

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

A seat at the CPA

Dr. Pamela Forsythe appointed Chair-elect of CPA Board



The Canadian Psychiatric Association (CPA) will welcome a new Chair of the Board during their Annual General Meeting in Vancouver this October. That Chair is none other than our own **Dr. Pamela Forsythe**, assistant professor and psychiatrist in Saint John, New Brunswick. A Distinguished Fellow of the CPA, she becomes the first woman to chair the CPA Board.

In the fall of 2014, after some deliberation, Dr. Forsythe answered a call for candidates to fill the position of Chair of the Board. "I have always appreciated my involvement with the CPA and wanted to reconnect in a more meaningful way," she says of her decision to put her name forward. The nominating committee issued an invitation for her to meet with the Board during their spring meetings in Ottawa in April, at which time she was voted into the position.

Dr. Forsythe is no stranger to the CPA. She joined the CPA as a resident. Not long after she began practicing in Prince Edward Island she served on a standing committee and subsequently became the

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Message from the Head

This issue of *Headlines* calls for congratulations to many members of the department, starting with **Dr. Pamela Forsythe**, who is the subject of our cover story. Dr. Forsythe will be making history as the first female Chair of the Board of the Canadian Psychiatric Association. In recent years, Maritime representation on the Board has been strong, and Dr. Forsythe's service in this new role will provide continued excellent leadership from our area of the country.

Congratulations are in order for the winners of a number of awards, and worthy of special mention is **Dr. Marie Claire Bourque**, who received the Clerks' Choice award for the third year in a row (i.e., from three separate sets of clinical clerks)! This is exceptional. Congratulations also to **Dr. Margaret Rajda** on receiving the Program Directors' Award for Leadership; her accomplishments included bringing our postgraduate program to the current status of full Royal College accreditation, which it has now enjoyed for several years.

Congratulations to the three graduates of our general psychiatry residency program, **Drs. Rachel Bell, Jacob Cooney, and Vanessa Thoo**, all of whom were successful in passing their Royal College examinations! Dr. Bell will be practicing in British Columbia, Dr. Cooney will be staying with us, working clinically at the Cole Harbour Clinic and doing research with the Early Psychosis Program, and Dr. Thoo will be undertaking a subspecialty residency in geriatric psychiatry in Ontario.

Congratulations also to **Ms. Sandra Hennigar** and **Dr. Peter Adediran** (for



Dr. Nick Delva

completing the Global Health Certificate), to **Dr. Joseph Sadek** (for completing the Global Clinical Scholars Research Training Certificate), to **Dr. Allan Abbass** (who published his first book), to **Dr. Phil Tibbo** (for work included in the Mental Health Strategy for Canada), and **Drs. Tomas Hajek and Cindy Calkin** (whose original work on the relationship between diabetes and bipolar disorder was mentioned in the *Psychiatric Times*).

You will be interested to read about **Dr. John Fisk**, and learn about his research. This includes a considerable focus on Multiple Sclerosis, and work done here by Dr. Fisk has helped to demonstrate an increasing prevalence of this disease in Canada, a very important finding. It is clear that more research on this fairly common and serious illness is very much needed. One hopes that the cause of this condition will soon be found, and effective treatments developed.

On July 2, we welcome our new PGY-1 residents: **Drs. Laura Downing, Nadia Hassanali, Matthew Havenga, Melissa Lahti, Alexandra Manning, Katherine Radchuck, and Crystal Zhou**; and PGY-2, **Dr. Kerry Murray**.

We are sorry to lose **Dr. Sanjay Rao** to Ontario, but happy that he will

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CPA Board *continued from page 1*

provincial representative on the Board. She joined the executive when she started on the presidential rotation and completed her year as past president in 2001. She co-chaired the CPA section on physician health for a few years and during her presidential rotation, served as the CPA representative to The Canadian Alliance on Mental Illness and Mental Health (CAMIMH). Later she returned to CAMIMH because of her position as the president of the Schizophrenia Society of Canada. That resulted in further involvement organizing Mental Illness Awareness Week for a couple of years when she had further interactions with the CPA. When she starts her three-year term as Chair of the Board in October it will mark 36 years of involvement with the CPA.

In her new role as Chair, she will be working with the CEO and staff of the CPA. She will chair the executive committee and all board meetings. Because the other executive and board members have staggered terms, Dr. Forsythe will provide some continuity and context and will act as the representative for the organization with some of the other mental health sector NGOs and national organizations that are not within the president's portfolio.

Dr. Forsythe becomes Chair during a period where the CPA will be completing a governance review and addressing the fiscal challenges

they share with many voluntary professional organizations that are largely supported by membership dues. "Both costs and expectations are on the rise and we have heard from members that effective advocacy should be an important function we continue to provide," says Dr. Forsythe. "Another challenge for us is to be seen as a vital organization for subspecialty psychiatry, complementary to the Academies' activities. We want to be the voice of all Canadian Psychiatry."

Dr. Forsythe is currently the director of student affairs at the Dalhousie Medical School in New Brunswick. Both this position and her clinical work have been part-time for the last few years. As a result, when she takes on this new role and her time as director of student affairs ends, she doesn't expect any great changes in her commitment to the Department of Psychiatry, though admits, "There will be a few more scheduling changes for my admin assistant to sort out!"

Dr. Forsythe's inauguration will mark a new era at the CPA. For the first time since it was founded in 1951, the Board will be chaired by a woman. "I am honoured to be the first woman in this position," says Dr. Forsythe. "Our profession's gender mix has changed a lot since I started my residency back in 1979." At that time she was the first Canadian resident in psychiatry to complete several

years of her training part time to accommodate family responsibilities. Now, as a working mother of four adult children, she has had lots of experience searching for that elusive work/life balance. She hopes to use this experience and knowledge to engage the next generation of psychiatrists in the CPA. "For me personally," she says, "as I come closer to retirement, I would like to feel that I have contributed to our efforts to improve the system in which we work and to promote the expectation of Canadians that our society values mental health equally with physical wellbeing."

Between now and October Dr. Forsythe will be briefed on current issues and the strengths and challenges of the CPA. She will have numerous meetings with outgoing chair, Dr. Donald Addington, as well as outgoing president, Dr. Michael Teehan, our own deputy head of the Department of Psychiatry. Both have been assets to the CPA. "I have big shoes to fill," says Dr. Forsythe, "and unfortunately will not have Dr. Teehan's calm presence at the table because his presidential rotation is concluding as I come on." Despite Dr. Teehan's exit, Dr. Forsythe's experience and drive make her a very capable Chair of the CPA Board. Congratulations Dr. Forsythe, a well-deserved accomplishment.

Message from the Head *continued from page 2*

be retaining a connection with the department and continuing to train therapists in Nova Scotia in CBT.

Thanks to **Dr. Shabbir Amanullah**

for his latest photograph, a beautiful study in green and white. We have been fortunate to be able to include Dr. Amanullah's excellent

photographs in our recent issues of Headlines.

In closing, I would like to wish everyone an enjoyable summer.

Research Report

BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

research day 2015

This year's event is scheduled for Friday, October 23, 2015 at the Lord Nelson Hotel. Now in its 25th year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities. This year we will be giving presentation awards in the following categories:

- * undergraduate;
- * graduate;
- * resident;
- * junior faculty; and
- * psychiatry staff.

We are pleased to announce that this year's keynote speaker will be Dr. Zafiris Jeffrey Daskalakis, Chief of Mood and Anxiety and Head of the Temerty Centre for Therapeutic Brain Intervention at the Centre for Addiction and Mental Health (CAMH), and Professor of Psychiatry at the University of Toronto.

Dr. Daskalakis was born and raised in Toronto and completed his medical

training at Queen's University. He entered residency training in psychiatry at the University of Toronto. While still a resident Dr. Daskalakis began graduate studies at the Institute of Medical Science at the University of Toronto, supervised by Drs. Shitij Kapur (Imaging/Psychiatry) and Robert Chen (Neurophysiology). He completed fellowship training and his PhD in 2002 and began working at the University of Toronto. He holds the Temerty Chair in Therapeutic Brain Intervention at CAMH. With an expertise in the neurophysiology of severe psychiatric disorders, Dr. Daskalakis's laboratory uses magnetic brain stimulation to study the role of cortical inhibition and plasticity as potential pathophysiological mechanisms in schizophrenia, depression and obsessive compulsive disorder. Dr. Daskalakis also conducts treatment studies using repetitive transcranial magnetic brain stimulation (rTMS) and magnetic seizure therapy

(MST) for refractory symptoms in these disorders. He has been a NARSAD (Brain and Behaviour Research Foundation) Lieber Young Investigator, a NARSAD Independent Investigator and holds or has held CIHR, Ontario Mental Health Foundation and Brain Canada operating awards. He has also been awarded the Samarthji Lal Award in Mental Health Research from the Graham Boeckh Foundation. He has over 200 peer-reviewed publications, books and book chapters in prestigious journals such as the Archives of General Psychiatry, Brain and the American Journal of Psychiatry and is an editorial board member for Biological Psychiatry.

If you are interested in presenting at this year's Psychiatry Research Day, please contact **Ms. Megan Bellefontaine** at Megan.Bellefontaine@nshealth.ca for the registration form and submit it before September 4, 2015.

meet a researcher: dr. john fisk

This issue profiles Dalhousie neuropsychologist and researcher **Dr. John Fisk**. 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. Megan Bellefontaine** at Megan.Bellefontaine@nshealth.ca.

Current research interests: My research interests are quite broad and reflect the various clinical populations that I am involved with.

They include understanding the pathophysiology, epidemiology and symptomology of neurodegenerative disorders and their impact on

health-related quality of life. As a neuropsychologist, I am particularly interested in how these disorders affect human cognitive abilities and

the impact on behaviour. Over the years that I have been in Halifax, my research has examined people with Alzheimer's disease and other forms of dementia, including vascular dementia, as well as systemic lupus erythematosus, Parkinson's disease and multiple sclerosis.

Current research projects: A major focus of my research at the moment involves two team grants, both of which are focused on Multiple Sclerosis (MS) and involve collaborations with colleagues in British Columbia, Alberta, Manitoba and Quebec. Both involve linkage of data from MS specialty clinics (in our case the Dalhousie MS Research Unit) with provincial health care administrative data. One grant is funded by the Canadian Institutes of Health Research (CIHR) and is focused on the epidemiology and impact of comorbidity on MS. We have been able to confirm the very high, and increasing, prevalence of MS in Canada and have been able to demonstrate the increased prevalence of some comorbid conditions in people with MS in comparison to matched individuals from the general population; most notably we have found an increase in mental health disorders. We have been examining how these comorbid conditions, together with other demographic and clinical characteristics, have an impact on self-reported quality of life and disability. Our new project, funded by the National MS Society of the USA, is using a similar approach to identify medical conditions that are associated with an eventual diagnosis of MS. The goals of these projects are to find clues to potential pathophysiologic mechanisms for MS and to identify strategies that



Dr. John Fisk

may help prevent its development or mitigate its progression and impact on people's lives.

A typical "Day in My Work Life": In my "day job" I provide a consultative neuropsychological assessment service within what is now the Nova Scotia Health Authority. This is primarily a diagnostic service directed toward patients with

suspected or atypical presentations of neurodegenerative dementias. For patients with established diagnoses, the service is more directed to addressing issues of management. A typical day in clinic for me involves interviews of patients and their families, review of test results, discussions with colleagues and report-writing as well as follow-up meetings with patients and their

families for diagnostic disclosure and education. I am also quite often involved in providing clinical training to pre-doctoral practicum students and residents in psychology and in supervising the research activities of graduate students in the Clinical Psychology Program, as well as postdoctoral fellows on occasion.

What I wish I'd known when I first contemplated becoming a researcher: To be honest, I can't recall that I ever "contemplated becoming a researcher." It seems to me that I just always was one. As long as I can remember, I wanted to understand the biological basis of animal behaviour and through my undergraduate and graduate training this evolved into a career in applied human neuropsychology. However, one thing that I think I wish I had had earlier in my career is a greater appreciation for a business and entrepreneurial perspective on the pursuit of research.

The most satisfying and frustrating aspects of doing research: For me, the most satisfying part of doing research is being able to take the information that I have gained from my own work and apply it to my clinical practice to help an individual patient. Publications are nice "on paper," but being able to see the impact on a person's life of new knowledge that you have been able to generate, is the aspect of doing

research that gives me the greatest satisfaction. The most frustrating aspect of doing research is the challenge and bureaucracy involved in finding and sustaining the money to do it. At times, the amount of time devoted to the "professional begging", otherwise known as grant writing, can feel disproportionate and overwhelming.

The experience that best prepared me for my position: My training at the University of Western Ontario was what prepared me for this position. In particular, I had the fortune of being trained as a clinical neuropsychologist by Dr. Doreen Kimura at University Hospital in London Ontario. I began with her as an undergraduate student, only a few years after she had established this clinic as one of the few hospital-based neuropsychology clinics in Canada at the time. This was a clinic that fully integrated clinical practice and research within a teaching hospital setting and I continued working there throughout my graduate training. When I came to Halifax, I had the great opportunity to work with Dr. Jock Murray who had done much the same thing in establishing the Dalhousie MS Research Unit and I have continued to be involved in research and clinical practice in association with this clinic ever since.

My research mentor(s): I was lucky to have a number of excellent

mentors from an early stage in my undergraduate graduate training. They included: Dr. Doreen Kimura who ingrained in me the knowledge, that research and clinical practice are indistinguishable aspects of neuropsychology; My PhD thesis supervisor, Dr. Mel Goodale, who helped foster in me the joy of doing research; and my post-doctoral supervisor, Dr. James Lackner who provided me with tremendous resources, opportunities and the freedom to pursue my own ideas.

My second career choice: My second choice would have been an astronaut. Not really, I'm far too near-sighted for that. But, my doctoral and post-doctoral research was focused on sensorimotor integration and motor control and the applications of this work were as aligned with human factors research as with clinical neuropsychology. Other than the salary support from the Natural Sciences and Engineering Research Council of Canada (NSERC) for my post-doctoral fellowship, all other funding came from NASA. I found this research to be tremendous fun to do and I would likely have pursued a career as a scientist in this field if I had not had a stronger interest in health care.

Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

undergraduate news

As mentioned in the May edition of *Headlines*, the Department of Psychiatry sponsored Med 2 student, Ms. Amy Gough, to attend the annual Psychiatry Student Interest Group Network (psychSIGN) conference that was held in conjunction with the American Psychiatric Association conference in Toronto. Amy has provided her conference highlights:

The PsychSIGN conference was an excellent learning opportunity and a chance to network with students from medical schools across the United States and Canada. It was a wonderful learning environment, with roughly one hundred students in attendance.

One of the sessions on medical student advocacy/activism and mental health generated discussions about what students are doing in other medical schools to promote

mental health as well as interest in the field of psychiatry. For example, some schools have developed student-led forums where medical students meet informally to share strategies about reducing stress and promoting mental health during medical school and beyond. These types of ideas learned from other students will be shared with the Psychiatry Interest Group here at Dalhousie.

The conference also offered a number of interesting sessions on topics such as training and residency programs in psychiatry, subspecialty areas, and new research ongoing in the field. It was particularly helpful to hear experiences of psychiatrists at different stages of their careers, and the different paths that led them into psychiatry and their niches within it. Overall, the conference was a very valuable learning opportunity

and motivating to pursue a career in psychiatry. Thank you to the Department of Psychiatry for funding this unique opportunity!

Updates

2014-2015 Clerks' Choice award winner was **Dr. Marie Claire Bourque** for the third year in a row! Our residents received 58 nominations from our clerks!

Dr. Cheryl Murphy and **Ms. Mandy Eslinger** will be doing a site visit to the Cape Breton Regional Hospital in July.

The Class of 2016 clerkship rotations ends Sept. 20, 2015 and the Class of 2017 rotations begins Sept. 21, 2015.

Tutor recruitment continues for the 2015-2016 academic year. Please contact Ms. Mandy Eslinger at Mandy.Eslinger@nshealth.ca if you are interested in tutoring.

postgraduate news

The department hosted the 2015 graduation exercises on June 5 at The Prince George Hotel. Congratulations to the Class of 2015: **Drs. Rachel Bell, Jacob Cookey** and **Vanessa Thoo**! Congratulations are also in order for our fellows and subspecialty residents: **Dr. Malika Robichaud**, who will be returning to Quebec to practice psychiatry and **Dr. Ferid Fathalli**, who will be joining

The Douglas Mental Health University Institute in Montreal as a child and adolescent psychiatrist.

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. David Lovas**

Above and Beyond Award: Sarah Krieger-Frost and Heather Rea

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

Alexander H. Leighton Resident of the Year Award: **Drs. Alice Aylott and Marie Claire Bourque**

Dr. Charles J. David Prize: **Dr. Celia Robichaud**

Dr. W.O. McCormick Award: **Drs. Marie Claire Bourque and Vanessa Thoo**

Loonie Award: **Drs. Rachel Bell and Anita Hickey**

Dr. Robert & Stella Weil Fund in Psychiatry: **Dr. Michael Butterfield**

Chief and Associate Chief Residents Recognition: **Drs. Marie Claire Bourque and Celia Robichaud**

Dr. Herb Orlik Child and Adolescent Psychiatry Resident Award: **Dr. Sarah Fancy**

Future Plans of our Graduates: **Dr. Rachel Bell:** Dr. Bell is relocating to B.C., and will be working as a staff



2015 graduates (L-R): **Drs. Rachel Bell, Vanessa Thoo and Jacob Coockey.**

psychiatrist in Powell River.

Dr. Jacob Coockey: Dr. Coockey is joining the Department of Psychiatry here at Dalhousie and will work at the Cole Harbour clinic.

Dr. Vanessa Thoo: Dr. Thoo is

beginning a one-year fellowship in geriatric psychiatry at the University of Toronto. Dr. Thoo will also be welcoming a new baby in October.

continuing education news

RECENT HIGHLIGHTS

University Rounds

On May 13, 2015, Dr. Scott Stuart, professor of psychiatry and psychology, Departments of Psychiatry, Psychology and Obstetrics & Gynecology, University of Iowa, presented on the topic "Structuring Psychotherapy: Trust the Clinician and the Patient." In addition, Dr. Stuart conducted a very successful two-day Level A Course on interpersonal psychotherapy for faculty members and Mental Health and Addictions Program clinicians.



Dr. Scott Stuart

Our final University Rounds for 2014-2015 was held on June 24, 2015 (rescheduled from March due to weather). Dr. Ken Le Clair, professor and chair of the Division of Geriatric Psychiatry, Queen's University and co-director of the Centre for Studies in Aging and Health, Providence Care, presented on the topic "Health Systems Transformation for the Geriatric Population: Moving from Models to What Matters."

R.O. Jones Memorial Lecture

Named in honour of the late Dr. R.O. Jones, who among his many



Dr. Ken Le Clair

achievements founded the Dalhousie Department of Psychiatry in 1949 and was the charter President of the

Canadian Psychiatric Association, the R.O. Jones Memorial Lecture is held annually in conjunction with the Atlantic Provinces Psychiatric Association annual conference.

This year's lecture was held on June 10, 2015 with invited guest speaker Dr. Anne Basset, professor of psychiatry, University of Toronto, Canada Research Chair in Schizophrenia Genetics and Genomic Disorders and Dalglish Chair in 22q11.2 Deletion Syndrome, presenting on the topic "Clinical Application of Genetics in Psychiatry." Her presentation included results of genetics research she has conducted



Dr. Anne Basset

in the Maritimes over almost two decades.

UPCOMING CONTINUING EDUCATION EVENTS

We are already busy planning the schedule of Continuing Education Events for the 2015-2016 academic year and confirmed events for September 2015 are:

University Rounds

September 16 Dr. Eric Teboul, chief of psychiatric emergency services, St. Jerome Regional Hospital. "Gaining Insight into Lack of Insight. An evidence-based examination of lack of insight and its implications for the treatment of psychotic disorders."

Clinical Academic Rounds

- September 2 **Drs. Margaret Rajda, Heather Milliken, Mark Bosma & Cheryl Murphy**, "Education Opportunities: 2015-2016"
- September 9 **Dr. David Pilon, Ms. Joanne Brothers & Dr. Rudolf Uher**, "Conducting Depression Research in Partnership with Individuals with Lived Experience: The CDRIN Experience."
- September 23 Child & Adolescent Psychiatry Academic Rounds, Guest speaker: Dr. Ann York, "CAPA."

Child and Adolescent Psychiatry

BY MS. MICHELLE LEBLANC, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

Reorganization of resources

Dr. Herb Orlik will now be working in the eating disorders and autism clinics.

Dr. Ahmed Alwazeer will be working

in the Sackville Community Mental Health and the CHOICES day and inpatient clinics.

Dr. Selene Etches will be working in the new addictions and concurrent

disorders specific care clinic, which will be located on 4 Link of the IWK and emergency department/consultation liaison service.

Report from the Sun Life Financial Chair in Adolescent Mental Health

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

SCHOOL MENTAL HEALTH: GLOBAL CHALLENGES AND OPPORTUNITIES

In May, a new text titled *School Mental Health: Global Challenges and Opportunities* was published by Cambridge University Press. Edited by Dr. Stan Kutcher and Ms. Yifeng Wei of Dalhousie University and IWK Health Centre, and Dr. Mark D. Weist of University of South Carolina, the text provides vivid examples of school mental health innovations from eighteen countries, addressing mental health promotion and interventions head on. These initiatives and innovations enable readers from different regions and disciplines to apply strategies to help students achieve and maintain mental health, enhance their learning outcomes and access services, worldwide.

Through case studies of existing programs such as the integrated system of care approach in the USA, the school-based pathway to care framework in Canada, the therapeutic school consultation approach in Turkey and the REACH model in Singapore, the text highlights challenges and solutions to improving mental health outcomes for youth, even when resources are scarce.

School Mental Health: Global Challenges and Opportunities will be an essential resource for educators, health providers, policy makers,

researchers and other stakeholders engaged in helping students achieve mental health and enhance their learning outcomes.

FAMILY MENTAL HEALTH RESOURCE DISTRIBUTION

Dr. Kutcher and his team at *TeenMentalHealth.org* received a Capital Health Addictions and Mental Health Program Grant from the Mental Health Foundation of Nova Scotia. The aim of this project is to provide evidence-based information and resources about mental health to Nova Scotian families to help them gain better understanding about mental health and mental illness, reduce stigma against mental illness and encourage help-seeking behaviours.

The group of resources includes

materials designed for youth living with: a mental disorder; a friend or family member with a disorder; improving the parent-teenager relationship. The grant will be used to distribute key resources to clinicians for use with the families to whom they are providing care. Materials will be delivered to the three Community Mental Health and Addictions clinics – Halifax (Young Street), Dartmouth (Wyse Road) and Sackville (Cobequid Health Centre), the Garron Centre for Child & Adolescent Mental Health at the IWK, IWK Emergency Services and the IWK Family Resource Library. Information sessions will be held at each location for staff to become acquainted with the resources (both print and web-based) and to determine which hard-copy resources would be the most useful for their client base.

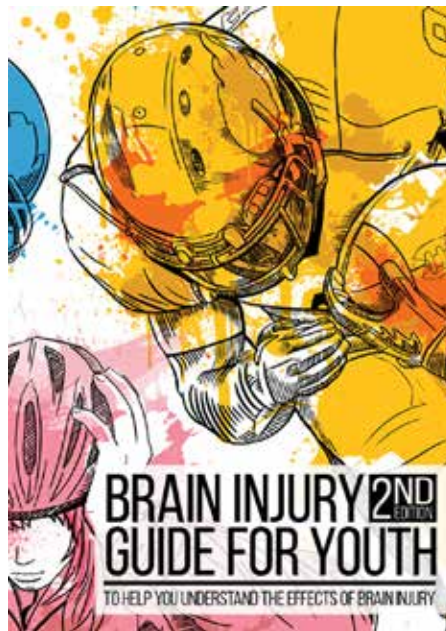


Family mental health resources.

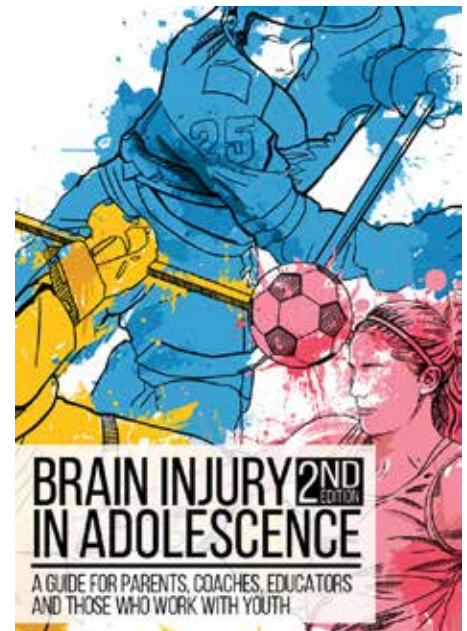
BRAIN INJURY GUIDES

The second editions of the Brain Injury Guide for Youth (designed for youth) and the Brain Injury in Adolescence (designed for the adult in a young person's life: a parent, a coach, a teacher, etc.) have recently been made available to download, free of charge, at *TeenMentalHealth.org*. These educational resources provide information on concussion prevention, management and recovery, as well as examining other potential mental health risks of a brain injury.

On May 30, Dr. Kutcher presented the keynote address at the Brain Injury Association of Nova Scotia Annual General Meeting where he discussed



his work in mental health in relation to both guides. The presentations, as well as the resources, were very



well received by the audience of brain injury survivors, caregivers, professionals and volunteers.

NEWS & ANNOUNCEMENTS

news from the department

PROVINCE-WIDE TRAINING IN INTEGRATED AND EXPERIENTIAL CBT

Dr. Sanjay Rao and a team of therapists are collaborating with the Nova Scotia Department of Health and Wellness to deliver an innovative web-based workshop and supervision program of Integrated and Experiential Cognitive Behavioural Therapy (CBT) training across the province. Twelve clinicians

are enrolled in the program. This training was previously delivered at the Annapolis Valley Health Authority and the Cape Breton Health Authority through telehealth. The training includes patient flow management and monitoring clinical outcomes. This model of CBT training in Nova Scotia was featured as an

invited workshop at the Canadian Association of CBT conference. It will be presented at the Association of Behavioural and Cognitive Therapies conference in Chicago as a successful Canadian example of CBT dissemination. Thirty-six clinicians have undergone or are undergoing this training.

MENTAL HEALTH STRATEGY FOR CANADA: A YOUTH PERSPECTIVE FEATURES NSEPP

An excerpt about **Dr. Phil Tibbo** and the Nova Scotia Early Psychosis Program (NSEPP) team has been included in the *Mental Health Strategy for Canada: A Youth Perspective*. This is an adapted version of the original *Mental Health Strategy, Changing Directions, Changing Lives: The Mental Health Strategy for Canada*, created by The Mental Health Commission of Canada's (MHCC) Youth Council. It includes examples of best practices that help bring to life many of the recommendations in the Strategy. The MHCC believes this will make mental health policy more

accessible to anyone advocating for improvements to the mental health system. The excerpt is found below. To read the Strategy in its entirety please visit <http://www.mentalhealthcommission.ca/English/document/72171/mental-health-strategy-canada-youth-perspective>.

"The Mental Health Strategy for Canada in Action combining the skills and experiences of a wide range of professionals is key to delivering effective services. This is especially true at the Nova Scotia Early Psychosis Program (NSEPP), a specialized, community-focused

outpatient program for youth experiencing a first episode of psychosis. NSEPP involves a team of psychiatrists, nurses, occupational therapists, social workers, people with lived experience, and more, all working together to provide timely care in any form required. NSEPP also provides art therapy programs as well as follow-up services and continuity of care for up to five years — along with courses that encourage family members to become more involved in the recovery process. <http://earlypsychosis.medicine.dal.ca/>."

RESEARCH FROM THE MOOD DISORDERS CLINIC FEATURED IN PSYCHIATRIC TIMES

A talk on diabetes in bipolar disorder given by **Dr. Tomas Hajek** at the recent American Psychiatric Association's (APA) Annual meeting has been featured in an article in *Psychiatric Times*. In his talk, *Insulin Resistance or Type 2 Diabetes Mellitus: Risk Factors for Brain Alterations in Bipolar Disorders*, Dr. Hajek spoke about the research done in the Mood Disorders Clinic.

Comorbid conditions are more of a rule than an exception in bipolar disorder and diabetes in particular is important to consider. Besides having an elevated risk of developing type 2 diabetes, those with bipolar disorder and diabetes do not respond well to their treatment and their illness tends to be more severe. These adverse psychiatric outcomes could perhaps be related to negative effects

of diabetes on the brain. Indeed, researchers from the Mood Disorders Clinic showed for the first time that diabetes or even pre-diabetes may be potentially modifiable risk factors for brain changes in patients with bipolar disorders. To read the full article, please visit: <http://www.psychiatristimes.com/apa-2015-BPD/diabetes-bipolar-disorder-takes-its-toll>.

awards & honours

DR. SADEK COMPLETES TRAINING AT HARVARD

Congratulations to **Dr. Joseph Sadek** for completing a one-year research training program at Harvard University and obtaining Global Clinical Scholars Research Training (GCSRT) certification. The Harvard Medical School GCSRT is a one-year

program of blended learning that is intended for clinicians and clinician-scientists who desire rigorous training in the methods and conduct of clinical research. The blended learning approach combines traditional face-to-face teaching methods

with computer-mediated activities to form an integrated instructional approach. Scholars have access to program faculty throughout the year for methodological guidance and support.

The program is comprised of two foundation courses in epidemiology and biostatistics followed by 16 lectures representing a concentration in advanced epidemiology (the Epi-CSRT concentration) and in clinical trials (the Trials-CSRT concentration). The lectures are supported by regular interactive webinars and interspersed by face-to-face workshops. Graduation requires a 70 per cent pass on all exams (final, midterm and monthly quiz) in addition to developing and presenting a research proposal at the conclusion of the program. Dr. Sadek received an award on his proposal entitled "A Randomized Clinical Trial Comparing Bilateral ECT treatment to a combination of Bilateral and Ultrabrief ECT treatment in Patients with Major Depression." Congratulations Dr. Sadek!



Dr. Joe Sadek at Harvard.

DEPARTMENT MEMBERS RECEIVE GLOBAL HEALTH CERTIFICATE



Dr. Peter Adediran (front centre) and Ms. Sandra Hennigar (back centre) with the Global Health Certificate group.

Dr. Peter (Toluwatope) Adediran and **Ms. Sandra Hennigar** recently received certificates in Global Health at the 2105 Dalhousie Global Health Awards. The Global Health Certificate course is an overview of various aspects of health systems within a global context, rather than in-depth coverage of a single topic and it is meant to help learners develop a variety of perspectives through which to view and analyze other challenges in health. Congratulations to Dr. Adediran and Ms. Hennigar!

DR. RAJDA RECEIVES PROGRAM DIRECTORS' AWARD

Congratulations to **Dr. Margaret Rajda** who received the Dalhousie Program Directors' Award in the leadership category in June. The award recognizes outstanding contributions of residency program directors who teach residents and fellows; develop, organize and administer training programs; develop innovative approaches to teaching, research, and evaluation; or serve as mentors and advocates to postgraduate medical trainees. Dr. Rajda has spent a substantial amount of time teaching and mentoring medical students, internal medicine residents, and psychiatry residents. She provides direct clinical supervision not only to psychiatry residents, but also oral and maxillofacial residents and respiratory therapy students.

She was instrumental in achieving Full Accreditation Status for the Psychiatry Residency program by the Royal College. Dr. Rajda has given countless invited lectures and frequently participates in community educational activities by teaching physicians in the community. She has also contributed to numerous publications and abstracts. Dr. Rajda has indeed made exceptional contributions to education in psychiatry as program director, and is most deserving of this award. Ever humble she admits she certainly could not have accomplished all she has on her own. "I did it with a little help from my friends." Congratulations again, Dr. Rajda!

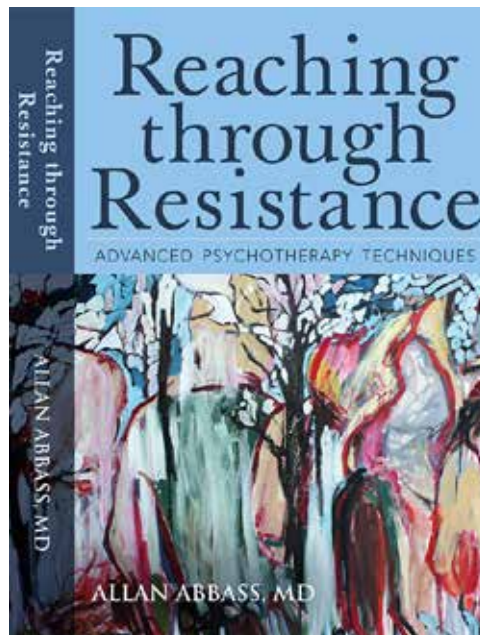


Dr. Margaret Rajda with the 2015 Dalhousie Program Director's Award.

DR. ALLAN ABBASS PUBLISHES FIRST BOOK

Congratulations to Dr. Allan Abbass who has published his first book, *Reaching through Resistance: Advanced Psychotherapy Techniques*, a detailed guide to psychotherapy assessment and treatment for the very common clinical population of treatment resistant patients.

The book, based on 25 years of videotape-based case study and empirical research and teaching, has met with great prepublication reviews and it has reached number one bestseller on Amazon.com and Amazon in Germany, the UK, Italy and Canada in the category new Psychotherapy books. Dr. Abbass has been interviewed about the book (<http://bit.ly/1FcQURm>), three journals have requested to review it and due



to brisk prepublication orders, it has had to go to a second printing before its publication date. Reviews by leaders in the fields of psychiatry and

psychotherapy have been glowing:

"Numerous clinical vignettes show how to put theory into practice, leading to enduring change . . . If you want to know how to help clients change, this book is essential reading." —David Malan, DM, FRCPsych, noted researcher and author

"Abbass demonstrates how one can reach behind the resistances of even the most repressed and fragile character types and offer them genuine, lasting change . . . a gold mine of clinical insight." — Stanley B. Messer, PhD, Dean and Distinguished Professor, Graduate School of Applied and Professional Psychology, Rutgers University

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND LECTURER



Lily of the Valley.

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. 4, 2015, with the deadline for submissions to be Aug. 14, 2015.

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

UPCOMING AWARD DEADLINES

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

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

Granting Body: **Gairdner Foundation**

- Wightman Award (Oct. 1)

Granting Body: **Department of Psychiatry**

- Outstanding Clinician Award (Sept. 30)

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