Tibbo – Ms. Kristen Higgins
Dr. Sherry Stewart – Ms. Michelle Hicks

Psychiatry Research Fund

Dr. Patricia Crittenden, “Changes in attachment style in patients with personality disorders following short term intensive group psychotherapy.”

Dr. Roxanne Sterniczuk, (**Dr. Ben Rusak**), “Circadian clock changes in an animal model of Alzheimer's disease.”

Dr. Aimee Coulombe, (**Dr. Penny Corkum**), “Parental cognitions and behavioural sleep problems in children.”

Dr. Sanjay Rao, “Relationship between mental wellbeing and depression and their influence on physical health and frailty: Analysis of data from the Canadian Study of Health and Aging.”

Canadian CommonCV

A new version of the Canadian Common CV will be implemented on June 19th, 2012.

Purpose

The purpose of the Canadian Common CV (CCV) is to reduce the workload for Canada's research community by allowing researchers to maintain their CV data in a single repository and use it to apply to 22 different funding organizations across Canada.

In order to provide the research community with the best possible CV management tool, the CCV application was redeveloped to:

- Put in place a dataset that is common to all funding organizations;
- Provide a simpler and more portable application;
- Allow researchers to maintain a generic CV and select the data they want for a particular grant application;
- Use a new, reliable, and high-performance infrastructure.

The majority of data (approximately 90 per cent) for existing CCV users will be migrated to the new CCV. Applicants however, are advised that additional time will be required to make sure that the data was properly migrated by inspecting each section and field. Any missing or wrongly formatted data will have to be corrected. Contributions can no longer be attached as a file to the CCV and will have to be entered as structured data. Please allow some time to capture this information. Should you require any assistance with this process please contact **Jennifer MacDonnell-Brown** at Jennifer.MacDonnell@cdha.nshealth.ca

Child and Adolescent Psychiatry Division

Submitted by: Michelle Patenaude

Administrative Manager, Child and Adolescent Psychiatry

Reorganization of department complete

Dr. Kathleen Pajer, Head of the Child and Adolescent Psychiatry Division, has announced that the reorganization of the IWK Department of Psychiatry/Dalhousie Division of Child & Adolescent Psychiatry, begun six months ago, is now complete.

The Department is now organized according to the structure of the IWK Medical Bylaws and in alignment with the administrative positions existing in the Dalhousie Department of Psychiatry.

As of July 1, we will have two divisions: Division of Outpatient Services (includes Child & Family Day Treatment) and Division of Inpatient Services (includes ACT, Compass, and Choices).

As of July 1, the new administrative positions and the people who will do these jobs are as follows:

Administrative Manager of Psychiatry: **Ms. Michelle Patenaude**

Associate Chief of Psychiatry: **Dr. Alexa Bagnell**

Head, Division of Outpatient Services: **Dr. Sabina Abidi**

Head, Division of Inpatient Services: **Dr. Jerry Gray**

Medical Director of Inpatient Unit: **Dr. Jerry Gray**

Medical Director of Choices Program: **Dr. Selene Etches**

Physician Co-Leader Dartmouth CMHC Team: **Dr. Sabina Abidi**

Physician Co-Leader Halifax CMHC Team: **Dr. Alexa Bagnell**

Physician Co-Leader Sackville CMHC Team: **Dr. Lukas Propper**

Drs. Aspin and Kutcher recognized by IWK

Congratulations to **Drs. John Aspin** and **Stan Kutcher** who have recently been recognized by the IWK for 10 years of service at Child & Adolescent Psychiatry.

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professionals from the Mood Disorders, Early Psychosis and Reproductive Mental Health teams. Currently he is working mostly with the mood disorders team and is busy writing grant applications and making plans for collaboration. In the fall he hopes to recruit staff and begin seeking out high-risk individuals.

The research process will be split into sub-projects for funding purposes and to keep the research team going whilst working towards the long-term aims. The first stages will involve recruiting young people between the ages of three and 17 and, over a year, determining who is eligible to participate in intervention studies. Participants will be grouped by age: four to eight-year-olds, nine to 12-year-olds and 12 to 16-year-olds. Half of those eligible will be offered psychological interventions, which are

safe and relatively free of side-effects. Dr. Uher is hoping the experience will be reassuring for parents and children alike. The interventions will teach parents and children some useful skills and tools and give them the confidence to use them.

“We should have some interesting outcomes and results in five years,” he says. “But what matters most is where these children are in early adulthood and how they are functioning at that point. I will need to see long term outcomes that really matter: educational achievement, employment, relationships and freedom from any disabling mental illness.”

Because this is a longitudinal study Dr. Uher believes it will take around 10 years to arrive at the most important results.

This fall we are looking for people who have severe mental disorders and who have children between the ages of three and 15 to participate in the study. If you are interested in participating in this research project and believe you meet the criteria please contact Joanne Petite at Joanne.Petite@cdha.nshealth.ca or 902-473-4677

Education Section

Submitted by: Annette Cossar
Education Administrator

Postgraduate News

The Department hosted the 2012 Graduation Exercises in June at The Prince George Hotel. This year's celebration drew a great turnout for the graduating residents with faculty, staff, residents and family and friends attending. Congratulations to the Class of 2012: **Drs. Jonathan Brake, Amanda Ginnish, Katie Manders, Emily Maxan, Lee Simpson and Miroslava Stingu-Baxter.**



(Clockwise from top left): Graduates **Drs. Emily Maxan, Amanda Ginnish, Jonathan Brake** and **Katie Manders.**

The evening provided an opportunity to recognize several achievements as follows:

Clerks' Choice Award – **Dr. Liisa Johnston**
Residents' Choice "Teacher of the Year" – **Dr. Ezio Dini**
Above and Beyond Award – **Dr. Alan McLuckie**
PGY-1 Resident of the Year – **Dr. Marie Claire Bourque**
Dr. Charles J. David Memorial Prize – **Dr. Kristen Holm**
Dr. W.O. McCormick Award – **Drs. Jacob Cooney** and **Daniel Rasic**
Dr. Robert & Stella Weil Fund in Psychiatry – **Dr. Katherine Matheson**
Alexander H. Leighton Resident of the Year – **Dr. Meagan MacNeil**



New residents (L-R) Back: Ahmed Saleh, Rose Clarkson, Terry McCarvill, Michal Sapieha and Ian Sarty. Front: Mandy Emms, Sarah Fancy and Ashley Crane

Please join me in welcoming our Class of 2017 - PGY-1 residents: **Drs. Rosemary Clarkson, Ashley Crane, Mandy Emms, Sarah Fancy, Ahmed Saleh, Michal Sapieha** and **Ian Sarty.**

We also have our returning PGY-2 residents who have been completing rotations in other disciplines. Welcome back to your home Department: **Drs. Alice Aylott, Amgad Barsoum, Michael Butterfield, Marie Claire Bourque, Mahgul Malik, Saima Nadeem** and **Jonathan Wan.**

The Postgraduate Education Program has received its official Royal College survey report and the full accreditation proclamation! Again, to all who worked so hard and diligently to make this positive result happen—THANK YOU and WELL DONE!

Fellowships

Dr. Arlene MacDougall, from McMaster University, will be starting her fellowship with Dalhousie Global Psychiatry July 1. She will spend her first month in Halifax, and then will travel to the North West Territories. She will be working with the NSEPP Clinic on First Episode Psychosis. **Dr. Mirko Manchia**, from the University of Cagliari, Italy, will be continuing his fellowship in Mood Disorders.

Undergraduate News

The next group of clerks had their orientation on June 25. The session was video-conferenced to include clerks at distant sites so they wouldn't miss an extra day of rotation due to travel.

The IMU Link program started May 14 with the students completing several case sessions. They put their interviewing skills to work in June when

they visited different units to carry out this teaching experience.

Simultaneously with the Individual Practice Profile process in progress, the recruitment for Med 1 & Med 2 Case-Based Learning Unit tutors (11 full units) as well as Clinical Skills II Tutors (20) is underway for the 2012/13 academic year. There has been a great

response from faculty and we encourage anyone interested to contact **Ms. Mandy Esliger** at Mandy.Esliger@cdha.nshealth.ca if you need further information.

The next date for the Med 3 OSCE is September 15, if you are interested in participating, please contact Mandy.

Continuing Education Activities

With summer just around the corner, the Continuing Education program will take a break for July and August and resume activities again in September. The QEII 2012-2013 Clinical Academic Rounds schedule is filling in quite nicely, but we do still have available dates in the fall. If you have not already chosen a date to present, please contact **Ms. Carrie Wipp** at Carrie.Wipp@cdha.nshealth.ca for availability.

Our first scheduled University Rounds speaker on September 19, 2012 will be Dr. Ari Zaretsky Director, Postgraduate Medical Education, Associate Professor, Department of Psychiatry, University of Toronto Director, Medical Education and Head Mood Disorders Clinic Centre for Addiction and Mental Health.

Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher

Sun Life Financial Chair in Adolescent Mental Health

A new brain injury prevention and education program, developed by Dalhousie's **Dr. Stan Kutcher** and Asraa Al-Mosawie, a psychometrist with Capital Health, was launched in May with hope to help young people deal with and avoid concussions. Along with Dr. Kutcher, the initiative was conducted in collaboration with a team of international experts, including members of Dalhousie University, IWK Health Centre, Brain Injury Repair Centre and Brain Injury Association of Nova Scotia. Together, with the endorsement of more than 25 partner organizations, two comprehensive brain injury guides, one for youth and a companion guide for coaches and parents were created.

One guide, *Understanding Brain Injury in Adolescence*, is designed for the adult in a young person's life (parent, a coach, a teacher, etc.) This guide helps the reader understand: what a concussion is, what its signs and symptoms are, what needs to be done to help prevent concussions, what must be done if a concussion is suspected and



(L-R) Member of HMCS Toronto hands books over to Rosalind Morrison of Halifax Public Libraries, with **Dr. Stan Kutcher**

what should be done if a young person sustains a traumatic brain injury.

The second guide, *Brain Injury Guide for Youth*, is designed for youth. Written

with the assistance of the Chair's Youth Advisory Committee, this Guide provides teens with the best available information about concussions, how best to prevent them, what to do if they occur and how they can be helped if they receive one.

Besides looking at the causes and preventions of concussions, the guides also look at the return-to-play steps that youth, parents, coaches and educators should be following. These steps are vital in a person's return to activity – if they return too soon, the consequences could be severe.

"We did this for one purpose, and that is we're trying to improve the lives of kids and their parents in Nova Scotia, and across the country," said Kutcher. "We're extremely happy with the outcome and want to continue spreading awareness and educating today's youth."

The guides are unique in the way they can be adapted to anything and everything surrounding youth, whether that be sports, school or at home. Making the resources relevant to a wide



Mayoral candidate Mr. Mike Savage, President and CEO of the IWK, Ms. Anne McGuire and **Dr. Stan Kutcher**

range of youth and adults.

To help with the distribution, the guides were launched in both Halifax and Toronto with the help of the IWK Health Centre and Ontario Shores Centre for Mental Health Sciences. A generous donation from the Canadian Forces' members of the HMCS Toronto has allowed these guides to be distributed to each library in the province, making them easily accessible to the public, who either do not have access to the Internet or cannot afford to purchase hard copies.

The support of the guides has been a tremendous addition to an already successful initiative, with the likes of

Keith Primeau, former Philadelphia Flyers captain and spokesperson for StopConcussions.com, having spoken on behalf of the materials various times. Baseball Canada has agreed to develop the materials into their coaching programs and pass them on to provincial organizations.

"Having these calibre people, along with some of the leading sports and health organizations across the nation, has really helped us strive towards our end goal in concussion prevention," said Kutcher.

The guides are available for free as a PDF download or for purchase as a hard copy from teenmentalhealth.org.

Second Annual Academy in School Mental Health

From July 9-11, the Sun Life Financial Chair in Adolescent Mental Health will be hosting the second annual Academy in School Mental Health. The three-day interactive workshop will provide attendees with opportunities to learn more about teen mental health. The goal is to provide educators with an arsenal of tools, information and techniques that they can use with their students, in the classroom and feel empowered to teach their students about mental health. The Academy will be held at Halifax West High School. Check out teenmentalhealth.org for more information.

Youth Against Stigma

Due to the success of the first Youth Against Stigma art show and coffeehouse event at Just Us Cafe in May, The Sun Life Financial Chair in Adolescent Mental Health will be having one each month this summer! Come out to enjoy good coffee, conversation, and see youth in our community take a stand against mental health stigma through poetry, music and art - maybe you could even perform yourself! Our events are for all ages and free, but we do request that everyone work together to keep our events stigma-free. These events were created and run by youth, but performers and audience members of all ages are welcome. For more information, contact Ardath Whynacht at ardath.whynacht@iwk.nshealth.ca. Please join us at Just Us Cafe on July 20th and August 17th.

Dalhousie Global Psychiatry

Submitted by: Dr. Sonia Chehil
Director, Global Psychiatry

Proposal Submissions

Dalhousie Global Psychiatry has been very busy over the past several months preparing submissions for the Canadian Grand Challenges in Global Mental Health research project competition. Grand Challenges Canada is a unique independent not-for-profit organization dedicated to improving the health and well-being of people in developing countries by integrating scientific, technological, business and social innovation both in Canada and in the developing world. Grand Challenges Canada works with the International Development Research Centre, Canadian Institutes of Health Research and other global health foundations and organizations to find sustainable long-term solutions to the most pressing health challenges. Grand Challenges Canada is hosted by the Sandra Rotman Centre (University Health Network and University

of Toronto). Dalhousie Global Psychiatry participated in the submission of four proposals: the development of school-based mental health programs in Nicaragua and Bangladesh, developed in partnership with CAMH (Centre for Addiction and Mental Health); the implementation of an integrated approach to youth depression developed in collaboration with Farm Radio International; the implementation of a comprehensive community-based mental health program for severe mental disorders and epilepsy developed in partnership with the Makerere University School of Public Health; and improving primary care treatment systems for substance use disorders in Guyana and Belize developed in collaboration with the Ministry of Health Guyana, Ministry of Health Belize and PAHO. We will be informed about the outcomes of the

submissions by early fall.

Dalhousie Global Psychiatry also responded to a call for proposals from the International Development Research Center (IDRC). This call was looking for the development of papers for a special publication in February 2014. The papers are to discuss advancing knowledge using a systems approach. We used our experience in the delivery of the Psychiatric Mental Health Nursing Program in Guyana in 2011 as the backdrop for the proposal, suggesting that while the education project alone was a success, that without

considering the impact of the existing and future needs of the systems that support education, change in health care outcomes were not likely to occur. The Ministry of Health in Guyana through the Chief Nursing Office agreed to partner with us on this project in the event that the proposal is accepted. The proposal submission was entitled "Advancing knowledge and practice for using systems thinking for equitable health systems strengthening in LMICs." We will know the outcomes of this submission by late summer.

International Initiatives:

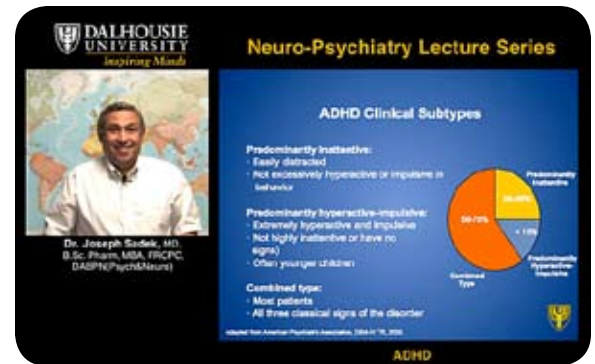
Masters in Medicine in Neuro-Psychiatry

Dr. Sonia Chehil continues to work on the development of the Masters in Medicine in Neuro-Psychiatry program for developing countries. This program will be offered over a two-year period. Much of the educational material will be delivered through the use of technology. Supervision will be done using technology similar to the interactive program Elluminate that supported the Psychiatric Mental Health Nursing Program, as well as periodic on-site supervision. **Mr. Anthony Ramos** has been instrumental in preparing the audio-visual presentation of the educational materials. All of the educational materials will be placed in a standardized format using a program called SoftChalk. Anthony is currently working with many staff and faculty to develop the video sessions entitled *Neuro-Psychiatry Lecture Series*. The lecture series will be recorded with both video and audio capacity so that the PowerPoint presentations are able to be seen while the presenter is delivering the education session. The students will be able to hear the speaker while following the PowerPoint presentation no differently than if they were in the same physical space. Sessions are being developed and videotaped by many faculty and staff members on all topics pertinent to psychiatric assessment, diagnosis and intervention/care. Anthony hopes to have all of the presentations done by the end of the summer.

Dr. Chehil is continuing work laying the foundations for the implementation of the program. This includes conversations with the University to ensure the program meets their requirements through their university approval process. She will begin working with several clinic areas in Georgetown to prepare them as student placements for a potential program start for January 2013.

Law Enforcement and Mental Health Collaboration Proposal-Guyana

The Commissioner of Police, Guyana, had requested assistance from the Guyana Ministry of Health in the recent past to address the health and general well-being of law enforcement officers due to the high levels of stress they experience, resulting from the nature of their work. A number of recommendations were made as a result of some preliminary interaction with the group at that time. These included some education to the officers, both new recruits as well as existing employees, about stress management and self-management techniques as well as developing formal linkages between the mental health and law enforcement services in Guyana. The conversation about funding this project has continued. We have recently learned that PAHO (Pan American Health Organization) will fund a site visit to explore the existing landscape, infrastructure and issues as seen by a large number of stakeholders. A team of four will travel to Guyana in mid-July to begin discussions. The team will consist of **Dr. Scott Theriault**, Ms. Mary Pyche, Constable Angela Balcom and **Ms. Sandra Hennigar**. The outcome of this visit will determine what agreements on training and collaboration have been reached and how future work will be managed. This will be followed by a proposal for funding to continue the work.



Dr. Joe Sadek is featured in the Neuro-Psychiatry Lecture Series.

Consultation in Tobago

Tobago has been in the process of constructing a new hospital that would feature an integrated psychiatric inpatient service. They have requested a site visit for the purpose of reviewing the layout of the psychiatric hospital, as there are some potential risk issues related to the design. They also require some assistance with policy development to support good, safe practice. Funding has been approved by the Ministry of Health Tobago for the initial site visit and **Mr. Peter Croxall** and **Ms. Sandra Hennigar** will travel to Tobago late June for a week to conduct an environmental scan.

Nursing Curriculum Development:

Guyana has several Schools of Nursing for the preparation of Registered Nurses. Each school's curriculum contains a section on psychiatric nursing. The objectives and content for the psychiatric nursing component varies across for the different nursing programs in Guyana and are not standardized to an entry level of practice. **Dr. Chehil** has received a request from the Chief Nursing Officer for assistance in reviewing and recommending curriculum objectives and content so that this section of the nursing program is standardized. Standardized education requirements will also help when screening candidates for future classes of the Psychiatric Mental Health Nursing Program. We have not received formal approval for this request, but look forward to working with their nursing education institutions to develop the standards, objectives and content.

Providing Policy and Procedures Templates for Grenada

Submitted by: Mr. Peter Croxall and Dr. Scott Theriault
Global Psychiatry Team

In common with numbers of mental health and psychiatric facilities and programs in the Caribbean, the Mont Gay Psychiatric Hospital in Grenada lacks policies and procedures for most areas of operation. Following a visit in March 2011, an extensive search of Capital District Health Authority's (CDHA) online policy manual was undertaken to identify those overall 'generic' CDHA clinically-oriented policies which apply to inpatient psychiatry units, as well as policies specific to mental health and psychiatry inpatient units. These were then organized into the following categories:

- Admission procedures, discharge procedures, and health records
- Patient safety and workplace (i.e., staff) safety
- Risk issues – suicide, seclusion and restraints, legal issues
- Medications, and medical issues
- Staffing issues
- And an overall 'other' category

No attempt at this point was made to provide templates for organization-wide policies such as hiring, staff supervision, coaching and discipline; financial policies or building safety and maintenance.

Hard copies and digitized copies were forwarded to the Health Ministry in Grenada as well as to administration at Mont Gay. It is hoped that future follow-up visits will ensure that these are translated into a format suitable for that hospital and that country.

This work has proven to be valuable as it has led to discussions here at CDHA as to how the online system here can be improved to make policies more readily available, and by having all these policies collected in one place, has led to identification of policy gaps. For example, policies and procedures regarding patient passes from the units, whether the patients are involuntary or voluntary, have been extensively reviewed and modernized. The CDHA program's whole approach to suicide has been redrafted in policy form. With an upcoming visit to Tobago slated for the end of June, 2012, where a new hospital is about to be commissioned, there will be another opportunity to provide templates to ensure that the psychiatry unit there will have a full set of up-to-date policies and procedures.

Clinical Divisions of the Department of Psychiatry

Each month we highlight one of the many services offered by the Department of Psychiatry. In this issue we feature information about the Centre for Emotions and Health.

Centre for Emotions and Health

Submitted by: Dr. Allan Abbass

Program Coordinator, Centre for Emotions and Health

Led by **Dr. Allan Abbass**, the Centre for Emotions and Health focuses on the role of emotions and psychiatric disorders in health and illness behaviours as follows:

- Training professionals to diagnose and manage these problems using empirically validated brief therapies.
- Treatment of a limited number of patients in an observable way through use of videotaping
- Research into the most effective education and treatment approaches.
- Research and education regarding the economic and social magnitude of the problem.

Over the past year the Centre for Emotions and Health continued to provide specialty short term therapy services to the Emergency Department, Psychiatry inpatients and other outpatients with treatment resistant somatic symptoms, anxiety and depression.

This year a new week of curriculum on "Emotions and Health" was delivered to and well received by Med 2 students. This teaching focuses on emotion physiology, pathophysiology and brief psychotherapy.

The service has also provided courses to a range of international trainees and had visiting professionals from Europe.

Based on the above work, the Centre for Emotions and Health team published 15 articles which are influencing psychotherapy education and service internationally.

The Centre continues to provide services which reduce healthcare costs, medication costs and disability payments by between 10 and 20 times the treatment cost.

News & Announcements

Staff / Faculty Changes

Dr. Jonathan Brake has joined the Department as a Lecturer, effective July 3, 2012. He will be located in the IWK 4th Floor Link, Room L4101. He can be reached by email at jonathan.brake@iwk.nshealth.ca.

Dr. Anne Duffy has accepted a position with the University of Calgary, Department of Psychiatry. Her last day with us was July 2. Thank you to Dr. Duffy for her exceptional contributions to the Department.

Dr. Mutiat Sulyman has joined the Department as a Lecturer, effective July 3, 2012. She will be located at the Nova Scotia Hospital in the Mount Hope Building. She can be reached by phone at 902-464-3043, or by email at mutiat.sulyman@cdha.nshealth.ca.

Congratulations

Dr. Catalina Lopez de Lara awarded Wagner Fund

Congratulations to **Dr. Catalina Lopez de Lara** who is the first recipient of funds in aid of research from the Ruth L. Wagner (1928-2007) Memorial Endowed Fund. Dr. Lopez de Lara will be attending a course in Imaging in Psychiatric Disorders by the Neuroscience School of Advanced Studies in Italy with the support provided by the endowment. Her attendance at the course will provide her with another research tool to be used towards better understanding the mechanisms underlying mood and other psychiatric disorders. "It will also enhance my understanding of the contribution of neuroimaging findings to the observed psychopathology," she says.

Dr. Shabbir Amanullah awarded CPA Fellowship

Congratulations to **Dr. Shabbir Amanullah** who has been awarded the honour of Fellowship of the Canadian Psychiatric Association. The award will be given in September at the CPA meeting in Montreal.

Dr. Ben Rusak awarded DMRF Max Forman Senior Research Prize

Congratulations to **Dr. Ben Rusak** who was awarded the Dalhousie Medical Research Foundation's Max Forman Senior Research Prize. The award is presented to a senior investigator in the Faculty of Medicine at Dalhousie University in recognition of that individual's dedication to excellence throughout a distinguished career in medical research. Dr. Rusak has championed research in the Faculty of Medicine for many years, and has made incredible contributions to the teaching of neuroscience. In these endeavours, he worked in a spirit of collaboration with scientists and clinicians from many fields. He is imbued with the vision of a united, effective, neuroscience community of excellence at Dalhousie, and in no small measure his efforts have succeeded. Dr. Rusak received his award at the pre-AGM DMRF annual dinner on June 12. Congratulations again to Dr. Rusak, a well-deserved accolade.



(L-R): Dr. Ben Rusak receiving the 2012 DMRF Max Forman Senior Research Prize from DMRF Chairman Mr. Frank Sobey on June 12, 2012.

Dr. Stan Kutcher receives IWK Robert Bortolussi Mentorship award

Congratulations to **Dr. Stan Kutcher** who was awarded the Robert Bortolussi Mentorship award from the IWK on May 16 at the IWK Research Celebration. The award recognizes and rewards the dedication, endurance and commitment to mentoring shown by the recipient. It is given in honour of Dr. Robert Bortolussi, who throughout his career as a Pediatrician and Infectious Disease specialist, has been an outstanding model of mentoring for numerous researchers at the IWK.

Drs. Christine Chambers, Sherry Stewart and Patrick McGrath identified in list of top publishing professors of clinical psychology in Canada

In a recent study completed at the University of Regina **Drs. Christine Chambers, Sherry Stewart** and **Patrick McGrath** were identified among the top publishing professors in clinical psychology in the country. The results of the study indicate that most CPA-accredited Canadian clinical psychology professors publish between 0 and four articles annually; male assistant and full professors publish significantly more than females at the same level, but not at the associate professor level. Drs. Sherry Stewart and Patrick McGrath are rated as the top publishers for each the female and male categories, and would be ranked one and two respectively if the lists were to be combined. All three faculty members were ranked in the top ten.

News

Evergreen Framework: A Child and Youth Mental Health Framework for Canada is now available.

The Evergreen Framework serves as a complement to the Mental Health Strategy for Canada. Authored by the Mental Health Commission of Canada and The Sun Life Financial Chair in Adolescent Mental Health, the Framework is a resource for government, institutions and organizations to help develop child and youth mental health initiatives. It can also be used by young people, parents, professionals and others to assist in their choices and priorities regarding child and youth mental health policies, plans, programs and services.

Dr. Stan Kutcher topic of conversation during May Debates of the Senate

Dr. Stan Kutcher was commended for his tremendous work supporting adolescent mental health during the senators' statements on National Child and Youth Mental Health Day. The Honourable Jane Cordy praised Dr. Kutcher's efforts to transform how we provide mental health care for children and youth across Canada. The Senator also made reference to Dr. Kutcher's extensive work and great leadership in school mental health policies through school curriculum and teacher training. "With the help of Dr. Kutcher's initiative, schools now provide an important vehicle through which mental health promotion, disorder prevention, case identification, tirage and intervention can be realized," said Senator Cordy. The Senators discussed the importance of eliminating the stigma attached to mental illness and hoped to encourage further discussion and learning about mental health.

Academic Day XXIII - Personality Disorders

Submitted by: Dr. Bill McCormick

On April 27 some 250 mental health professionals gathered at the Best Western Hotel in Burnside for the 23rd Annual Academic Day focused on personality disorders.

The day began with an overview by **Dr. Ron Fraser**, Clinical Academic Leader of the Addiction Prevention and Treatment Services at Capital Health. Dr. Fraser was followed by Dr. John Livesley, past Chairman in the Department of Psychiatry at UBC. His talk was titled "Integrated Treatment: Moving Beyond Specialized Treatments for Borderline Personality Disorders." This was followed by a presentation on "Dialectical Behaviour Therapy" by **Dr. Jacqueline Cohen**, a staff psychologist at the East Coast Forensic Hospital and Co-Lead of the Borderline Personality Disorders Treatment Programme.

Dr. Allan Abbass, Director of Psychiatric Education and Founding Director of The Centre for Emotions and Health, presented on "Short-term Dynamic Psychotherapy," followed by: "Group Therapy in a Day-treatment setting - the Halifax Model,"

by **Dr. Jackie Kinley** of the Mental Health Day Treatment Programme.

Dr. Deborah Parker, whose clinical work is mainly at the Bayer's Road Clinic, though she is also a co-leader of the Borderline Personality Disorders treatment Programme, spoke on "Bridging the Gap: The Development of a Borderline personality Treatment Programme within Capital Health."

Our second visiting speaker, Dr. Paul Links, discussed "The Assessment and Management of Acute Suicide Risk in Cluster B Personality Disorder Patients." Dr. Links is a former President of the Canadian Association for Suicide Prevention.

Dr John Livesley finished off the day by tackling the question: "Why is it so difficult to develop a coherent classification of Personality Disorders?"

Overall comments on the day were extremely positive.

Academic Day XXIV will be held next April. If you have a suggestion for a topic and/or speaker please e-mail them to Ms. Sandra Mader at sandra.mader@cdha.nshealth.ca.



Above (L-R): **Dr. Bill McCormick** welcomes everyone to Academic Day XXIII; Speakers **Drs. Ron Fraser** and John Livesley. Below (L-R): Attendees at Academic Day; Speakers **Drs. Jacqueline Kinley, Ron Fraser** and **Deb Parker**.



Upcoming Award Deadlines

There are many awards that Department of Psychiatry faculty, fellows, residents, and staff are eligible to win each year. The following is a list of awards with upcoming deadlines. Please send any nominations to **Ms. Kate Rogers** at Kate.Rogers@cdha.nshealth.ca by the internal nomination deadline listed here, in order for the nominee to be considered.

Please note that the internal due date is for Department purposes only and is generally three weeks prior to the due date of the granting body to allow time for award package preparation, mailing, etc. If you wish to submit nominations directly to the granting body, please refer to the external due date in brackets. If no external deadline is listed, please refer to the website of the granting body for further information.

Granting body: **Dalhousie University Continuing Medical Education**

Internal deadline: September 7, 2012

- R. Wayne Putnam Award for Outstanding Contributions to Community CME (Sept. 30)

Granting body: **Dalhousie Department of Psychiatry**

Internal deadline: September 7, 2012

- Department of Psychiatry Outstanding Clinician Award (Sept. 30)

For awards terms of reference please visit the websites of the granting body. If you have any questions please contact **Ms. Kate Rogers** at Kate.Rogers@cdha.nshealth.ca or by phone at 473-1677.

Humanities Corner

Submitted by: Dr. Katherine Matheson
Chief Resident

On Tuesday, May 22, the Dalhousie Psychiatry Residents Association hosted a movie night at the home of **Dr. Adriana Wilson**. The featured movie was "Black Swan" (2010) starring Natalie Portman and Mila Kunis. This film, for which Portman won a Best Actress Academy Award, is of special interest to psychiatry because of the elements of psychosis. The resident movie series, which is based on a similar project at University of Manitoba, provides an opportunity for residents to formulate cases based on film portrayals. **Dr. Mark Bosma**, Deputy Program Director, and Dr. Wilson led the discussion. The next movie night in the series will be taking place August 21 and the featured film will be 'Zoolander' starring Ben Stiller. Interested residents should contact **Dr. Katherine Matheson** at Katherine.Matheson@dal.ca.

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 September 4, 2012, with the deadline for submissions to be August 17, 2012.

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

Features

Dr. David Gardner named Canadian pharmacist of the year

Congratulations to **Dr. David Gardner** who was awarded the Canadian Pharmacist of the Year Award for 2012 by the Canadian Pharmacists Association.

This prestigious award recognizes a pharmacist who demonstrates leadership and exemplifies the evolution of the pharmacy profession toward an expanded role in health care. Dr. Gardner received the award at the Annual Conference of the Canadian Pharmacists Association in Whistler, B.C. in early June.

Dr. Gardner is acknowledged as a trusted and respected teacher, researcher, clinician and advocate for mental health. He is constantly striving to increase the role pharmacists play in the lives of those living with mental illness and says, "If you ask me, there is a greater role for pharmacists for every 1000 people with a serious mental illness than for every 1000 people who have almost any other health problem, and I include hypertension, dyslipidemia, asthma, and even diabetes in this list."

He has been an educator and mentor to a wide range of learners and has been awarded six Excellence in Teaching awards, local and national, since joining Dalhousie University in 1997. Dr. Gardner has been an integral part of the teaching curriculum with Dalhousie's Department of Psychiatry and College of Pharmacy. With the latter, he is recognized for his passion and consistent excellence in teaching the undergraduate mental health and psychopharmacology content, which includes a contact-based anti-stigma session. Collaborating with colleagues across the country in a randomized trial, this session was recently found to significantly improve negative attitudes and stigma about mental illness by undergraduate students. Dr. Gardner is also recognized as a curriculum innovator with the development, implementation and evaluation of the undergraduate critical appraisal series of courses. For the Faculty of Medicine, his

teaching contributions are similarly highly regarded, among undergraduates and residents alike.

Among psychiatry, pharmacy and other professional peers, Dr. Gardner is known as an excellent teacher who has developed and provided numerous local, national, and international lectures, courses and workshops.

Dr. Gardner's publication and research records are extensive and he strives to bring his research and similar pursuits back to key stakeholders in the mental health community. His knowledge and expertise have led to speaking and consultation invitations nationally and internationally. He regularly provides peer reviews of grants and manuscripts and has contributed professional texts and other practice tools. He practices clinically as a consulting pharmacist with the Nova Scotia Early Psychosis Unit (NSEPP) and provides other psychopharmacology consults, and in doing so mentors both pharmacy and medical students.

Some of Dr. Gardner's most important work has been with local and national advocacy and support organizations. For over three years he worked with the Mental Health Commission of Canada in various roles and prior to that was a member of the Canadian Collaborative Mental Health Initiative for its five year project. Locally, he regularly volunteers his time and support for mental health organizations, including Laing House and the Schizophrenia Society, determined to better the lives of those living with mental illness.



Dr. David Gardner with his Canadian Pharmacist of the Year Award.

"What we have been doing for these people and their families is simply not enough," he says, acknowledging the serious gaps in care faced by those with mental health issues.

The award, he believes, "is in recognition of the important, but often under-appreciated role that pharmacists play in the area of community mental health." Congratulations again, to Dr. David Gardner, on being awarded the 2012 Canadian Pharmacist of the Year - A very deserving honour - one he says is the result of "a lot of good fortune, being connected to the right people and having an unexpected unrelenting passion for what you do."