

Department of Psychiatry HEADLINES



Resident Recruitment – All Positions Matched!

A major event in the Postgraduate annual life cycle has just ended — recruitment for the next academic year. The Department enjoyed an increased level of interest this year, including several applicants from Dalhousie Medical School.

The Department made an excellent joint effort screening and interviewing the 50 applicants over three days.

The Postgraduate Program implemented feedback from faculty and residents and created a more inviting approach to the candidates. Candidates were invited to a meet and greet reception with our current residents organized by **Drs. Deborah Parker**, Chief Resident and **Emily Maxan**, Associate Chief Resident. After a morning of interviews, candidates attended a meet and greet luncheon where faculty from sub-specialty areas attended to help with recruitment.

Drs. Christopher Murphy and **Daniel Rasic**, both PGY-2 residents, gave candidates a fun and informative presentation on why to choose Dal Psychiatry, the best part of living in Halifax, and screened their

humorous “Dal Psych Recruitment” video. Out of town residents were offered a brief city tour. All such efforts contributed greatly to this year’s success of matching our seven CaRMS positions in the first iteration. Thank you all for your help!

Our next group of PGY-1 residents beginning in July 2009 will be:

Cristina Aydin, UBC

Jacob Cooney, Dalhousie

Shauna Correia, McGill

Katherine Matheson, Dalhousie

Christian Wiens, UBC

Soroush Sadafi, Iran University of Medical Sciences

Ashwin Varghese, University College, Cork



Message from the Head

Dr. Nick Delva

As I mentioned in the last issue of *Headlines*, our postgraduate program is thriving, and as you can see from the front-page story, this July we will be welcoming seven new residents into the PGY-1 year. I'd like to congratulate everyone — faculty, staff, and residents — who made this year's CaRMS match a success, with full matching after the first round.

The restructuring of mental health services in the Capital District is continuing at a steady pace. The razing of Simpson Hall has already commenced — this is the first step on the path to the construction of the new community-focused residences, which will have 40 beds.

Over the next few months psychiatric emergency services (PES) will be consolidated at the QEII site, around the time that the new emergency facilities open, and the existing PES team will be supplemented by a psychiatrist specifically dedicated to this work. The two short-stay units will be consolidated into a single service at the QEII (Abbie J. Lane) site, and 6 Lane will continue its journey back to being an acute admission unit.

Dr. Phil Tibbo will be assuming the position of Director of the Early Psychosis Program, a role that fits perfectly with holding the Dr. Paul Janssen Chair in Psychotic Disorders. We thank Dr. Michael Teehan for his

leadership as Interim Director over the last year and a half.

We bid farewell to **Drs. Joanna Kis** (Mayflower Unit) and **Marina Sokolenko** (Mood Disorders Service) and wish them good luck in the next stages of their careers. **Dr. Jason Morrison** has just left to spend a few months in Seattle, and he will be returning to Halifax in the fall — he had been working at the Cole Harbour Clinic; when he returns, he will be at the Abbie J. Lane Building.

We welcome back **Drs. Cheryl Murphy** and **Katherine Warren** from maternity leaves, and look forward to **Dr. Shannon MacDonald** returning from hers in the fall. **Dr. Bill McCormick** has come through his operation with flying colours, and I understand that he would welcome input on how to restore his level of “pep” to normal levels!

We thank **Dr. Peter Florence** for serving as our local Chief Examiner for the Royal College examinations, and welcome **Dr. Joanne MacDonald** to her new role in this position.

Dr. Teehan and I look forward to the yearly IPP meetings with our medical faculty — the format has evolved this year to include a section entitled “Yearly Review,” which is aimed at increasing the opportunity for reflection on the past year's activities and facilitating dialogue on career development. The IPP contract will look familiar but has been streamlined.



I also look forward to seeing many of you at the upcoming conference on Collaborative Care (April 3) and the XX NSH Academic Day (April 24), and wish our senior residents good luck in the upcoming Royal College examinations!

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Department of Psychiatry HEADLINES

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Administration Section

Submitted by: Carolyn Sisley
Senior Administrator

Faculty Development Funding Available

Are you a Department of Psychiatry faculty member who is interested in skills development? If so, remember that the Department has an annual budget available for faculty development opportunities.

Faculty Development Funding is granted through an application process to individual faculty members to promote the Department's vision, reputation, and skills development. It is intended to enhance research, education, and clinical work.

Individual faculty members are encouraged to put forward proposals that will improve clinical care and/or

enhance our education and research deliverables.

What kind of application gets funded under Faculty Development? Here are some examples:

- courses that improve clinical delivery by providing a new skill within the Department that has been identified as a needed skill by the Department Head and Clinical Directors;
- post-secondary education in a defined area of education or research that would enhance our education and research productivity;

- Royal College skills training;
- training for new models of service delivery; and
- measurement and rater training.

Applications for funding will be reviewed by the Finance Committee on a quarterly basis and will be scored to determine the level of funding approved. If you wish to apply for Faculty Development Funding contact **Ms. Carolyn Sisley**, Senior Administrator at 473-3868 or Carolyn.Sisley@cdha.nshealth.ca to obtain an application form.

Individual Practice Profile Annual Process

The time has come for the annual IPP process to begin. All faculty will be meeting with their respective Clinical Director and **Dr. Nick Delva** or **Dr. Michael Teehan** to review their 2009/2010 IPP. This year's process has been expanded to include a review of the past year's professional activities as well.

The required forms have already been sent out and must be completed by each faculty member and submitted to **Ms. Linda Ford**, HR Assistant by **April 1**. Meetings will be scheduled once the completed forms are received.

If you have any questions regarding the IPP Process, please contact **Ms. Janet Bardon** at 473-8334 or Janet.Bardon@cdha.nshealth.ca.

Year-end Activity Hour Reconciliations

Faculty members are reminded that March 31 is the Department fiscal year end. All activity hours up to and including March 31 must be submitted as promptly as possible. Activity hours need to be reconciled to the contract requirement prior to individual IPP meetings. The year-end deadline for entering your activity hours up to March 31 is **April 13**. Please direct any questions to **Ms. Carolyn Sisley** at 473-3868 or Carolyn.Sisley@cdha.nshealth.ca.

AFP Negotiations

AFP negotiations with the Department of Health are progressing slowly. The Department of Psychiatry is currently awaiting a revised proposal from Physician Services which is anticipated shortly. Once the proposal has been received and analyzed, the negotiating committee will develop a response and information will be made available to faculty.

HEADLINES

Photo Submissions

Please continue to send us your photos!

Headlines is a more successful newsletter if it includes photos to accompany as many of the articles as possible.

But not all photos are created equal. If you are taking a photo that you plan to submit to *Headlines*, please confirm that your camera is set to the highest resolution possible, to allow the photo to be reproduced at a larger size.

We want everyone to recognize you!

If you are organizing or attending an event and would like to book the Departmental camera and photographer, please contact **Ms. Christy MacDonald** at 473-1677 or Christy.MacDonald@cdha.nshealth.ca.

Education Section

Submitted by: Annette Cossar
Education Administrator

Undergraduate News

Dr. Cheryl Murphy reported at the Full Faculty Meeting that the medical school has been busy over the last year with preparing for accreditation and planning for the opening of the New Brunswick campus. The site visit for accreditation was completed in early February and the final report should be available by late spring or early summer.

In preparing for the expansion of the medical school scheduled for fall 2010, we will be faced with not only the challenges of distributed education but also with finding additional placements for students. There are to be 30 seats based in New Brunswick and we currently have approximately 8-10 students per year completing their core psychiatry rotation in New Brunswick.

The plan is to have four primary locations for rotations in all disciplines in New Brunswick including Saint John,

Fredericton, Moncton, and Miramichi. We already have well established relationships with Saint John and Fredericton and will be working over the next year to build teaching capacity in Moncton and Miramichi.

Given that the Nova Scotia based students will no longer have clinical placements in New Brunswick we have continued to work towards establishing new rotations. This academic year we have successfully added rotation options in Charlottetown and Windsor and have plans to continue to develop further placements outside of the Capital District.

We are nearing the midpoint of the academic year for the clerkship and the students will be writing an MCQ and OSCE exam at the end of March. Thanks to those who have agreed to serve as OSCE examiners this year.

A recruitment evening with Dalhousie Medical Students was held on February 25 at Mezza Restaurant on Quinpool Road. There were a number of students who identified themselves as interested in receiving more information on psychiatry and the opportunities they could experience if they were to choose our program for postgraduate training. These students attended the Resident Career Evening in November 2008 organized by the Dalhousie Medical School. The students had an opportunity to "mix and mingle" with our faculty and residents who were in attendance. From all of the feedback received, the evening was thought to be a great success.

Postgraduate News

Chief Examiner: Dr. Peter Florence has stepped down from the position of Chief Examiner. We are very grateful to him for the excellent work he has done organizing and overseeing the exit exams for PGY-5 residents. **Dr. Joanne MacDonald** graciously accepted the position of Chief Examiner; please join us in welcoming her to her new job.

Royal College Examination Dates: Best of luck to our senior residents taking the following exams:
April 6-7 written exams, Halifax
April 20-23 OSCE exams, Ottawa

More Royal College Business: The Royal College requested that the Department submit at least ten MCQ questions, as there is a deficit in their question bank. Questions are especially needed in areas of psychotic disorders, major depression, personality disorders, and anxiety disorders. Please ensure that you provide the following information on each question you submit: your name and specialty (or sub-specialty), keywords, and reference(s). Please send your questions to **Dr. Malgorzata Rajda** (Malgorzata.Rajda@cdha.nshealth.ca) and she will forward the questions to the Royal College as a group. The deadline is May 22.

Examiners Wanted: In preparation for the Royal College exams our senior residents will have an opportunity to do practice exams (OSCE format) on April 9. As in previous years, there will also be a Departmental oral exam for PGY-2 through PGY-4 residents on May 8. Faculty examiners are needed for both occasions. Please contact **Ms. Norma Thompson** at 473-7122 or Norma.Thompson@cdha.nshealth.ca if you are able to help.

Residents' Retreat: The Retreat will take place on May 30-31. In previous years faculty have volunteered to take first call on the Retreat weekend, so that all residents were able to attend. We hope that we will be able to offer similar support to our residents this year as well.

Kaplan & Sadock's Comprehensive Textbook of Psychiatry: The subscription for this online resource will be renewed by the Department. Access is available to all residents and faculty from any computer at any time of day. An additional resource being explored is through American Psychiatric Publishing Inc. This online subscription would include access to DSM Premium (@ PsychiatryOnline.com), American Journal of Psychiatry, and Academic Psychiatry. The Department will be notified once a subscription is secured.

Fellowships: Due to the changes in Department of Health funding levels, we are forced to limit the number of fellows in the 2009/2010 academic year. Only two positions will be funded by the Department at that time. Additional Fellowship applications with external funding will be accepted for review.

June Graduation Exercises: The June End-of-Year Party will be here before you know it. This year's event will take place on June 26 at The Prince George Hotel. As the Education Section prepares for the graduation exercises, we would like to draw your attention to the *Dr. W.O. McCormick Award* and the *Dr. Robert and Stella Weil Fund in Psychiatry* competitions. Department members have had an opportunity to nominate residents on their worthy presentations throughout the academic year for the *Dr. W.O. McCormick Award* on the yellow evaluation cards available at each site. If you want to nominate a particular presentation, please forward this information to **Ms. Carrie Wipp** (Carrie.Wipp@cdha.nshealth.ca) by May 31. The annual posting will be distributed separately and will outline eligibility, criteria, and contact information.

The *Dr. Robert and Stella Weil Fund in Psychiatry* is another opportunity for residents and medical students to submit their proposal of psychotherapy training and promote their respective desire to explore further training in the sub-specialty area. The details for this award will also be distributed separately to the learners.

Continuing Education Activity Dates

Wednesdays:

Clinical Conference at the QEII and Clinical Academic Rounds at the IWK

April 1, 2009
April 8, 2009
April 22, 2009
April 29, 2009
May 6, 2009
May 27, 2009

University Rounds at the QEII

April 15, 2009: Dr. Courtney Harding, Senior Director, Center for Psychiatric Rehabilitation, Boston University's Sargent College of Health and Rehabilitation Sciences

May 13, 2009: Dr. Helen Driver, PhD, RPSGT (Registered Polysomnographic

Technologist), D.ABSM, Kingston General Hospital, Queen's University Sleep Medicine in Women

June 17, 2009: Dr. Marco Leyton, PhD, McGill University Departments of Psychiatry, Psychology, and Neurology & Neurosurgery, R.O. Jones Memorial Lecturer, Atlantic Provinces Psychiatric Association Annual Meeting

Fridays:

Clinical Conference at the NSH

April 3, 2009
April 17, 2009
May 1, 2009
May 8, 2009
May 15, 2009
May 22, 2009
May 29, 2009

Upcoming Workshops/Conference 1st Annual Collaborative Care Conference April 3, 2009

Topics: ADD-Beyond Childhood, Crisis Intervention and Addictions, and Motivational Interviewing

Location: Park Place Ramada Hotel, Dartmouth, NS

The XX Nova Scotia Hospital Academic Day

Friday April 24, 2009

Topic: Anxiety Disorders across the Life-Span

Location: Sea King Club, Dartmouth, NS

Research Section

Submitted by: Jennifer MacDonnell
Research Administrative Assistant

Upcoming Event: Psychiatry Resident Research Expo 2009

Resident Research Expo is an informal, social event to highlight the diverse research expertise in the Department of Psychiatry and promote resident

involvement in research. Any faculty member with a recent poster of research activities is encouraged to present.

Date: Wednesday, April 22, 2009

Time: 3:30 to 5:30 pm

Location: Abbie J. Lane Building Room 4029 followed by poster displays, pizza,

and refreshments in Room 4074.

Please RSVP by April 17 to **Ms. Jennifer MacDonnell** at Jennifer.MacDonnell@cdha.nshealth.ca or 473-2470.

10 Questions for a Dalhousie Psychiatry Researcher

“10 Questions...” 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 MacDonnell** at Jennifer.MacDonnell@cdha.nshealth.ca.

1. *Where were you born?* Edmonton, Alberta.
2. *When did you come to Dalhousie University?* I came in 2001 to start my Psychiatry Residency.
3. *What are your current positions?* Assistant Professor, Department of Psychiatry, Psychiatrist at the Nova Scotia Early Psychosis Program.
4. *What are your current research interests?* Evaluating psychosocial strategies to promote recovery in people with serious mental illness, using qualitative research to understand the experience of people with mental illness in recovery. I would also like to become involved in evaluating herbal medicine and nutritional strategies in promoting wellness and alleviating medication side effects.
5. *What research projects are you currently participating in?* My main research is evaluating the Nova Scotia Early Psychosis Wellness Program using quantitative and qualitative methods. I am also a co-investigator on other Early Psychosis research including studies investigating genetic risk to psychosis, understanding risk for substance abuse and evaluating metformin to treat antipsychotic induced weight gain.
6. *Why did you choose psychiatry?* I was initially going to enter internal medicine to become a researcher in psychoneuroimmunology because I was fascinated by the mind-body connection. After my first year of medical school I spent a summer shadowing several internists. I was discouraged by the focus on quantity of life over quality of life and instances where the doctor's relationship to the patient seemed to be the barrier to healing.

After that, I knew I wanted to get to know people beyond their laboratory values and diagnosis and take a holistic approach to helping people to heal. Psychiatry offered that through its biopsychosocial approach. During clerkship I was exposed to psychotherapy and was captivated by a healing technique that incorporated intelligence, creativity, and emotional intuition. I felt psychiatry could provide me



Dr. Zenovia Ursuliak

with meaningful work that engaged me on many different levels.

7. *What was your second career choice?* Modern dancer.
8. *What experience best prepared you for your job?* I cannot pinpoint any one experience. I think living a life rich with many experiences, and personal and intellectual challenges to find my way through, has allowed me to better appreciate the complexities of human experience and genuinely connect with the people I work with.
9. *Who was and is your mentor?* Dr. Gary Sanders and **Dr. Paul Reynolds** were past mentors. **Drs. Curtis Steele** and **Michael Vallis**, family therapist **Lou Costanzo** and herbalist Savayda Jarone are current mentors.
10. *What do you consider the biggest challenge facing researchers today?* To remain true to these principles: finding a question you believe is worth asking, being open to having your ideas challenged, and being open to finding answers you might not expect.

Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher
Sun Life Financial Chair in Adolescent Mental Health

The following opinion piece by **Dr. Stan Kutcher** appeared in the March 19 edition of the *Chronicle Herald*.

Mental health: Care is key

Recently, The Chronicle Herald published a story titled “Young people need more access to mental health

services – volunteer.” While I agree with this message, we must also begin to think about how we can better provide mental health care, and not just keep applying a model of mental health services that does not appropriately meet the needs of young people and their families.

Just doing more of the same will not result in substantial improvements in the mental health of our youth, nor will it ensure that those who develop and are living with mental illness receive the best possible scientifically validated care in the most timely and respectful manner. We have to begin to think differently and

act innovatively.

First, we must use the best available scientific evidence to create, deliver and evaluate all programs and interventions that are provided to young people and their families. Fortunately, there is increasing recognition of this necessity among policy makers, care providers and the public.

Unfortunately, many programs in place or being promoted either have not been appropriately demonstrated to be effective, or their effectiveness is not known. Worse, some programs are known not to be effective, yet continue in place.

Second, we must think of how to provide mental health care, rather than mental health services. Currently, youth and families frequently must attend specialty mental health providers

to receive care that could be more appropriately, more efficiently and perhaps even more cost-effectively provided in primary health care settings.

It is essential that effective and evidence-based mental health care be available throughout Nova Scotia in all primary health care settings. This can be achieved by modifying the way in which primary health care is delivered and by enhancing the mental health competencies of all primary care providers.

Third, we must meet young people where they are – that is, in their families and in their institutions.

Young children are profoundly influenced by their family environments and there is substantial scientific evidence that supports the use of specific early life interventions on

improving outcomes for youth. These interventions should be widely available.

Concurrently, we know that our young people spend most of their lives in one of two institutions – schools or jails. It is imperative that we keep them in schools and enhance the capacity of schools to meet their mental health needs in conjunction with providing the best learning enabling environments possible.

In Nova Scotia, a number of initiatives, supported by various government departments are beginning to address this need. These innovations need to be further developed so that all our young people can benefit, and those of us who assist them in their growth and development can be better assured that our efforts will be likely to succeed.

News & Announcements

Staff / Faculty Changes

Welcome back to **Dr. Cheryl Murphy**, Seniors Mental Health Team, on her return from maternity leave on February 2.

Dr. Joanna Kis has resigned from the Mayflower Unit effective April 1 and has relocated to Oakville, Ontario.

Dr. Marina Sokolenko has resigned from the Mood Disorders Program effective April 1, and has accepted a position with CFB Stadacona. She will be working in general mental health services as well as the specialized operational trauma clinic (OTSSC).

Dr. Philip Tibbo has been appointed the Director of the Early Psychosis Program effective April 6. Dr. Tibbo is the Dr. Paul Janssen Chair in Psychotic Disorders and the Co-Director of the Nova Scotia Psychosis Research Unit. Thanks to

Dr. Michael Teehan for his leadership as the Interim Director of the Program for the past 18 months.

News

Centre for Emotions and Health Fall Course to Focus on Psychotic Disorders

The CEH fall course will focus on the use of Modified Short-term Dynamic Psychotherapy for Patients with Psychotic Disorders. This course will emphasize through the use of videotapes of treatment interviews the following:

- empirical basis for psychotherapy in psychotic disorders;
- psychodiagnostic approach to assess patient strengths and capacities;
- treatment initiation;
- working with projection;
- preventing depressive reactions;
- medication matters and augmenting compliance;
- building anxiety tolerance;
- grieving losses related to the illness;
- facilitating graded emotional experiencing;
- safety issues; and
- termination Issues

This course is suitable for all clinicians working with these populations. There is no fee for full-time employees at Capital Health. A fee of \$700 applies to other participants, payable to the Centre for Emotions and Health.

Dr. Philip Tibbo was interviewed on a March 4 taping of “Doc Talk” for Eastlink Television. He was interviewed by Dr. John Gillis and discussed psychosis and the Nova Scotia Early Psychosis Clinic (NSEPP). The episode premiered on March 18.

Café Scientifique a Success

The new Centre for Addiction Research at Dalhousie (CARD) hosted a CIHR-sponsored Café Scientifique on the evening of February 18 at Café Istanbul. The topic for the evening was “What’s the truth about the addictive personality?”

The speakers were **Dr. Sherry Stewart**, Killam Research Professor, Departments of Psychiatry, Psychology, and

Community Health and Epidemiology, and Founding Director of CARD, Dalhousie University; Dr. Jennifer Stamp, Senior Instructor, Department of Psychology, Dalhousie University; and **Dr. Ronald Fraser**, Associate Professor, Department of Psychiatry, Dalhousie University, and Director of Inpatient Detoxification Service, McGill University.

The talks ranged from animal models

(Stamp) to basic lab-based research with humans (Stewart) to clinical interventions (Fraser). The moderator for the event was **Dr. Sean Barrett**, Assistant Professor, Departments of Psychology and Psychiatry, Dalhousie University.

It was a very successful night, with close to 100 in attendance. The audience consisted of interested members of the public, students, and faculty of Dalhousie University, and CARD members. The event received outstanding ratings from attendees on the topic, presentation format, and speakers. Delicious refreshments were provided by the Café Istanbul. Although the space was a bit cozy (CARD never anticipated such a wonderful turnout!), the ensuing questions and discussion showed that the participants were very actively engaged with the material presented. CARD/CIHR were encouraged to host more events of this type in the future based on the audience feedback received.



Café Scientifique speakers: **Drs. Ron Fraser, Jennifer Stamp, and Sherry Stewart.**

Announcements

The 3rd Annual Atlantic Psychotherapy Kitchen Party will be held May 7-8 in Saint John, NB.

This year’s theme is “Psycho-therapeutic Approaches in Serious and Persistent Mental Illness”.

Plenary sessions include:

- Neil Rector, PhD, University of Toronto, co-author with Aaron Beck, Cognitive Therapy for Psychosis: Conceptual and Empirical Developments
- Irene Patelis-Siotis, MD, McMaster University, Cognitive Behavioral Therapy for Bipolar Disorder: What has happened in the last 20 years

- Shana Nichols, PhD, Fay J. Lindner Centre for Autism, Autism Spectrum Disorders: State of the Art and the Future of Evidence-Based Interventions for Verbally-Able School-Aged Learners

Various workshops are also offered. Bring your fiddles! For more information or to register, please contact Ms. Pati Teed at (506) 651-0605 or pteed@nbn.net.nb.ca.

Congratulations

Congratulations to **Drs. Shannon MacDonald** (Consult/Liaison) and **Curt Peters** (PGY-5) on the birth of their son, Lauchlan MacDonald Peters, on February 22. Lauchlan weighed in at 7 lbs 3 ozs.

Dr. Gail Eskes was awarded a CIHR operating grant for “Effects of Regular Exercise on Cerebrovascular Reserve in Older Adults: Role in the Prevention of Age-Related Cognitive Decline” (PI: M. Poulin, University of Calgary).

Dr. Steve Kisely’s study funded by the Psychiatry Research Fund, “An epidemiological study of psychotropic medication and obesity-related chronic illnesses in older psychiatric patients” will be published in the *Canadian Journal of Psychiatry* in April. It also won the R.O. Jones Award for Best Paper at the Canadian Psychiatric Association Annual Meeting in September 2008.

Congratulations to **Dr. Denise Bernier** for earning a certificate of academic excellence from the Canadian Psychological Association for her doctoral dissertation. Dr. Bernier completed her dissertation under the supervision of **Dr. Benjamin Rusak** and is currently working as a postdoctoral fellow in psychiatry under the supervision of **Dr. Philip Tibbo**.