

# HEADLINES

*News from the Department of Psychiatry at Dalhousie University*

**FEATURE ► COVER STORY**

## New inpatient unit opens at IWK

*Garron Centre for Child and Adolescent Mental Health welcomed first patients in May*

On May 14, 2014, the first patients walked through the doors of the Garron Centre for Child and Adolescent Mental Health at the IWK Health Centre. The new psychiatric inpatient unit, located on the fifth floor of the children's building, officially opened on May 2 with an event honouring all those who made the unit a reality, as well as IWK staff, leaders, patients and families who offered input into the design and organization of the facility.

Construction began on the new inpatient unit in May 2013 after a transformational gift of \$5 million from Myron and Berna Garron. This was part of a \$10 million donation to the IWK with significant donations coming from local philanthropist Marjorie Lindsay, RBC, Kim and John Horrell of PEI and The Windsor Foundation, among others.

"We are so pleased to play a part in this incredible project that ultimately will help young people feel stronger and healthier," says Myron Garron. "Thanks to everyone for your passion and commitment to changing the



Top: A patient room at the new Garron Centre for Child and Adolescent Mental Health. Below (L-R): Common area; Exercise and activity room.

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## Message from the Head

Our cover story describes the new psychiatric inpatient unit for children and adolescents recently opened at the IWK, the Garron Centre. We are most grateful to the Garron family and the other donors for providing a beautiful and well-designed structure with such powerful therapeutic properties.

You will also be interested to read about the work of **Dr. Bianca Lauria-Horner**, who has been our departmental primary mental healthcare education leader since 2011. Dr. Horner's office is near mine, and I tend to get in to work fairly early, but she is often here before I arrive! Dr. Horner is passionate about her research and her work on the practice support program will, I believe, lay the foundation for significant and highly positive changes in the way people in Nova Scotia receive mental healthcare.

I would like to take this opportunity to thank **Dr. Doug Maynes**, who stepped down as clinical academic leader at the Bayers Road Community Mental Health Clinic last fall, having served in this capacity for two years. **Dr. Sonia Chehil** has taken over the reins at this clinic. Our outpatient services are undergoing major changes, including the introduction of the CAPA (choice and partnership approach) and the development of the new recovery and integration hubs, and medical co-leadership has been crucial to successful implementation of the new services.

We welcome to the department **Dr. Jose Mejia**, our new forensic child and adolescent psychiatrist, and **Ms. Tracy Fraser MacIsaac**, Education Coordinator. We bid farewell to Ms. Genevieve MacIntyre, previously Education Coordinator, who is now at Bell Aliant, and who we were happy to see at the recent awards banquet, and **Dr.**



Dr. Nick Delva

**Kathi Pajer**, who will be moving to Ontario at the end of the summer – during her three years with us, she has made a major contribution to Child and Adolescent Psychiatry in the Maritimes.

On June 20 we had a most interesting look back at the 65 years of existence of the department of psychiatry, with presentations by Drs. Jock Murray and **Jane Murphy** followed by a panel discussion by the past and present department heads. Dr. Murray reviewed the history of education in mental healthcare at the Dalhousie Faculty of Medicine, which began, as seems to be usual in western medical schools, with medical students visiting the local mental hospital, originally called the Mount Hope Asylum, and later the Nova Scotia Hospital. Dr. Murphy's talk covered the history of the Stirling County Study, a landmark study which is still active. One important finding shared by Dr. Murphy: the prevalence of depression is not in fact increasing (over the last 60 years). Another finding: men with depression tend not to go for help, and do badly (in terms of morbidity and mortality) as a result. Dr. Murphy would like to see more research take place on the subject of healthcare-seeking behavior. A panel discussion followed – this allowed the department heads to share their challenges, frustrations and achievements. Among the attendees

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## Inpatient Unit *continued from page 1*

face of mental health treatment. This demonstrates what is possible when people work together to bring change.”

The Garron Centre was designed with input from youth and their families who used the former unit on 4 South at the IWK. The environment is meant to feel safe, warm and welcoming, and is designed to resemble a trendy university dorm. Patients and visitors are welcomed by a glass sand dollar art feature upon entering which sets the tone for the spacious, yet inviting interior. Calming blues and greens, natural light and common areas with fireplaces are welcoming to patients, their families and staff. For patients who want to stay active there are several pieces of exercise equipment. And for those interested in making music, the unit features several guitars and a practice drum set.

“The new inpatient mental health unit will enhance the exceptional work of the IWK Mental Health and Addictions Program staff and physicians,” says **Dr. Kathleen Pajer**, Chief of Psychiatry at the IWK Health Centre. “We will continue to provide excellent treatment for conditions such as psychosis, depression, bipolar disorder and obsessive compulsive disorder in children and teens, but the unit’s environment will now contribute



additional therapeutic effects to our interventions. The physical space will truly be part of the healing process.”

This new unit will greatly enrich the road to recovery for the patients. Ms. Glenna Rose-Williams, operations manager of the Garron Centre says she could see within the first week the benefits of this new space.

“That first week I saw how the right environment can have a profound impact on mental illness. One of our youth, who we’ve known for some time, was standing within a group of other youth in the living area. On 4 South, this youth would not have been standing within the group but would have stood outside the small TV area looking in. It did my heart good to see him standing with the other youth. Donors can feel incredibly proud of

the gift they’ve given our patients and staff.”

Certified Child Life Specialist at the IWK, Ms. Krista McKeage, is also hearing great things from youth currently utilizing the space. When a group was asked if being in a beautiful environment will help them be healthy faster they responded with a resounding, “yes, definitely!”

The Garron Centre for Child and Adolescent Mental Health is a labour of love made possible by the many donors, staff, leaders patients and families who contributed their time, idea and funds. Thanks to their generosity, children and youth with mental illness are one step closer to recovery.

## *continued from page 2*

at the conference was Dr. Bob Forsythe, who attended with his wife, Dorothy, and daughter, **Dr. Pamela Forsythe** – Dr. Bob Forsythe was one of the first residents in psychiatry at Dalhousie. Later in the day we had

a pleasant harbour cruise and the evening featured the annual Awards Banquet, at which we recognized our graduating residents and fellows, and bestowed honours. Congratulations to all the award winners listed under

“Postgraduate News” and also to **Drs. Chambers, Uher** and **Butterfield** on their awards and honours.

Enjoy the summer – it’s short!

# Research Report

BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

## meet a researcher: dr. bianca lauria-horner

This issue profiles Dalhousie physician and researcher Dr. Bianca Lauria-Horner. Meet a Researcher is a recurring article in the Research Section of Headlines. If you are interested in being profiled in an upcoming publication, please contact **Ms. Jennifer Brown** at [Jen.Brown@dal.ca](mailto:Jen.Brown@dal.ca).

### **My current research interests:**

I became interested and involved in research in 1997 while still practicing as a community-based family physician. I participated in clinical trials in the areas of mental health, gynaecology, women's health, and pulmonary disorders, to name a few. As my role evolved, my research interests did as well. Currently, I am most interested in evaluating community-based mental health awareness and promotion programs.

### **Research projects I'm currently participating in:**

I am currently working on two major research projects. *The Prevalence of PTSD, depression, anxiety, and substance (alcohol) use disorder in the RCMP* is a collaborative initiative between Dalhousie, Horizon Health clinic in Gagetown, NB (OSI clinic), RCMP, and UNB Saint John. The research pilot's goal is to collect data on the number of RCMP officers who screen positive for operational stress injuries in a representative RCMP population group in New Brunswick, assess the RCMP population in terms of individual and psychological profile, and determine if profiles can predict the psychological outcome after exposure to critical incidents. The project is at the final stages of data analysis with preliminary results already showing statistically significant correlations. If the research team is successful in establishing



Dr. Bianca Lauria-Horner

predictive factors, the pilot data will inform subsequent research proposals to expand on findings. The long-term goal is to evaluate early intervention preventative tools/strategies such as training/resources, and clinical treatments in members at risk once exposed to critical incidents.

The second research project—funded by the Mental Health Commission of Canada and the Department of Health and Wellness—involves leading the design and implementation of a Randomized Controlled Trial evaluating an *Adult Mental Health Practice Support Program (PSP) for Family Physicians and their medical office assistants (MOAs)* in Nova Scotia.

The program, designed by General Practice Services Committee (GPSC), is a joint initiative of the BC Medical Association and the BC Ministry of Health. It addresses two or more priorities of the Nova Scotia Mental Health and Addictions Strategy. It will assist primary health-care providers with the diagnosis and management of individuals experiencing mental health problems. Clinics across Nova Scotia are involved to evaluate the program's impact on stigma, patient clinical outcomes, patient satisfaction, physician and staff engagement, and health economics. Dalhousie University is working collaboratively with the University of Calgary, University of Toronto, Mental Health Commission of Canada, Department of Health and Wellness, and the BC training team. If we are able to show positive outcomes, the program will be provincially funded and available to all primary care practices across Nova Scotia.

**A typical day in my work life:** The work days would depend on what I am primarily focusing on at the time. I usually work in my office at the Abbie Lane when working on the PSP research project; researching the literature, networking with physicians, performing tasks related to the operations of the trial, or mentoring a research/practice support coordinator. I also work in the community, in or out of province; visiting family practices or

other community based organizations involved in research projects. There is no shortage of interesting work. As most people who work in a field they love, the amount of work can sometimes get overwhelming, but in most instances, it is rather exciting.

***What I wish I'd known when I first contemplated becoming a researcher:***

It can seem as though there is so much to learn when first starting as a researcher. I wasn't sure if I was supposed to know more than I did. I remember many times hesitating asking for help, and researched tirelessly for the answers I needed. I wish I would have known that experienced researchers are more than willing and happy to help.

From a practical perspective, I wish I knew the necessary sections to include in writing a solid research proposal. Over time, I learned this, and to include a step by step detailed process of the operational aspects of the project.

***The most satisfying and frustrating aspects of doing research:*** The most satisfying aspect of research is the

ability to ask and answer a research question that matters to people on a larger scale. The thought that our work and findings could potentially help individuals, change the course of clinical practice patterns, or training programs, is very gratifying.

What I find most frustrating is the attention to detail research involves, justifiably so, however very frustrating to me.

***The experience that best prepared me for my position:***

I was first introduced to clinical trials as a community-based family physician and I would be the trial investigator. I attended investigator meetings where I learned important aspects of participating and conducting a trial. In addition during the patient recruiting or trial roll-out phase, research monitors would come to review the patient study file, or provide feedback on trial process, proper documentation, etc. Over time I became more proficient, and understood the work that went into scientifically sound research projects. This experience prepared me to take on more responsibilities, and gave

me a fresh perspective of how I could contribute to the field of medicine.

***My research mentor(s):*** Great mentors are essential to a researcher early in a career. I credit the following individuals:

**Dr. Stan Kutcher**, Head of the Department of Psychiatry at the time, first hired me as part of the department research unit. Under his and my supervisor's—Ms. Connie MacLaren, Clinical Trial Manager—direction, my abilities and skills as a researcher grew, and eventually gave me the confidence to leave a community-based practice to pursue a career in research. Currently, the most influential person would be Dr. Scott Patten from the Department of Community Health Sciences at the University of Calgary. I consider myself very fortunate to be working and learning from him as I continue to develop professionally.

***My second career choice:*** My second career choice would have been quite different and in the arts field, perhaps music or any other career path involving design.

# Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

## undergraduate news

During the May 26 Undergraduate Medical Education Committee meeting, Med 2 student, Ms. Tara Riddell, presented her Professional Competition Project about utilizing social media platforms as an educational resource on mental health and psychiatry for medical students. As part of the

project, Tara set-up a website, Twitter account and Facebook page. To view these valuable resources please follow the links below which have also been posted to the Departmental website under the 'For Current Students' area:

*Website:* [www.beyondthebody.org](http://www.beyondthebody.org)

*Twitter:* @Beyond\_The\_Body

*Facebook:* <https://www.facebook.com/beyondthebodyeducation>

As mentioned in the May edition of Headlines, the Department of Psychiatry sponsored two medical students to attend the annual

Psychiatry Student Interest Group Network (psychSIGN) conference that was held in conjunction with the American Psychiatric Association conference in New York. The successful applicants, Ms. Maggie Moores and Ms. Tara Riddell were asked to submit their conference highlights for the July edition of Headlines. They both enjoyed the conference saying it was “interesting and engaging,” and “a fantastic and exceptional educational experience.”

### ***Maggie Moores***

One of my personal highlights was a “Specialties Dinner,” where psychiatrists met with small groups of students to introduce their subspecialty and provided an opportunity for students to ask questions. It was through this dinner that I truly gained an appreciation for the variety that exists, and is still growing within this

field. I enjoyed hearing personal accounts, such as those from an emergency psychiatrist from Colorado whose practice has been affected by the recent legalization of marijuana, or from a psychiatrist who has unexpectedly made neuropathological research a large part of his career. Though each story was unique, underlying each was a passion for what they do and where they hope their field is going. I thoroughly enjoyed this experience and would recommend it to any medical student with an interest in psychiatry.

### ***Tara Riddell***

One of the conference highlights for me was hearing the President-Elect of the APA, Dr. Paul Summergrad, as well as the CEO of the APA, Dr. Saul Levin speak. In Dr. Summergrad’s speech he shared his “coming out” story as a psychiatrist, speaking to the

stigma that often encompasses the specialty and the healthcare providers who work within it, and motivated us through his own experiences to push back and break through the negative attitudes and perceptions. Dr. Levin also reflected on his journey through medicine and career in psychiatry and shared what he loves most about the profession, speaking to all the positive and rewarding aspects that psychiatry has to offer. Both speakers’ passion for psychiatry and their encouragement of our interest in the specialty was infectious, and needless to say had an immense impact on many including myself. The conference was also a time for self-reflection, as well as personal and professional growth, as I became more excited about the idea of psychiatry as a potential career, and saw just how well psychiatry suits me and how I’m well suited for it.

## **RECRUITING**

Med 2 Skilled Clinician tutors for the first half: Thursdays, Sept 11, Sept 18, Sept 25 and Oct 2, 2014 from 13:00 - 17:00 (two tutors required, two spares required). Please contact **Ms. Mandy Esliger** at [Mandy.Esliger@cdha.nshealth.ca](mailto:Mandy.Esliger@cdha.nshealth.ca) to sign up.

## **NOTE**

The 2013-14 undergraduate academic year ends Sept. 14, 2014 and the 2014-15 academic year begins Sept. 15, 2014.

## **postgraduate news**

The Department hosted the 2014 graduation exercises on June 20 at The Westin Nova Scotian Hotel.

Congratulations to the Class of 2014:

**Drs. Cristina Aydin, Shauna Correia, Katherine Matheson, Soroush Sadafi, Ashwin Varghese and Christian Wiens.**

Congratulations is also in order for our fellows:

**Dr. Megan MacNeil** who will be starting with the Seniors Mental Health



Graduates **Drs. Soroush Sadafi and Shauna Correia.**

Team at Nova Scotia Hospital in July 2014.

**Dr. Christopher Murphy** will be completing his fellowship in September 2014.

**Dr. Sabina Nagpal** is enjoying motherhood and will determine her future plans after maternity leave.

The evening allowed for the opportunity to celebrate the achievements of not only the graduating class, but also other residents and faculty.

***Awards were given out as follows:***

Clerks' Choice Award: **Dr. Marie Claire Bourque**

Resident's Choice: Teacher of the Year: **Dr. Sameh Hassan**

Above and Beyond Award: **Ms. Sally Palmer**

PGY-5 Excellence in Mentorship: **Dr. Ezio Dini**

Horizon Health Network SJ Zone PGY 1 Resident of the Year Award: **Dr. Jill Boyd**

Alexander H. Leighton Resident of the Year Award: **Dr. Vanessa Thoo**

Dr. Charles J. David Prize: **Dr. Michal Sapieha**

Dr. W.O. McCormick Award: **Dr. Sarah Fancy**

Loonie Award recipients: **Drs. Mirka Kolajova, Marie Clarie Bourque, Alice Aylott, Jonathan Wan and Michael Butterfield**

Dr. Robert & Stella Weil Fund in Psychiatry: **Dr. Vanessa Thoo**

Chief and Associate Chief Residents Recognition: **Drs. Vanessa Thoo and Michael Butterfield**

Dr. Herb Orlik Child and Adolescent Psychiatry Resident Award: **Dr. Jonathan Wan**

***Future Plans of our Graduates:***

**Dr. Cristina Aydin:** Dr. Aydin will be moving to Vancouver, British Columbia where she has accepted a position in Reproductive Mental Health at St. Paul's Hospital.

**Dr. Shauna Correia:** Starting in September, Dr. Correia will be a staff psychiatrist at the BC Center for Sexual Medicine and a clinical instructor in the Department of Psychiatry at UBC.

**Dr. Katherine Matheson:** Dr. Matheson is moving to Ottawa where she has accepted a position as a child psychiatrist at the Children's Hospital of Eastern Ontario (CHEO).

**Dr. Soroush Sadafi:** Dr. Sadafi is still determining his future career plans.

**Dr. Ashwin Varghese:** Dr. Varghese is still determining his future career plans.

**Dr. Christian Wiens:** Dr. Wiens is moving to British Columbia where he plans on working part-time in psychiatry and part-time in palliative care.



(L-R) Undergraduate Coordinator Ms. Mandy Eslinger, Clerk's Choice Award winner Dr. Marie Claire Bourque, and Director of Education, Dr. Margaret Rajda.



(L-R) Multiple award recipient Dr. Vanessa Thoo and Dr. Margaret Rajda.

## continuing education news

### RECENT HIGHLIGHTS

#### *University Rounds*

On May 21, 2014 Dr. Mark Rapoport MD, FRCPC, Associate Scientist, Sunnybrook Health Sciences Centre gave an interesting presentation on the topic "Driving in Later Life: Balancing the Risks."

#### *R.O. Jones Memorial Lecture*

On June 4, 2014 Dr. Peter Leonard MB, BCh, NUI, St. Joseph's Intellectual Disability Service, Dublin, Ireland gave an excellent presentation on the topic "Developing Safe and Effective Specialist Mental Health Services for People with Developmental Disabilities: Opportunities and Challenges".



Top: Dr. Mark Rapoport. Bottom: Dr. Peter Leonard.

### UPCOMING CONTINUING EDUCATION EVENTS

We will be busy over the summer planning the 2014-2015 University Rounds, Clinical Academic Rounds and Interprofessional Education Sessions which will resume on September 3, 2014.

# Report from the Sun Life Financial Chair in Adolescent Mental Health

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

## intersections of art, mental health and recovery

On May 12, 2014 community members and business leaders from all over Nova Scotia gathered at the NSCC Waterfront Campus Auditorium to engage in a discussion of art, mental health and recovery. The event, presented in partnership with WeUsThem Inc., focused on how the three intersect and can impact the future trajectory of our young people. Many ideas, perspectives and stories

were shared.

The event got underway with Ms. Faten Alshazly, Advisor and Director of Partnerships at *TeenMentalHealth.org*, welcoming the guests and community members, followed by an introduction of the Minister of Health and Wellness, The Honourable Leo Glavine.

"Mental illness is something that

touches so many of us from all walks of life and every part of our province," says Minister Glavine. "It's important that we continue to talk about this and bring it into the open so that those who suffer know they're not alone."

Minister Glavine then introduced the esteemed panel of experts, led by **Dr. Stan Kutcher**, Chair of Adolescent Mental Health and *TeenMentalHealth*.

org; Ms. Starr Dobson, President and CEO, Mental Health Foundation of Nova Scotia; Dr. John Graham-Pole, Professor Emeritus, University of Florida and Dr. Dorothy Lander, Founder, Arts and Health Antigonish.

Dr. Kutcher opened with a synopsis of what the day was exactly about, explaining that it's not a discussion about mental illness, it's about what we

need to do to be whole as human.

"The most important thing we can do is connect with each other because it's connectivity that allows us to grow as individuals, communities and as a whole society," says Kutcher. "Human connection is key to improving the human condition and the arts are fundamental to human connection."

After a lengthy and engaging discussion with many ideas and opinions shared, there was a consensus that there is an intersection of the arts and mental health.

View the full recap here: <http://teenmentalhealth.org/media/article/intersections-of-art-mental-health-and-recovery>

## pre-service teacher education

Dr. Stan Kutcher and his team at *TeenMentalHealth.org* have received a grant from the Carthy Foundation to create pre-service teacher education on mental health literacy, with three partner institutions, including the faculties of education from the University of British Columbia,

University of Western Ontario and St. Francis Xavier University. The grant will be used to build partnerships and share resources in Phase 1, which has recently been completed. Phase 2 will include a scan of existing mental health literacy programs and conduct a needs assessment in all

faculties of education in Canada, and further develop the framework and proposal for Phase 3. The third phase will create and field-test the mental health literacy curriculum resource in the three partner universities, as well as participant observers from other universities.

# Report from the Dr. Paul Janssen Chair in Psychotic Disorders

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

## vintages of the mind fundraiser

On May 2, a successful fundraising event was held in support of the Nova Scotia Early Psychosis Program (NSEPP) and the Nova Scotia Psychosis Research Unit (NSPRU). "Vintages of the Mind" was a wine tasting and silent auction experience held at the Maritime Museum of the Atlantic. Over 120 tickets were sold and people not only enjoyed the selection of wines to try from Bishops Cellar and tasty food offerings from Dish catering, but walked away with caricature drawings of

themselves as well. Just over \$18,000 was raised.

All monies raised from this event go directly to NSEPP and NSPRU to encourage research in psychosis, and to improve the clinical care available to young adults in our region. Monies raised at previous fundraising events have helped to fund innovative projects including a successful art therapy program and summer traineeships in psychosis research for young investigators.



Dr. Phil Tibbo presents at the Vintages of the Mind Fundraiser.

## psychosis knowledge sharing initiative.

Funded by the Nova Scotia Health Research Foundation, **Drs. Phil Tibbo, David Whitehorn and Sabina Abidi** have spearheaded a knowledge-sharing initiative in the field of early phase psychosis and early intervention services for the province. Joined by Ms. Donna Methot (SSNS) and Ms. Laura Burke, they have facilitated

workshops in the last few months in Truro, the Annapolis Valley, Cape Breton, and in Halifax. These have been hugely successful, bringing together stakeholder groups of government officials, health authority administrators, mental health clinicians, family physicians, people experiencing psychosis, family members, and

community-support agencies in one room around a common theme. The workshops included presentation of the literature on five key areas:

- The importance of considering psychosis as presenting in stages
- Early and optimal stage-specific treatment results in better outcomes
- Family education and engagement are an essential component of optimal treatment
- Treatment delays impact negatively on outcome and can occur within the health care system
- Psychosis is not a progressive brain disease

Following the presentation of each of the key topic areas, there was small group discussion on the point's impact and meaning. As each group had people from a variety of backgrounds, the discussion of the relevance of each point was extremely rich. Having the various stakeholder groups together in such a fashion and being engaged with each other was a highlight of these workshops.



Workshop presenters (L-R) Dr. Sabina Abidi, Dr. Phil Tibbo, Dr. Glen Berry (AVHA Provincial Early Psychosis Network), Ms. Dana Pulsifer (AVHA mental health administrator), Ms. Donna Methott (SSNS), and Dr. David Whitehorn.

# Report from the Killam Chair in Mood Disorders

BY DR. MARTIN ALDA, KILLAM CHAIR IN MOOD DISORDERS

## an inside look at the mood disorders research group

Established in 1995, the Mood Disorders Research Group, located on the third floor of the Abbie J. Lane building, has grown and flourished under the leadership of **Dr. Martin Alda**. The core members of the group include clinical researchers, scientists, nurses, research fellows, a psychologist, and research support staff.

The ongoing research projects focus on the phenomenology and clinical course of primary affective disorders, outcome and treatment response in bipolar disorder, genetics in psychiatry, the neurobiology of affective disorders and

suicide, high-risk studies of children of bipolar parents, imaging studies in early-onset mood disorders, and metabolic illness associated with mood disorders.

Over the years, these studies have yielded a wealth of information, providing a richer understanding of these complex diseases. The results have been widely disseminated in peer-reviewed journals and presented in a variety of world settings. The team is able to continue this important work through the generous support of a number of local, national and international granting agencies. Most of

all, they are grateful for the participation and support of the many patients and families who have dedicated such time and effort in helping them to achieve the goals of improved knowledge and understanding in this field.

The Mood Disorders Research Group continues to enjoy working with psychiatric residents as well as medical and nursing students. They encourage mentorship and collaboration with all who may be interested in learning more about mood disorders and participating in our project work. There is something for everyone, so please feel free to drop by and speak with them!



Mood Disorders team members (Back L-R): Drs. Claire O'Donovan, Tomas Hajek, Martin Alda, Cindy Calkin, Ms. Julie Garnham, and Dr. Barbara Pavlova. (Front L-R): Dr. Abigail Ortiz, Ms. Joanne Petite and Ms. Claire Slaney.

## news from the department

### DALHOUSIE HELPS NORWAY ADVANCE PSYCHOTHERAPY

For the past 15 years **Dr. Allan Abbass** has been providing intensive short-term dynamic psychotherapy (ISTDP) training programs in several countries around the world including in Australia, Italy, Poland, Denmark, Norway, Sweden, England and the USA. The brevity of the approach and emerging data for broad applicability and cost-effectiveness has made this treatment one of interest on a global scale. This training has resulted in several research projects and second-generation

Perhaps the most successful program has been in Norway where country-wide uptake including institution of new funded clinical services, research and training have flourished.

Since 2009 Dr. Abbass has trained 48 Norwegian psychologists and psychiatrists alongside his colleague Dr. Jon Frederickson. He then provided advanced training to a group of five psychologists who have spawned five training programs to 50 psychologists

working in hospitals, clinics and specialized programs.

New Norwegian programs using this training have been developed and supported by new government money. The best known of these is the “Thorsberg” program, an eight-week inpatient service for patients who have failed every available psychiatric treatment. Dr. Abbass and Dr. Ole Andre Solbakken from University of Oslo have published outcome research showing this group to have robust and sustained symptom and interpersonal gains in this program, which is based on the ISTDP framework. They are soon evaluating the medical service use impacts of this service and publishing the outcome results with a larger case series with wait-list control data.

Other places the ISTDP model is now used in Norway include government-funded ISTDP treatment to prevent struggling workers from going on disability, therapy for sexual offenders and for patients with eating disorders among others. It is also used to treat parents in a novel program where whole families are admitted to care in the event of family dysfunction.

Norway, a world leader in healthcare delivery, has become a leader in the implementation of short-term dynamic psychotherapy.



Dr. Allan Abbass (center) with Norwegian ISTDP Co-Trainers Dr. Roger Sandvik-Hansen (left) and Dr. Jonas Sharma-Bakkevig (right) in Oslo after a week of training.

psychotherapy training programs linked to universities and psychological institutions in these countries.

around the country with requests for more coming on a regular basis. Thus, these trained psychologists are now disseminating the model to colleagues

## endMS SUMMER SCHOOL

The endMS Atlantic Regional Research and Training Centre (RRTC) recently hosted the 6th Annual endMS Summer School at Dalhousie. This one-week, interactive education program brought together 45 graduate and postdoctoral trainees from a wide-range of disciplines from throughout Canada to enhance their knowledge and skills in MS research. Faculty from Dalhousie and across Canada offered their expertise in such topics as the changing demographics of MS, self-management strategies and novel therapeutic approaches.

The theme of this year's summer school was "Translational MS Research: From Ideas to Innovation to Implementation" and it presented a novel twist: a considerable part of the week's training focused on innovation and entrepreneurship, and the application of these concepts to the trainee's own work. Through a facilitated, hands-on program, trainees worked in small teams to develop their own business ideas related to MS research. The teams then

had the challenge of pitching their ideas in a genuine "Dragon's Den." Considering the time they had to work on their projects and the fact that they came from basic science, clinical or population health backgrounds (i.e., not business), they really impressed the dragons.

**Dr. John Fisk**, Director of the endMS Atlantic RRTC, developed the idea of incorporating an entrepreneurship program into the endMS Summer School after learning about the success of the RADIANT CREATE program's Summer Institute in Neurotechnology, Innovation, and Commercialization. Dalhousie entrepreneurship experts Drs. Mary Kilfoil and Ed Leach, from the Faculty of Management, were involved from the start and delivered the business curriculum throughout the week, while members of the local MS community provided opportunities for "customer discovery" as well as mentorship on the teams' ideas.

"We can no longer focus on academic careers as the end goal for all of our trainees. Introducing

entrepreneurship and entrepreneurial concepts is essential if we want trainees to understand the full range of opportunities available to them. These concepts can be applied to our everyday work as researchers and help us to look differently at what we do," says Dr. Fisk. "Adopting a business approach was a huge departure for these trainees, but every last one demonstrated tremendous enthusiasm and took away as much as they could from such a brief and demanding program. We were amazed with what they achieved in such a short time."

One participant noted: "What I liked most about endMS Summer School was the fact that it was so interdisciplinary. As a clinical researcher, I learned a lot from the basic sciences and started to identify opportunities for collaboration even within my own field. I was also so excited about the business canvas model, as it allowed me to see in many ways how I could successfully translate my research into viable business options."

## DEPARTMENT OF PSYCHIATRY CELEBRATES 65 YEARS

On June 20 faculty, fellows, residents, staff and special guests joined together for a day of celebration in honour of 65 years of excellence in education and research. The morning began at the Westin Nova Scotian hotel where invited speakers Drs. Jock Murray and **Jane Murphy** provided the audience with engaging talks about R.O. Jones and the Stirling County Study, respectively. A panel made up of past and present department heads spoke candidly about their time with the reins of the department. Following a lively discussion guests made their way to



Event speakers (L-R): Drs. Alistair Munro, Aidan Stokes, Stan Kutcher, Jock Murray, Jane Murphy and Nick Delva.

Murphy's the Cable Wharf where they boarded the Harbour Queen for an afternoon boat cruise. The day was



**Dr. Jock Murray**

capped off with the annual graduation dinner.

## staff and faculty changes

**Ms. Genevieve MacIntyre** has left the department after more than a year as the Education Coordinator, effective May 23. She has accepted a position with Bell Aliant in their Corporate Communications department. We wish her the best in her new endeavor!

**Ms. Tracy Fraser MacIsaac** has joined the department as our new Education Coordinator, effective June 2. She has been the Medical Education Coordinator in the UGME Office, FOM for over seven years. Tracy was the project lead for the UGME implementation of the One45 system. Her primary responsibilities will include the CaRMS process, PGY-1 and PGY-6 Fellows/Subspecialty Residents; she will coordinate the continuing professional development program including the

This Week in Psychiatry and related communications. Tracy will provide administrative support to the Director of Education, Director of Continuing Education and Associate Director of Postgraduate Education.

**Dr. Jose Mejia** joined the department in the Division of Child and Adolescent Psychiatry, effective May 15. Dr. Mejia is the new staff psychiatrist for Youth Forensics. Dr. Mejia comes to us from the University of Western Ontario where he worked as a psychiatrist with the London Health Sciences Center, the Ministry of Children and Youth Services, and the Centre for Children and Families in the Justice System.

It is with regret that we announce that **Dr. Kathleen Pajer** has resigned from

the department and her role as Head of the Division of Child and Adolescent Psychiatry. In the fall Dr. Pajer will be moving to Children's Hospital of Eastern Ontario, a pediatric health and research centre in Ottawa, Ontario, where she will be Head of the Child and Adolescent Psychiatry Department. We wish Dr. Pajer every success in her new role.

Plans are currently underway for reconfiguring leadership within our division given Dr. Pajer's impending departure. We feel confident that our faculty can successfully manage this transition, along with Dr. Pajer's guidance over the next few months. Our division is fortunate to have such a strong and dedicated faculty who work so well together.

## awards & honours

### DR. CHRISTINE CHAMBERS EMPOWERS WOMEN; NAMED FINALIST IN SOCIAL INNOVATION

Congratulations to **Dr. Christine Chambers**, whose recent YouTube video, "It Doesn't Have to Hurt: Strategies for Helping Children with Shots and Needles" (<http://pediatric-pain.ca/it-doesnt-have-to-hurt>) was named a 2014 Innovation in Practice

finalist for Social Innovation by the Progress Media Group.

Dr. Chambers was also recently accepted as a member of the 2014-2015 class of the American Psychological Association's Leadership

Institute for Women in Psychology, to be held in Washington, DC, in August. The institute's goal is to prepare, support and empower women psychologists as leaders to promote positive changes.

### DR. RUDOLF UHER RECEIVES MAX HAMILTON AWARD

Congratulations to **Dr. Rudolf Uher** who is the recipient of the 2014 Max Hamilton Award from the International College of Neuropsychopharmacology (CINP). The award, consisting of

a monetary award of \$10,000 and an engraved plaque, is given to a young scientist in recognition of an outstanding contribution to psychopharmacology. Dr. Uher was

presented with his award on June 22 during the opening ceremony of the 2014 CINP World Congress in Vancouver.

## DR. MICHAEL BUTTERFIELD, PGY-3, AWARDED RESIDENT RESEARCH SCHOLARSHIP; ELECTED CHAIR OF MIT OF CPA



Dr. Michael Butterfield

Congratulations to **Dr. Michael Butterfield** who was awarded the American Psychiatric Institute for Research and Education (APIRE)/ Janssen Resident Psychiatric Research Scholarship in April 2014. This one-year fellowship is supported by a grant from Janssen Pharmaceuticals and is intended for postgraduate psychiatry trainees. The program will focus specifically on clinical and health services research in all areas of psychiatric research. There is a special emphasis placed on mentoring and career enrichment programs both at the APA Annual Meeting and throughout the year. Dr. Butterfield will be mentored by **Dr. Mary Lynch**,

Director of Research at the Pain Management Unit at the QEII Health Sciences Centre. She is trained as a psychiatrist and specializes in the field of pain disorders.

Dr. Butterfield was also elected to be the next Chair of the Members in Training (MIT) Section of the Canadian Psychiatric Association in May of this year. He has served as the Atlantic Provinces Representative in the CPA MIT executive committee and was elected by the executive board to the position of chair-elect and will become chair of the MIT section in May of 2015 for a one year term. This new position allows him to take on a greater leadership role at a national level.

## RESIDENTS AWARDED FUNDS FOR HEALTHY RESIDENT PROGRAM

Kudos goes to our residents who were successful in their application to

PARI-MP Healthy Resident Program. They were awarded \$2,000 for resident

athletic training. Way to go, healthy minds in healthy bodies!

# Humanities Corner

Canadian medical students and residents are invited to submit reflective essays, poetry or short fiction that explore the intersection of mental health and the humanities to the Dalhousie Department of Psychiatry Annual Student Writing Contest. Each year, one entry in each category (medical student and postgraduate trainee) will be selected to receive a \$100 cash prize. Winning entries will be published on the Department of Psychiatry website and in *Headlines*.

**Eligibility:** Medical students, residents and fellows at Canadian medical schools.

**Maximum word count:** 2,000 words

**Deadline:** The deadline for 2014 is Monday, Oct. 13.

To ensure confidentiality is maintained, patients and anyone else described in essays, stories or poems must be fictional or composite characters (with the exception of the narrator him/

herself). Please indicate in your email whether you are a medical student or a resident/fellow. Faculty from the Dalhousie Department of Psychiatry will act as judges.

Entries can be sent as Word attachments to the Department of Psychiatry Communications Coordinator, **Ms. Kate Rogers** at [Kate.Rogers@cdha.nshealth.ca](mailto:Kate.Rogers@cdha.nshealth.ca).

# Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND LECTURER



Reflections, Byron Village, Ontario

## 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 Sept. 5 2014, with the deadline for submissions to be Aug. 15, 2014.

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

## UPCOMING AWARD DEADLINES

There are many awards that Department of Psychiatry faculty, fellows, residents, and staff are eligible to win each year. The following is a list of awards with upcoming deadlines. If you would like to nominate someone please contact **Ms. Kate Rogers** at Kate.Rogers@cdha.nshealth.ca. The awards committee will work with you to organize nomination materials. For further details and terms of reference for the awards please visit our website (<http://www.medicine.dal.ca/departments/departments-sites/psychiatry/about/awards.html>).

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

- Donald Richards Wilson Award (Aug. 30)
- Royal College Teasdale-Corti Humanitarian Award (Aug. 30)

Granting Body: **Gairdner**

- Canada Gairdner Wightman Award (Oct. 1)

Granting Body: **Department of Psychiatry, Dalhousie**

- Outstanding Clinician Award (Sept. 30)

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