

Department of Psychiatry

HEADLINES

Our very own Men of the Deep (Pockets)

Drs. Nick Delva, Herb Orlik and Stan Kutcher perform during Mental Health Foundation of NS event



Photo courtesy of the Mental Health Foundation of Nova Scotia.

The Men of the Deep (Pockets) performing with Rita MacNeil.

They are men of many talents! On Feb. 15, faculty members **Drs. Nick Delva, Herb Orlik and Stan Kutcher** joined together with more than 70 other men to exhibit their vocal abilities at A Different Stage of Mind, a fundraising event for the Mental Health Foundation of Nova Scotia. Robert Zed and the Men of the Deep (Pockets) were among the various performers who lent their singing voices to the cause, performing to a sold-out crowd of more than 500 guests.

A Different Stage of Mind is a signature fundraising event for the Mental Health Foundation of Nova Scotia. Now in its tenth year and with a net fundraising total of over \$2 million, it consistently draws crowds of hundreds of Maritimers eager to support the mental health community. The event is a variety show which sees community leaders transform themselves into celebrities and take the stage to give it all they've got. This year's event featured the talents of Carolyn Booth (Senior VP, Atlantic, BMO), Denyse Sibley (FX101.9), Dr. Jim Spatz (Chairman and CEO, Southwest Properties), Pete Lockett (Lockett Vineyards), Robert Logan (Director, Business Partnerships, Halifax Metro Centre) and of course, Robert Zed

and the Men of the Deep (Pockets).

This year, Robert Zed, a long-time active community leader and the President of ZedEvents, brought together both veterans and rookies of A Different Stage of Mind to make up the Men of the Deep Pockets. The choir was made up of members of many callings and professions.

The SunLife Financial Chair in Adolescent Mental Health, Dr. Stan Kutcher, says he was approached by Robert Zed to participate and though not a singer, admitting he was even asked to lip-sync during junior high school music class, decided to lend his voice.

"Even though I am not very impressed by the sound and quality of my voice, I thought "what the heck!" It's a great cause and as part of a choir nobody except the person standing next to me will know if I sing off key," says Dr. Kutcher, who has attended and donated to the event in the past.

The choir practiced five times during the weeks leading up to the event, and then again during the dress rehearsal on the day of the event.

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Message from the Head

Dr. Nick Delva

Anyone who liked the “Where’s Waldo?” books might like to have a crack at finding the three psychiatric Men of the Deep Pockets in the front-page picture of this group with Rita MacNeil (hint: only one of the three is clearly identifiable!). It was certainly a privilege to have shared the stage with Ms. MacNeil, a legend of East Coast music, and to have been part of a production that is now in its 10th year of supporting the good work of the Nova Scotia Mental Health Foundation.

Congratulations are in order to: **Dr. Stan Kutcher**, the recipient of the AFMC Dr. John Ruedy Award, **Dr. Ben Rusak**, the co-recipient of the CCNP Heinz Lehmann Award, and **Drs. Mary Lynch** and **Christine Chambers**, winners of the Canadian Progress Club Women of Excellence Award.

We are very happy to have learned that our Department’s Division of Child and Adolescent Psychiatry has been authorized to offer a Child and Adolescent Subspecialty Training Program. This is a great achievement! We hope that we will also soon be able to offer a subspecialty training program in Geriatric Psychiatry. While we also have the ability to offer such a program in Forensic Psychiatry, it remains to

be seen how the training sites for this subspecialty might best be distributed across the country.

Please sign up for Academic Day XXIV if you wish to avoid disappointment – this event always fills up! The topic for the day is the latest in knowledge translation for the treatment of psychotic disorders and the invited speaker is McGill’s Dr. Ashok Malla. Academic Day is less than two months away – on April 26th. At the same time, you might like to enter another date in your calendar: Research Day will be held on November 1st!

Welcome to **Dr. Pamela Mosher**, who joined the Department in December. After earning a MDiv from Harvard Divinity School, Dr. Mosher completed her MD at Stanford University, and then completed a combined residency training program in Pediatrics, Adult Psychiatry and Child & Adolescent Psychiatry at Brown University. In addition to her work with the Department of Psychiatry at IWK, Dr. Mosher will also be working half-time with the pediatric palliative care service.

Well worth viewing is the wonderful work by Ms. Stefania Spano, a medical student at Queen’s University, who won first place in our 2012 Departmental



Medical Humanities annual student writing contest for her graphic novella, “Out of Service” – this can be viewed at: <http://uoft.me/outofservice>, and can also be accessed via our Departmental web site (go to Educational Programs and then to Medical Humanities Education).

In concluding my remarks, for those who either did or did not manage to find our Man of the Deep Pockets in the picture on page 1, the solution is that Dr. Stan Kutcher is clearly visible, just behind Robert Zed, who is holding a microphone and standing just behind and to the right of Ms. MacNeil; Dr. Kutcher is thus on the upper left-hand side of the photograph.

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HEADLINES

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Research Section

Submitted by: Janet Bardon
Research Administrator

Meet a Researcher: Dr. Joanne Gusella

This issue profiles Dalhousie Psychiatry clinical psychologist and researcher Dr. Joanne Gusella. *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.

Current research interests: Evaluating Family Based Therapy (FBT) with children struggling with Anorexia Nervosa at the IWK Health Centre Eating Disorders Clinic. We have found that children treated at the IWK Eating Disorders Clinic after 2002, when we adopted an FBT approach, are restoring weight more efficiently than those treated before 2002, when our approach was more inpatient focused with longer hospital stays. I am also excited to participate in a newly developed CIHR supported National Outcomes Research Partnership whose aim is to strengthen the treatment of pediatric eating disorders through knowledge exchange and partnership development.

Research interests: Dr. James Prochaska's book *Changing for Good* (1994) resonated with me. It presented the typical stages of change that individuals navigate through and provided evidence for the spiralling that takes place on the road towards lasting change. I developed and studied one of the first self-report questionnaires for youth, examining the application of the stages of change to eating disorders. The Motivational Stages of Change for Adolescents Recovering from an Eating Disorder, MSCARED, is now being used routinely and has led to research studies focusing on the properties of the tool, and its ability to measure treatment change. This simple measure is used clinically and in research studies at a variety of centres internationally.

What do I wish I had known: I learned from **Dr. Pat McGrath**, Integrated Vice President, Research and Innovation (IWK/CDHA), that I do not have to do all the work myself, that it is a "win/win" situation when I work with doctoral or medical students. Involving students allows me to do my clinical work as a psychologist. I don't need to be the lead to make a significant contribution and granting agencies favour projects involving professionals who combine clinical knowledge and research experience. Once I partnered with other researchers across Canada, I was able to be involved in large collaborative studies: developing and evaluating a website for teachers aimed at promoting health and preventing disordered eating, developing a quality of life measure for individuals struggling with an eating disorder, and contributing to a cross Canada survey of centres treating youth with eating disorders. All of these larger projects resulted in presentations and publications.



Dr. Joanne Gusella

Most satisfying aspects: Answering questions raised in my clinical work. For example, finding out that FBT has improved our outcomes has made our team feel more confident. It is easier to stay on track with our approach, giving parents and children consistency, at a time when an eating disorder has filled their lives with uncertainty.

The most frustrating thing: Waving goodbye to a research assistant who has decided to return to University to complete a graduate degree, or who has been wooed by another researcher. I'm always happy for them, but needing to train someone new is difficult to accept!

My research mentor: Dr. Darwin Muir, my doctoral thesis supervisor at Queen's University, was the first researcher who drew my focus to the importance of scientific inquiry. He taught me that a compelling research study will test the validity of a commonly held assumption. That always stuck with me and made it easier to generate research questions. He also taught me to be curious and to recognize the difference between "truth" and "assumptions."

My second career choice: I've always believed in the power of music and considered augmenting my training as a psychologist by adding music therapy. But instead, I decided to keep my love of singing and song-writing as a favoured hobby. I also thought of being a veterinarian, but I'm a bit squeamish. Nevertheless, my dog Haley, a top student in her class, taught me that I have future promise as a dog trainer!

Department of Psychiatry Research Day 2013 - Mark your calendars!

This year's event is scheduled for Friday, Nov. 1 at the Lord Nelson Hotel. Now in its 23rd 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 for undergraduate, graduate, resident, junior faculty and psychiatry staff.

Applications to present at this year's Research Day will be distributed in May with registration starting in August. For more information on Research Day 2013, please contact **Ms. Jennifer Brown** at Jen.Brown@dal.ca.

Child and Adolescent Psychiatry Division

Submitted by: Michelle Patenaude
Child and Adolescent Psychiatry Administrator

Updates

Child and Adolescent Psychiatry has moved back to the IWK! Effective February 11 psychiatry will no longer be seeing patients at the Charter House location. Psychiatrists will be seeing outpatients at Community Mental Health Centres or for specialty cases at the IWK 4-Link.

The Child and Adolescent Psychiatry division has received full accreditation from the Royal College of Physicians and Surgeons of Canada for a residency program in child and adolescent psychiatry at Dalhousie University. They expect to start their first resident in July 2014. Congratulations to all who worked so hard to achieve this accreditation status!

Funding

Congratulations to **Dr. Normand Carrey** who received funding from CIHR for his project entitled "Embedding Mental Health Interventions in Early Childhood Services."

Community

Dr. Herb Orlik was interviewed by CTV news regarding Anorexia Nervosa in Adolescent Boys. The interview aired on the February 6 edition of Live at 5 House Calls segment.

Dr. Alexa Bagnell was the Nova Scotian panel expert for the 2013 Bell Let's Talk campaign. Dr. Bagnell was present at the Bell Let's Talk Day Guinness World Records® title event at the Halifax Metro Centre on February 12.

Education Section

Submitted by: Annette Cossar
Education Administrator

Undergraduate News

We have received feedback from preceptors that it would be helpful to know what seminars clerks are being taught in their Tuesday and Thursday sessions. In response to this request we are granting you access to the clerks' seminars on BbLearn (new OWL). Here you can view the PowerPoint presentations (https://dal.ca.campuspack.net/Groups/MEDICINE_-_Undergraduate_Medical_Education_-_Clerkship_1213/Seminars_0). For those who have not received an email from **Ms. Mandy Eslinger**, and require access, please contact Mandy.Eslinger@cdha.nshealth.ca to be set up.

- The Med3 OSCE will be Friday, March 22 from 8:00-5:30.
- Thank you to the examiners who have offered their time!
- 2013/14 rotation schedules to be finalized and released to students on One45 by end of March.
- Next clerkship group will arrive for orientation on Tuesday, April 2 from 1:00—5:00pm
- The Undergraduate Program will be recruiting tutors for the Summer 2013 Link Program (various dates in June, July and August). Ms. Mandy Eslinger will be contacting faculty in the near future for tutors and the recruitment for other 2013/14 UG activities to get a head start before the next IPP season.

Report on Psych Interest Group

Submitted by: **Vanessa Thoo**

The psychiatry interest group has just held its second event of the year, hosting a movie night playing *Lars and the Real Girl*. The movie was then followed by a lively discussion regarding formulation with both Med1 and Med2 students present. The psychiatry interest group is a forum for medical students to interact with residents and staff in a social and casual atmosphere in efforts to foster interest in and recruitment to psychiatry. Anyone who is interested in joining can contact Vanessa Thoo at Vanessa.Thoo@dal.ca.

2013 Medical Student on Becoming a Doctor Essay Contest

The selected winner of the creative writing contest will receive up to \$1000 for reimbursement of travel expenses to attend the 2013 AAP Annual Meeting in Charleston, South Carolina, October 16-19, where s/he will present the essay. The theme is: The Art of Communication in Psychiatry: Connecting With The Patient.

Submission Requirements

The contest is open to any student who is both currently enrolled in an accredited medical school in the United States or Canada and will be enrolled at the time of the Annual Meeting. The work must be an original unpublished essay of 2000 words or less.

Deadline for submission: June 1, 2013

For additional inquiries, contact Rebecca Tamas, MD, Medical Student Education Caucus chair, at rebecca.tamas@louisville.edu.

Postgraduate News

Tuesday, March 5 is the official CaRMS Match Day. We will find out at 1:00 pm who the successful match candidates are from our recent interview days. If CaRMS Second Iteration is required, an additional interview date will be necessary and is tentatively scheduled for Saturday, March 23. Second Iteration Match Day for results: Thursday April 11.

Please mark your calendar for the residents' Annual Clinical Oral Examinations that are planned for Friday, May 10. Any faculty interested in participating can contact **Ms. Norma Thompson** at Norma.Thompson@cdha.nshealth.ca or 473-7122 to confirm.

Congratulations to **Dr. Dilruba Rahman** and **Dr. Christopher Murphy** who have completed their residency training in February, please join us in wishing them both the best on their upcoming RCPSC exams and future career.

Continuing Education Activities

XXIV Annual Academic Day Friday, April 26, 2013 “Translating Knowledge into Practice: Update on Psychotic Disorders across All Ages & Stages”

An excellent program has been organized for the XXIV Annual Academic Day to be held on Friday, April 26 at the Lord Nelson Hotel. Ashok Malla, MD, FRCPC, Professor, Department of Psychiatry McGill University, Canada Research Chair in Early Psychosis and Director, PEPP Montreal, Douglas Institute is the invited plenary speaker and will be presenting on the topic: “Do Specialized Early Psychosis Programs Improve Outcomes?” Other speakers, topics and registration information are available on the Department of Psychiatry website <http://psychiatry.medicine.dal.ca> or by contacting Ms. Sandra Mader at Sandra.Mader@cdha.nshealth.ca. Space is limited - register early.

Recent Highlights

On Tuesday Jan. 22, Dr. Nader Perroud, head of a specialized unit for the treatment of borderline personality disorder and ADHD at the Geneva University Hospitals presented on the topic “Borderline Personality Disorder and Childhood Maltreatment: The Role of Epigenetics” at the Inter-professional Education Session.

At University Rounds held on Jan. 23 Dr. Sagar Parikh, Professor Department of Psychiatry University of Toronto, Director of University of Toronto Department of Psychiatry Continuing Mental Health Education and Deputy-Psychiatrist-in-Chief at the University Health Network presented on the topic “CANMAT Guide to Managing Real World Patients: Mood Disorders with Common Comorbidities.”



Dr. Sagar Parikh at University Rounds on Jan. 23 2013.

Clinical Academic Rounds

March 6 - Joint Rounds with Seniors Mental Health
March 13 - Dr. Sabina Abidi- IWK
April 3 - Dr. Ron Fraser
April 10 – Dr. Herb Orlik- IWK
April 24 - Dr. Adriana Wilson

Inter-Professional Education Series

March 5 - Dr. David Whitby
March 12 - Dr. Colin Pottie
April 2 - TBA
April 9 – Dr. Ava Muir
April 23 – Senior Inpatient/ECT

Sponsored by Capital District Addictions Prevention and Treatment Services, Marilyn Herie, PhD, RSW, Chair, Community Services, Centennial College, facilitated workshops on February 14 and 15 on “Structured Relapse Prevention,” a manual-based treatment approach developed at CAMH for the treatment of either individuals with primary substance use disorders or individuals with concurrent mental health and substance use disorders.

Announcements

The Faculty of Medicine has now officially moved the faculty development (CPD) portfolio to Continuing Medical Education. Congratulations to **Dr. Lara Hazelton** who has been appointed as co-director, specialist focus for faculty development. We look forward to collaborating with Dr. Hazelton in the development of CPD programs for our faculty.

We wish **Ms. Carrie Wipp**, Education Coordinator, well as she begins her year-long maternity leave.

Upcoming Events

The First Annual Atlantic Addictions Conference will be held on Friday May 31 2013. Topics will include smoking cessation, treatment of opiate dependence and concurrent disorders in primary care. For further information about this conference please contact Rachel Boehm (rachel.boehm@cdha.nshealth.ca)

University Rounds

March 20, 2013

Dr. John Nurnburger (Director, Institute of Psychiatric Research Indianapolis, IN) is an expert in psychiatric genetics and psychopharmacology. He has developed methods for the identification of genes important in human and animal behavior. Currently, he is involved in national and international collaborative efforts to localize and identify such genes with a concentration in the areas of affective disorders and addictive disorders. He has also identified and developed biological markers of genetic vulnerability for affective disorder and has utilized animal models to extend this work.

April 10, 2013

Dr. Bradley Lewis (Associate Professor, NYU-Gallatin School of Individualized Study) has interdisciplinary training in humanities, psychiatry, and continental philosophy. He writes and teaches at the interface of medicine, humanities, cultural studies, and disability studies, and he is associate editor for the *Journal of Medical Humanities*. He has affiliated appointments with the Department of Social and Cultural Analysis and the Medical Humanities Division of the Department of Medicine.

Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher

Sun Life Financial Chair in Adolescent Mental Health

Helping to improve diagnosis and treatment of adolescent depression in Guatemala

Drs. Stan Kutcher and Iliana Garcia recently worked with over thirty mental health and primary care providers selected to receive training in the diagnosis and treatment of adolescent depression. The work was done through their association with the World Health Organization Collaborating Center in the Department of Psychiatry, Dalhousie University (WHO CC). In 2012, as part of the WHO CC's ongoing collaborations with the Pan American Health Organization (PAHO), the program developed by Dr. Kutcher and translated into Spanish by Dr. Garcia was adapted for use by a cadre of health and mental health experts from a number of Latin American countries. Subsequently, individual countries have moved towards implementing the program, with Guatemala being the first to create a group of program trainers with the goal of

providing this educational intervention nationwide.

This program (certified for medical education credits in Canada by the Canadian College of Family Physicians and the Royal College



(L-R): Dr. Rodrigues (PAHO: Washington office), Dr. Ana Cecilia Escobar. (PAHO: Guatemala office), Dr. Garcia and Dr. Kutcher (WHO CC: Dalhousie) at the training session.

of Physicians and Surgeons of Canada) is being used by PAHO within the framework of the global mhGAP (mental health global action program), and is being developed and distributed worldwide by the WHO with the goal of improving mental health care in primary care. Dr. Kutcher also participated in the development of the mhGAP. The training program delivered in Guatemala was the outcome of a collaboration involving the WHO CC, PAHO (Washington and Guatemala offices) and the Ministry of Health of Guatemala.

Because of this initiative, PAHO and the Guatemalan



Dr. Kutcher learning about how patient files are kept at a community health clinic in Guatemala City.

Ministry of Health are working together with consultation from Dr. Kutcher to develop an evaluative framework that can be used to help determine the impact of the training on improving mental health care of young people. They are also interested in how training is working to decrease the prevalence to treatment gap for depression, one of the world's most disabling disorders and one that frequently begins during adolescence.

To better understand the unique challenges that an evaluation of this magnitude faces in the context of the field realities in Guatemala, Drs. Kutcher and Garcia visited a community primary care clinic located in a part of Guatemala City known for its poverty and multiple social challenges. After this visit and various discussions with local and national health and mental health providers/administrators, a unique evaluation approach was developed and an initial plan for its

Art and the Teenage Brain

A large, creative and powerful piece of interpretive art called *Brainshell* has been the result of a collaboration between J.L. Ilsley High School, Sun Life Financial Chair in Adolescent Mental Health and the Art Gallery of Nova Scotia.

Students of the Youth Health Centre at J.L. Ilsley High School, with the artistic guidance of Ms. Melissa Marr, took on the joint art project as a way



Brainshell

to create awareness amongst high school students of the difficulties and challenges of mental illness and the working of the teenage brain. The Arts Express Program, a Halifax Regional School Board program that brings arts programs to schools throughout HRM, coordinated the project.

The *Brainshell* was completed in two phases over an eight-week period. Students had the opportunity to express some of their own understandings of mental health through art. It began as a

application was created. PAHO and the Ministry of Health will now seek appropriate funding to apply this evaluation in the community clinic visited by the Dalhousie WHO CC team.

"It is amazing to see the dedication and hard work of health providers working in this challenging and severely under-resourced setting," Dr. Kutcher says. "With some innovative thinking and relatively minor tweaking of how the system currently operates, however, I think we will be able to help transform how care for depression is delivered to young people in Guatemala." He continues to say, "Once again this goes to show that one of the most important reasons that we seem to be stuck here at home is not because of insufficient resources (although more are needed), but because of the lack of will to innovate and use what we already have in more effective ways."

large brain shape cut from foam, which was then divided into sections and each student created their own artistic ideas. The brain sections were then brought together like a puzzle and were printed collectively.

The *Brainshell* has since inspired a large-scale art exhibit at the Art Gallery of Nova Scotia curated by Dale Sheppard, focusing on Art and the Brain and has been on display at Nocturne: Art at Night. The image has been donated to the IWK Health Centre and is now hung inside the waiting area of the Emergency Department.

Announcements

Ms. Yifeng Wei, who serves as a Research Associate to the Sun Life Financial Chair in Adolescent Mental Health, has been chosen to be one of 50 PhD students across the world to attend the Y Mind School for outstanding academic performance. The Y-Mind Sao Paulo Advanced Science School will bring together world renowned scholars with top ranked PhD students working in the field of Prevention of Mental Disorders for one week in Sao Paulo, Brazil to learn and share global innovations. School Mental Health has been chosen as one of the key domains for further global development.

YOUth Against Stigma

In January, TeenMentalHealth.org's YOUth Against Stigma coffee house had a surprise appearance from ECMA nominee, Ria Mae. The Halifax native brought a celebrity touch to the coffee

house, mixed with the various talents, and made for one epic open-mic! The coffee house will continue at Just Us Café on Friday, March 15 and Friday, April 18, from 5-7pm.

Transformational Research in Adolescent Mental Health

Dr. Stan Kutcher, Dr. Ian Manion (Ontario Centre of Excellence for Child and Youth Mental Health) and Ms. Vanessa Bruce (research associate at the Sun Life Financial Chair in Adolescent Mental Health) are working with the Canadian Depression Alliance on organizing a network of over 100 researchers, primary care practitioners, youth, families, teachers, educators, policy makers, national and international organizations and educational institutions to apply for the TRAM research network grant (www.tramcan.ca), funded by CIHR and the Graham Boeckh Foundation. The goal of the successful network is to transform adolescent mental health care in Canada over the next five years.

Emergent Learning Conference

A Halifax based conference on teaching to meet the way children learn is coming up on April 18-19. The areas discussed will be social skills, media, bullying, gender, learning differences, mental health and criminal justice. Ms. Yifeng Wei, from the Sun Life Financial Chair in Adolescent Mental Health, will be in attendance discussing, school mental health.

Dalhousie Global Psychiatry

Submitted by: Dr. Sonia Chehil
Director, Global Psychiatry

Psychiatric Mental Health Nursing Program (PMHNP)

Ms. Sandra Hennigar and Ms. Loretta Whitehorne are continuing the dialogue with Stanton Territorial Health Authority to determine whether we can reach an agreement about offering the PMHNP using the distance approach to the nurses on the 10-bed psychiatric inpatient unit. They have submitted a budget for approval for the program to begin in September 2013. A number of issues such as clinical supervision capacity and placements require further discussion before a formal agreement can be reached. We are hopeful that this component can be added to the existing partnership with Stanton Territorial Health Authority.

Training for Staff in Tobago

Ms. Sandra Hennigar has maintained communication with our partners from Tobago. They moved to their new hospital just prior to Christmas and are eager to begin some of the training opportunities that were explored when Ms. Hennigar and **Mr. Peter Croxall** met with them last June. We have found a local partner to work with us in delivering a non-violent crisis intervention program, their top priority for inpatient and emergency staff. We are just awaiting final approval of their budget and hope to begin this project early-mid spring. While we are conducting this piece of work, we will also work with the Director and the Head Nurse to revise the policies to fit the training and new skill development.

Police Mental Health Training

Several avenues of funding are being pursued to support the ongoing work with police training in mental health in Guyana. This work is follow-up to the tremendous support we received this summer when we presented parts of the training used in Nova Scotia to a room-full of staff from many departments including law enforcement, police academies, prison staff and staff from human services. This is a huge area of development work in Guyana, whose police force frequently acts as the “de facto” mental health providers and is usually the first and only resource called to a crisis in their communities.

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Dr. Herb Orlik, associate professor and child and adolescent psychiatrist, says the practices were actually a lot of fun. “Quite a bit of male bonding occurred,” he recalls. “And we always had in mind the cause, the point of it all, the charity event to raise funds for mental health.”

Lisa Mills, President and CEO of the Mental Health Foundation of Nova Scotia, says the event is one of the most engaging and welcoming events they run and is really gaining momentum.

“When it started 10 years ago it was a way to engage the community and raise awareness about mental health. It was very small.”

The format has remained the same from day one, with individuals and groups committing to pledge-based fundraising.

“In the early days we had to reach out for participants,” says Mills. “Now nine out of 10 people are very eager to

participate. We already have our performers organized for next year.”

Head and District Chief of the Department of Psychiatry, Dr. Nick Delva, says the event was extremely well-produced. “It showed everyone at their best. We were in good hands,” he says. “We were confident when we went on stage.”

Dressed in all black and donning hard-hats with headlamps, The Men of the Deep (Pockets) closed the show with Rita MacNeil’s “Working Man.” The group was taken by surprise when Rita MacNeil herself joined in the singing. Along with the overwhelmingly positive reaction from the audience, Drs. Kutcher, Delva and Orlik all remarked this was a highlight of the evening.

“Performing with Rita MacNeil was really something!” says Dr. Delva. “It was quite out of the ordinary.”

The event was a roaring success, raising more than \$300,000 in support of those living with mental illness.

Clinical Divisions of the Department of Psychiatry

Each month we highlight one of the many services offered by the Department of Psychiatry. This issue we feature the Seniors Mental Health service.

Seniors Mental Health

Submitted by: Dr. Keri-Leigh Cassidy

Clinical Academic Leader, Seniors Mental Health

The multi-disciplinary team of Seniors Mental Health provides assessment, consultation and time-limited treatment. This service is offered to clients over the age of 65 with new-onset mental health problems, or pre-existing mental health problems complicated by dementia or multiple medical co-morbidities. Care is provided in a variety of settings, including an inpatient unit, outpatient clinics in a hospital setting and when possible in the community or home setting. Clinicians work together with the senior and family members to identify the problem and provide treatment, education and support. Clinicians communicate with the family doctor to ensure that care can be continued after Seniors Mental Health is no longer required.

Team members are individually and collectively involved in numerous projects, many of which focus on education. The service provides geriatric psychiatry training to physicians, nurses, social workers and

other learners, and provides workshops, education sessions and consultation to front line care givers across all relevant settings.

In January 2012, the Seniors Mental Health Team received recognition from the Department as an academic training program and was named Dalhousie's "Geriatric Psychiatry Program." The physicians and interdisciplinary team members are involved in training Dalhousie residents in a new core six-month geriatric psychiatry rotation, family physicians in the Health Care of the Elderly program, Geriatric Medicine residents, and fellows in Geriatric Psychiatry. In the past year, Dr. Marla Davidson completed a fellowship under supervision of **Dr. Sameh Hassan**, and is now working as a Geriatric Psychiatrist at the University of Saskatchewan. As the only subspecialty training program in Geriatric Psychiatry in Atlantic Canada, in the near future Dalhousie's Geriatric Psychiatry Program will need to pursue official designation by the Royal College

of Canada as a subspecialty training centre.

Members of the team are actively involved at the national level with the new training requirements and examination development in Geriatric Psychiatry, through the Canadian Academy of Geriatric Psychiatry (CAGP) and the Royal College of Physicians and Surgeons of Canada.

The team also offers a CME accredited Seniors Mental Health Teleeducation Series to the other District Health Authorities through Nova Scotia's Seniors Mental Health Network (NSSMHN).

A number of clinicians from SMH team have a public health focus and offer psychoeducational groups in the community through the year. These include sessions on Memory Management, Mindfulness, CBT for Depression and Anxiety, and Healthy Aging, which addresses issues such as social and physical activity in older age.

News & Announcements

Staff / Faculty Changes

Dr. Pamela Mosher has joined the Department as a Psychiatrist and Assistant Professor, effective. Dec. 18, 2012. Dr. Mosher will be working in child and adolescent psychiatry and pediatric palliative care at the IWK.

Congratulations

Dr. Stan Kutcher selected as recipient of AFMC John Ruedy Award

Congratulations to **Dr. Stan Kutcher** who has been chosen as the recipient of the 2012 Association of Faculties of Medicine of Canada's John Ruedy Award for Innovation in Medical Education. The John Ruedy Award was created to honour Dr. John Ruedy on his retirement as Dean of Medicine at Dalhousie University in 1999. The award is given to an individual or group who has developed innovative print materials, electronic learning aids or other teaching aids. Dr. Kutcher will receive the award during the 2013 Canadian Conference on Medical Education in Quebec City in April.



Dr. Stan Kutcher

Dr. Ben Rusak co-recipient of CCNP Heinz Lehmann Award

Congratulations to **Dr. Ben Rusak** who is the recipient of the Canadian College of Neuropsychopharmacology's 2013 Heinz Lehmann Award. The award is designed to recognize outstanding contributions by an individual in the field of research in neuropsychopharmacology in Canada. Nominations were judged based on originality and uniqueness of approach to clinical or laboratory research that had led to new, significant neuropsychopharmacological knowledge of concepts, or to the development of new therapeutic agents for the treatment of mental diseases. Dr. Rusak will be presented with the award at the annual meeting of the College. Well deserved, Dr. Rusak!



Dr. Ben Rusak

Faculty members Drs. Christine Chambers and Mary Lynch recipients of Women of Excellence Awards

Congratulations to **Drs. Christine Chambers** and **Mary Lynch** who each received a 2012 Canadian Progress Club (CPC) Women of Excellence Award. Each year the Halifax Cornwallis Chapter of the Progress Club celebrates women who have made exceptional contributions to their community. Dr. Chambers received an award in the 'Education Research' category, while Dr. Lynch received her award in the 'Health, Sport and Wellness' category. Congratulations again to Drs. Lynch and Chambers – well deserved!

The awards gala is an annual fundraiser for the Halifax Cornwallis Chapter of the CPC and is hosted in support of Phoenix Youth Program and other local charities.



Dr. Mary Lynch



Dr. Christine Chambers

Faculty in the News

Dr. Stan Kutcher featured in National Post supplement: Invisible Disabilities

An article featuring **Dr. Stan Kutcher's** work on 'The Teen Mind' appeared in Invisible Disabilities, an independent supplement by Media Planet to the National Post, on Dec. 8.

Dr. Ron Fraser discusses Capital Health detox program with Chronicle Herald

Dr. Ron Fraser was quoted in a Jan. 4 story in the Chronicle Herald regarding the shortfalls of the Capital Health detox program for people suffering drug and alcohol withdrawal.

Program developed by Dr. Stan Kutcher featured in BC online news outlet, Peak Online

A program developed by **Dr. Stan Kutcher** that enables family physicians to better identify and manage issues with mental health early on, while working with community partners to provide a wrap-around system of care that goes beyond the doctor's office, was featured in a Jan. 7 article on Peak Online.

Dr. Christine Chambers mentioned in Macleans.ca article on pediatric pain

Dr. Christine Chambers and her work on pediatric pain were discussed in a Jan. 30 article on Macleans.ca.

Announcements

5th Annual Women & Wellness Nova Scotia: March 7, 2013

On March 5 the Nova Scotia Division of the Canadian Mental Health Association will be hosting its 5th Annual Women & Wellness event. The event brings together women who have been touched by mental illness from across the province to share stories of hope, recovery and resilience.



When: Thursday March 7th, 2013 [6:00-9:30pm]

Where: Westin Nova Scotian Hotel

Event includes:

- International Guest Speaker Terry Wise; an award-winning author inspiring audiences with a unique story of hope and personal triumph
- Spoken Word Poet Laura Burke; enlightening audiences with her journey through schizophrenia and recovery.
- Silent Auction with over 100+ items

There is no cost to attend the event; donations are gratefully accepted.

Please RSVP to CMHA NS Division:

Tel: 902.466.6600

Email: suecmhans@eastlink.ca



The Maritime Institute for Teaching and Research of Davanloo's Intensive Short-Term Dynamic Psychotherapy Symposium:

The Maritime Institute for Teaching and Research of Davanloo's Intensive Short-Term Dynamic Psychotherapy is presenting a symposium on Saturday April 6, 2013 entitled: "Addressing and Removing Resistance in Davanloo's Intensive Short-Term Dynamic Psychotherapy". The symposium will be held at The Atlantic School of Theology in Halifax, NS and will run from 9 am - 4pm. The symposium is open to professionals of all disciplines treating clients with neurotic illness, as well as students training in these disciplines. The objectives of the symposium are to review the metapsychology of resistance as well as technical aspects in handling resistance in IS-TDP. Using vignettes from videotaped interviews, the presenters will illustrate the ways in which resistance may both be intensified and removed to allow direct access to the unconscious of the patient. Presenters will be: Drs Miroslaw Bilski-Piotrowski, Katharine Black, Douglas Carmody, Jody Clarke, Catherine Hickey and Christopher Stewart. The registration fee is \$125 for practitioners and \$50 for students, and includes lunch. Registration information is available at www.distdp.ca.

Mentorship opportunity for all female residents and to "30 something" and older female psychiatrists

The female psychiatry residents were hoping some of the more experienced female psychiatrists would be willing to meet informally on occasion to see what being a female psychiatrist, working mom, neighbour, wife, friend, academic, clinician etc. is really all about.

A small informal gathering has been suggested for Thursday, March 21 at 1659 Beech Street, Halifax. The event will begin at 7:30pm and run approximately until 9:00 pm.

The residents would be thrilled to have you share your experience and feel your support! If you are interested and would like to attend please contact **Dr. Jackie Kinley** at Jackie.Kinley@cdha.nshealth.ca or **Dr. Cristina Aydin** at Tina.Aydin@gmail.com.

The 6th Conference of the Canadian Sleep Society

The 6th Conference of the Canadian Sleep Society will be held on October 4 to 6, 2013 in Halifax, Nova Scotia at the Halifax Marriott Harbourfront Hotel. Highlights for meeting include sessions for the public in English and French, continuing medical education (CME) courses for physicians, continuing education credit (CEC) courses for technologists, a student day, and a scientific program filled with world-renowned speakers and the brightest trainees in the field. There is a fantastic roster of guest speakers. For more information please visit the Canadian Sleep Society website at: canadiansleepsociety.ca.

Mark your calendar! Dalhousie Psychiatry Debate - March 27

The next debate is scheduled for March 27, 2013 at 8:30 am in room 4074 in the Abbie Lane Building. For more details, announcements and videos of past debates please visit www.blogs.dal.ca/psychdebates.

Healthy Living – Positive Aging

Nova Scotians are living longer. You've heard it before but what does it really mean to you? What are you going to do to take charge to age well and enjoy your senior years?

Research shows that healthier aging is possible when you:

- Are socially active;
- Take care of your mental health;
- Continue to learn new things;
- Are physically active; and
- Change the way you think about aging.



Over the next few months the Fountain of Health will give you simple steps you can take to continue your positive aging journey. With the encouragement and support of your friends, family, and health professionals you can seize the opportunity to plan, prepare and age well.

Do it for your community. Do it for your family. Do it for yourself.

Upcoming Award Deadlines

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

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

Granting body: **Dalhousie Medical Alumni Association**

Internal deadline: March 7, 2013

- Alumnus/a of the Year (April 1)
- Young Alumnus/a of the Year (April 1)

Granting Body: **Medical Council of Canada**

Internal deadline: April 8, 2013

- Dr. Louis Levasseur Distinguished Service Award (May 1)
- Outstanding Achievement Award in the Evaluation of Clinical Competence (May 1)

Granting Body: **The Association of Chairs of Psychiatry in Canada (ACPC)**

Internal Deadline: May 7, 2012

- ACPC Award for Excellence in Education (May 31)
- ACPC Annual Research Award (May 31)

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

Humanities Corner

Student Writing Competition results

The Dalhousie Department of Psychiatry is pleased to announce the winners of the 2012 Student Writing Competition:

Medical Student Category:

- **First Place:** Stefania Spano, Queen's University
Read part of Stefania's winning entry below.
- **Honourable Mention:** Carolyn Reardon, Dalhousie University
- **Honourable Mention:** Jonathan Ding, University of Toronto

Postgraduate Trainee Category:

- **First Place:** Tamar Rubin, University of Alberta
- **Honourable Mention:** Barinder Singh, Queen's University

A special thank you goes to **Drs. Nick Delva, Sherry Stewart, Curt Peters, Matt Morgan** and **Suzanne Zinck** who acted as judges.



Panels from the winning entry by Ms. Stefania Spano. To read her graphic novella in its entirety please go to: <http://uoft.me/outofservice>.

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 May 1, 2013, with the deadline for submissions to be April 19, 2013.

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