

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

Dr. Rajda dons new hat

After nine years as Director of Postgraduate Education, Dr. Rajda named Director of Education

The Department of Psychiatry at Dalhousie is pleased to announce that **Dr. Margaret Rajda** has been appointed as the new Director of Education, effective February 1, 2014. Dr. Rajda will step down from her current position as Director of Postgraduate Education as of July 1, 2014, but will fill both positions until then. Dr. Rajda takes over for **Dr. Allan Abbass**, who dedicated over 13 years to the education program as director. Dr. Rajda's initial term as Director of Education will last for five years, with opportunity for renewal.

Dr. Rajda has contributed greatly to the department since she joined it in 1998. Prior to this she completed a Fellowship in Sleep Medicine, also in the Dalhousie Department of Psychiatry. She has been a very active member of the department from the beginning, supporting recruitment, liaising with the hospital mental health teams and working with the university department executive. Her hard work and dedication have ensured a well supported and nurtured postgraduate education program. Moving into this new position was not only a logical



career progression for Dr. Rajda, it will also provide her with a new challenge.

"This will be a very steep learning curve as I transition into this new role," says Dr. Rajda. "I'll be meeting with each program director to learn exactly what is happening in each of their sections and to determine how I can be supportive in helping them achieve their goals. Everything is running smoothly now and I want to be sure it

continues in that manner."

Dr. Rajda also faces the challenge of managing the roles of both Director of Education and Director of Postgraduate Education until July, all the while maintaining her clinical duties. "I'll manage by the seat of my pants," she jokes. "Managing both roles will be a challenge, but will be a great segue into my new position and will fit in with my long term goal to promote education

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Message from the Head

Congratulations to **Dr. Margaret Rajda** on being chosen as our new Director of Education! We also thank Dr. Rajda for her excellent and effective work as Director of Postgraduate Education over the last nine years; her deep interest in education and her wide experience as an educator make her a great choice for her new role. Dr. Rajda steps into the literally and figuratively big shoes of **Dr. Allan Abbass**, who provided leadership to our Education Section for some 13 years. We thank Dr. Abbass for ensuring that our educational programs are in excellent shape. The Education Management Team, led by the Director of Education, includes broad representation and allows our educational activities to be knitted together in a very effective way: undergraduate education under the guidance of **Dr. Cheryl Murphy** prepares our Dalhousie MD graduates with a first class education, attested to by the high rankings consistently seen in the psychiatry component of the LMCC Part I; postgraduate education under the guidance of Drs. Rajda and **Mark Bosma** has become one of the strongest in the country with full accreditation from the Royal College and a highly resident-centred approach; and continuing education under the guidance of **Dr. Heather Milliken** offers a rich and interesting range of activities that keep us all motivated and competent. I would also like to express our sincere thanks to Ms. Norma Thompson, who was with us for nearly 16 years as the Postgraduate Coordinator, and who has accepted a position in the Office of the Dean of Medicine. We wish her good luck in this next stage of her career.

We welcome to the department **Dr. Ahmed Alwazeer** who will be working at the IWK with the Eating Disorders Team,



Dr. Nick Delva

and bid farewell to **Dr. David Whitby**, who until recently worked at the Bayers Road Mental Health Clinic, retiring at the end of December. It has been a pleasure to have Dr. Whitby in the department and we wish him a happy retirement.

This issue of *Headlines* covers many excellent achievements of members of the department. On page 12, you will learn about the large-scale roll-out of the *Mothers' Mental Health Toolkit*, a venture supported by the Public Health Agency of Canada and led by **Dr. Joanne MacDonald**. It is plain that with its introduction in over a thousand family support and resource centres across the country, the impact of this toolkit will be significant, with short-term and lasting benefits to mothers and their children. Congratulations also to **Dr. Alexa Bagnell**, **Ms. Janelle Duguay**, and all others involved for their achievement in adding our first subspecialty residency training program to our range of educational offerings: that of Child and Adolescent Psychiatry.

Finally, residents and faculty should pen into their calendars the Medical Citizenship event with Dr. David Healy, who is this year's Visiting Professor in Medical Citizenship. Dr. Healy will be visiting the Department on Friday March 28 at 3 PM; the session promises to be both very interesting and valuable.

Dr. Rajda dons new hat *continued from page 1*

in the department.” She’ll have great help from Dr. Mark Bosma, Associate Director of Postgraduate Education, and says she’s confident it won’t be a problem.

Once she settles in, Dr. Rajda wants to promote education in the department and support all faculty members in developing their skills as teachers. “I want to create a supportive environment that will really nurture educational scholarship,” she says.

Though Dr. Rajda is excited for her new position, she will certainly feel a loss when she is no longer Director of Postgraduate Education. Her commitment to not only the success of the Postgraduate Education program, but also to the individual residents was evident throughout her years as postgraduate director. She was genuinely concerned with their achievements in, as well as out of the academic realm. “I’m going to miss

working closely with the residents and watching them grow, develop and blossom.” She says she will always be happy to act as a mentor and lend a hand where it is needed.

The department is thrilled to reintroduce Dr. Margaret Rajda as the Director of Education and we are certain she will bring with her the same dedication, enthusiasm and innovation that she has shown in working to develop a solid residency program.

Research Report

BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

meet a researcher: Dr. Normand Carrey

This issue profiles Dalhousie psychiatrist and researcher **Dr. Normand Carrey**. *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: In general I would say my research interests lie in anything related to maternal and infant mental health, either from the research, policy or systems perspective. The scientific evidence is overwhelming that the early years are crucial for later health, both physical and mental because of the rapidity of brain development and the infant’s dependence on sensitive care-giving. Following from this I am interested in evidence-based interventions and evidence-informed policy around psychosocial supports at the home, clinic, community or government ministerial level, especially for high-risk infants and their parents.

Current research projects: The main

project I am leading right now (with **Alan McLuckie**, Janet Curran, Robin Green and Alicia Nolan) is a knowledge synthesis grant from CIHR on integrating mental health interventions in the early years as we know that infants and their families exposed to prolonged and cumulative risk factors or DSM-type psychiatric disorders (yes, they can exist in very young children) are vulnerable to developing future psychopathology or being thrown off their developmental trajectory. This is my way of telling the world about the importance of early detection and



effective intervention.

The other main project I am involved in, is not strictly research per se, but is evidence-informed, and that is getting the message out about the Core Brain Story as the experience of sensitive care-giving in the early years can affect growing brain architecture. The Core Brain Story is

an initiative sponsored conjointly by the Alberta Family Wellness Initiative and the Norlien's Foundation. I hope to introduce the importance of the early years via the Core Brain Story to medical undergraduate curricula here at Dalhousie and across Canada.

My current research submissions (with colleagues across the country) focus on how to change developmental outcomes for children referred for child abuse or neglect. These are our most vulnerable populations yet there are no uniform standards across the country for how to detect, measure and then change developmental outcomes.

I am involved more peripherally with the MAVAN study (Maternal Adversity and Neurodevelopment) out of Montreal, Hamilton and locally, and along with Sharon Clark, Erinn Hawkins and Doug Symons we are delivering an attachment-based intervention in the community for dyads at risk.

What I wish I'd known: I can't really blame circumstances, but more myself for not following my heart and passion about the importance of the early years and attachment. I did start out getting a grant for the psychophysiology of child abuse, but when I was turned down multiple times by CIHR I did not pursue that area. It was hard to know in retrospect how the field would just take off subsequently. I then did animal work on the effects of common psychotropics (antidepressants and then psychostimulants) on animal development and that was rewarding to a certain extent. Again it was fairly discouraging to be turned down again by CIHR in an area that we should have a stronger experimental base. I then did some neuroimaging with ADHD, which was very interesting, but scanning kids on weekends became tiresome. In a way now I have gone full

circle in terms of coming back to my first love which was the importance of early development. I say that because it's such a nice fit between clinical practice and research.

Most satisfying and frustrating aspects of doing research: I have to say the most satisfying aspect is how to take a clinical problem and make a research question out of it, that's the way my brain works. I am constantly inspired by my patients and I don't understand researchers who do research, but don't see patients. I am constantly comparing what I read about in journals and then how it applies to the clinical situation or vice-versa.

I'm probably my own worst enemy when it comes to the most frustrating aspects of research. Dedication is part of the equation and also pure doggedness, but my asset, which is being interested in everything, is also my Achilles' Heel, in the sense that grant review committees want to see evidence of a good track record in either grants or publications.

Experience that best prepared me for this position: I did an undergrad in neurosciences and then worked in an experimental psychophysiology lab before med school. I then worked as an orderly on a psychiatric ward which was my first exposure to schizophrenics and shock therapy. Believe it or not I got fired from this job! I was crestfallen, but those were early formative experiences. I applied to med school but my goal was to get to the psychiatry residency so that my research could be informed by clinical realities. In my child psychiatry residency I wrote a theoretical paper, more like an essay, on the neuroanatomical pathways of child abuse. My program director liked it so much that he recommended that I submit it to a national competition.

I didn't win (I came in second), but it was nice to know that someone else had confidence in me. That might sound trivial, but when I interviewed what I considered the leading lights of child psychiatry, Drs. Michael Rutter and Charley Zeanah, they both stated that it was mentors having confidence in their abilities that made them consider research.

My research mentors: Over the last few years Dr. Charley Zeanah has just been exceptional. In addition to his encyclopaedic knowledge of all aspects of infant mental health, he is kind and generous in spite of maintaining a crazy schedule. In my undergrad student days, my neuroscience professor, Dr. Michael Persinger was truly inspirational. I think that is a very important dimension of mentors, nurturing and supporting your abilities. I have to tip my hat also to **Dr. Stan Kutcher** for his emphasis, when I first arrived at Dalhousie, about the importance of academic psychiatrists. I remember him saying that I needed a clinical, a research and a teaching focus. **Dr. Martin Alda** has challenged me over the years to uphold the highest research standards. At my age I also have to look down rather than up for mentors and I have benefitted from many research discussions with Dr. Alan McLuckie, who has a beautiful mind for integrating research ideas.

Second career choice: It's hard to think of doing anything else, but as an undergrad I was quite interested in wildlife biology as my heart and soul goes out to wild animals with their habitat under threat constantly. I have also often fantasized about being a school principal, as to me the principal can really set the tone for the school and offer opportunities for students that don't have a good home life.

research day 2014

This year's event is scheduled for Friday, October 24 at the Lord Nelson Hotel. Now in its 24th 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 2014, please contact **Ms. Jennifer Brown** at Jen.Brown@dal.ca.

Education Report

BY **MS. ANNETTE COSSAR**, ADMINISTRATOR, EDUCATION

undergraduate news

Dr. Cheryl Murphy will begin her maternity leave mid-April. **Ms. Mandy Eslinger** will continue to provide support with undergraduate activities and will be keeping in touch on undergraduate matters with Dr. Murphy during her maternity leave.

Plans are underway for:

- 2014/15 rotation schedules to be finalized and released to students on one45 by the end of March.
- Recruiting preceptors for the Summer 2014 Link Program (June 2014)
- Recruitment for 2014/15 UG activities is underway and spaces are still

available.

- We are working on developing Amherst as a clerkship rotation site for 2014/15. A site visit is arranged for early April.

2014 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 2014 AAP Annual Meeting in Portland, Oregon, September 17-20, 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.

Essays should be submitted electronically as a *.doc, *.txt or *.rtf email attachment to rebecca.tamas@louisville.edu and should include a cover page with the following information:

Student's Name

Name of Medical School where enrolled, year in school

Mailing Address, Phone Number, Email Address

Selection Criteria

Judges will be blinded to the participant and affiliated medical school. Judging will be based on originality, uniqueness,

flow of thought, and appropriateness to the theme. The winner must be able to attend the Association for Academic Psychiatry Annual Meeting as indicated above.

Deadline for submission: June 1, 2014

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

<http://www.academicpsychiatry.org/>

postgraduate news

Please be advised that Ms. Norma Thompson has officially left the department and accepted a new job with the Dean's Office, Faculty of Medicine. The competition for her replacement is underway. In the meantime, please direct all postgraduate inquiries to **Ms.**

Annette Cossar at Annette.Cossar@cdha.nshealth.ca (902-473-2507) and/or **Ms. Genevieve MacIntyre** at Genevieve.Macintyre@cdha.nshealth.ca (902-473-5664). We will do our best to assist you. Once the postgraduate coordinator competition has been completed, communication

and contact information of the new administrative staff member will be provided. On a related note, we will be welcoming back **Ms. Carrie Wipp** from her maternity leave effective March 10. Please bear with us as we work through this busy academic time with reduced administrative staff.

continuing education news

RECENT HIGHLIGHTS

University Rounds:

On January 22 Dr. Joanne Belknap PhD, Department Chair and Professor, Sociology Department, University of Colorado-Boulder, presented on the topic "U.S. Women's Trauma and Mental Illness Pathways to Jail: The Results of a Multi-Site Study."

On February 19 Dr. Alina Marin MD, PhD, Associate Professor and Director of Faculty Development and CME, Queen's University, presented on the topic "ADHD in Adults. What's the Fuss."

Upcoming Events

Register now at <https://www.esourceevent.com/McCormickAcademicDay> for the XXV W.O. McCormick Academic Day, "Addictions and Mental Health," to be held Friday, April 25 from 8:00am – 4:30pm at The Lord Nelson Hotel and also available by live webcasting. Registration in advance ONLY for all participants, whether for onsite or live webcasting—onsite registration is not available. Onsite participation is limited to 215 participants with live webcasting available for up to an additional 100 participants. Speakers include Drs. Dara Charney, **Ron Fraser**, **David Gardner**, **Sherry Stewart**, Ramm Herring, **Selene Etches** and a person with lived experience. For more information please view the conference program on our website.

UPCOMING CONTINUING EDUCATION EVENTS

Clinical Academic Rounds

March 12	Dr. Sonia Chehil (Global Psychiatry)
March 26	Psychiatry Debate
April 2	Dr. Lorraine Lazier & Ms. Nancy Ceulemans (Child & Adolescent)
April 9	Dr. Rudolf Uher (FORBOW project)



Dr. Joanne Belknap

April 23

April 30



Dr. Alina Marin

Dr. Deborah Parker (BPD Treatment Program)

Dr. Allan Abbass (Centre for Emotions and Health)

Inter-Professional Education

March 4	Specialty Services: Seniors Mental Health
March 11	Psychiatry: Dr. Miroslaw Bilski-Piotrowski and Dr. Daniel Toguri
March 18	Social Work: Ms. Denise Marchand, Ms. Devota Ryan and Ms. Georgina Fraser
March 25	Dieticians: Ms. Nancy Ryan and Ms. Jane Palmer
April 1	Community Mental Health: Dartmouth City – Mr. Paul Freeman (Coordinator)
April 8	Psychiatry: Dr. Michael Butterfield (Resident)
April 15	Mobile Crisis/Psychiatry Emergency Services
April 29	Specialty Services: Sleep Disorders – Ms. Debra Morrison (program team)

University Rounds

March 19	Dr. John Peever (University of Toronto)
April 16	Dr. Alison Steier (Harris Institute, Phoenix, Arizona)

Global Psychiatry at Dalhousie

update from NWT

BY DR. ARLENE MACDOUGALL, PSYCHIATRIST, DALHOUSIE UNIVERSITY

Drs. Bianca Horner and Arlene MacDougall travelled to Yellowknife at the beginning of February to meet various stakeholders about the establishment of a collaborative care model for mental health in primary care in the Northwest Territories (NWT). Establishment of such a model is one of the three top priorities set out by the NWT-Dalhousie partners last summer, along with building capacity in forensic/correctional psychiatry and child and adolescent mental health. Drs. Horner and MacDougall presented the collaborative care model and stepped care approach to primary care providers, psychiatrists, community mental health and adult services staff,

and members of the senior leadership team. There was interest at all levels in moving forward with this model of care. The plan is to pilot the model in

Yellowknife with the longer-term vision of adapting and expanding the model to smaller communities across the territories.



Drs. Arlene MacDougall (middle left) and Bianca Horner (back left) with colleagues in Yellowknife to discuss the collaborative care model pilot project

Child and Adolescent Psychiatry

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

Please join us in welcoming **Dr. Ahmed Alwazeer** to the department. Dr. Alwazeer, a Child and Adolescent Psychiatrist from South of Glasgow Child and Adolescent Mental Health Services, will be working with the Child and Adolescent Eating Disorders Team starting March 3.

Thank you to **Dr. Herb Orlik** who has covered the Eating Disorders team while we were recruiting. Dr. Orlik will be moving from Eating Disorders to focus on the Pervasive Developmental Disorder and Shared Care teams.

The faculty and staff would like to

offer our best wishes to Ms. Nicole Fraughton in her new position at the IWK as Administrative Assistant to the Director of Children's Health.

Education:

Applications for the new Child & Adolescent Psychiatry subspecialty residency program have been received and are currently under review.

Recent Presentations:

On January 29 **Drs. Sabina Abidi** and **Pamela Mosher** presented pharmacotherapy for agitation in the ER at the Pediatric ER Rounds.

Dr. Lorraine Lazier was invited to speak at the Annapolis Valley Regional School Board teachers' conference on February 14.

Community:

Dr. Alexa Bagnell sat on the 2nd Annual *Bell Let's Talk* expert panel this year. Bell Let's Talk is a multi-year charitable program dedicated to break down the barriers associated with mental illness. This year Bell donated \$5,472,585 to mental health care in Canada which was raised by the public sending 109,451,718 text messages, mobile and long distance calls, tweets, and Facebook shares.

Report from the Sun Life Financial Chair in Adolescent Mental Health

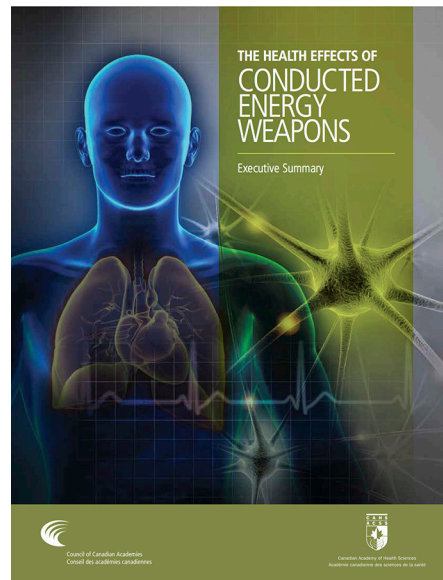
BY DR. STAN KUTCHER, SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH

health effects of conducted energy weapons (tasers)

Dr. Stan Kutcher was invited to join a panel of national and international experts on the medical and physiological impacts of conducted energy weapons (CEW). The project was undertaken by the Council of Canadian Academies and the Canadian Academy of Health Sciences, at the request of Defence Research and Development Canada, Government of Canada.

The panel addressed multiple areas in regards to CEW, including: the current state of scientific knowledge about the medical and physiological impacts of CEW, existing gaps in the current knowledge about these impacts and research required to close these gaps.

Based on a review of the best available research, the panel determined that, while potentially fatal respiratory and cardiac complications are plausible if a



The CEW report.

number of factors are in place, their occurrence is rare. The panel also concluded that:

1) There is a need for higher-quality evidence to fully understand the

relationship between CEW use and potential adverse health effects.

2) A comparable and standardized approach for documenting and reporting adverse effects after a CEW discharge, by law enforcement and health professionals, is needed to improve the state of the evidence.

3) Improved surveillance and monitoring should be taken into account when considering future police use of force policies and practices.

This report is one of the most comprehensive assessments of national and international evidence to date regarding the health effects of CEWs, and will complement other work on appropriate use, testing and safety of CEW devices. The full report can be found at: <http://www.scienceadvice.ca/en/assessments/completed/cew.aspx>

family pack: better mental health for you and your family

The Family Pack, which helps one to support themselves and family members by better understanding and coping with mental disorders, is soon set to be released.

The fifteen-title resource is put together for families, specifically targeted to workplaces, where parents can pick up some, if not all, to take home. The comprehensive nature of the *Family Pack* allows youth to read the materials and support their parents or siblings,

while giving them a look into the parenting world. Similarly, quick reads in the form of magazines, as well as a look into the teen world makes for an interesting perspective for parents as well.

The resource will soon be widely available with a launch date tentatively scheduled for the end of March. For questions or inquiries, please contact Mitchell.Shea@iwk.nshealth.ca



The Family Pack.

sun life chair announcements

The Chair would like to welcome Ms. Terra MacLean to the team. Ms. MacLean will be helping out with administrative duties and other projects. She will also act as the primary contact for the team and can be reached at 902-470-7854 or Terra.MacLean@iwk.nshealth.ca.

Report from the Dr. Paul Janssen Chair in Psychotic Disorders

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

key findings in early psychosis: a knowledge sharing initiative

Key Findings in Early Psychosis is an innovative knowledge sharing initiative launched in 2013 by the Nova Scotia Early Psychosis Network. The initiative will meet the information needs of a wide range of stakeholders, including government representatives, health care professionals and administrators, people with lived experience of psychosis and their families and friends, community agencies, and the general public.

The project will provide ready access to some key research findings in the field of early psychosis. These five key research findings will be introduced:

1. Thinking of psychosis as presenting in stages is important.
2. Optimal stage-specific treatment results in better outcomes.
3. Family education and engagement are an essential component of optimal treatment.
4. Treatment delays impact negatively on outcome and can occur within the health care system.
5. Psychosis is not a progressive brain disease.

The project will host regional conferences, offer online educational

modules, and offer email updates. The initiative aims to create an enhanced, ongoing network of people interested in optimal care for the early stages of psychosis within each health district and the province as a whole.

Half-day regional conferences will be conducted in the spring and summer of 2014 in the HRM, Truro, Cape Breton, and the Annapolis Valley. Their focus will be to gather local key stakeholders and engage them in conversation about the implications of the five key findings in the context of their own interests and activities. Development of these conferences is now underway.

A series of short educational webinars is currently being developed. These recorded presentations and conversations will provide basic information about the five key findings in a manner that is easily accessible to all eight categories of stakeholders. Topics for these 10–20 minute webinars will address issues such as:

- An introduction to the initiative
- An overview of the five key findings
- Key findings on the pathways to care
- Psychosis not being a progressively

deteriorating brain disease

The first of these webinars is now available online and can be viewed at: <http://nsearlypsychosisnetwork.adobeconnect.com/p45mpd3oyuf/>.

Everyone is invited to view the materials and to sign up for email updates on developments and new educational offerings through the initiative. To join the initiative email list, please send a sign-up request to keyfindingsinearlypsychosis@outlook.com.

Key Findings in Early Psychosis is led by **Dr. Phil Tibbo**, the Dr. Paul Janssen Chair in Psychotic Disorders, and **Dr. Sabina Abidi**, Director of the Youth Psychosis Team at the IWK. The initiative operates with major funding from the Nova Scotia Health Research Foundation. The Network includes people from throughout the province, including clinicians and administrators, representatives of community agencies, and families and people with lived experience of psychosis.

research update

Research studies in psychotic disorders continue to proceed. A recent focus on comorbid addictions in psychosis has resulted in a publication in BMC Psychiatry with respect to our investigations of age of onset of cannabis use in adolescents using

multimodal imaging, a review paper submitted on DTI (Diffusion Tensor Imaging) findings in early phase psychosis and cannabis exposure, and another submitted paper regarding crystal meth use and psychosis. Because of this work the Janssen Chair

was invited to a knowledge exchange stakeholder meeting on cannabis use during adolescents sponsored by the Canadian Center on Substance Abuse held in February.

RESIDENT RESEARCH AND RESEARCH DAY

Drs. Jacob Cookey (PGY 5) and **Michael Butterfield** (PGY 3), who are both working with the Janssen Chair on research projects, were successful with their research presentations at the recent Department of Psychiatry Annual Research Day in November 2013. Dr. Cookey took home first place in the resident category with his project entitled, "Multimodal imaging of frontal white matter microstructure in early phase schizophrenia: the impact of early adolescent cannabis

use." Dr. Butterfield came second with his project, "Neurological soft signs in psychosis: The potential impact of genetic variation on structural and functional abnormalities of the cerebellum." Both will be presenting, and representing the department, at the Dalhousie University Resident Research Day. Congratulations to both!

The Janssen Chair also wishes to congratulate **Dr. Candice Crocker** (Post Doctoral Fellow) on her oral

presentation on the effects of cocaine use on the brain using MRS imaging; **Dr Ashwin Varghese** (PGY 4) for his talk on Mindfulness in a Psychosis Population; **Dr. Zenovia Ursuliak** (NSEPP psychiatrist) on presenting the data from the Claymation Art Therapy project in first episode psychosis; and finally **Mr. David McAllindon** for his presentation on memory for serial order in schizophrenia. The depth and breadth of psychosis research in the department is noteworthy.

because your mind matters

Implementation of the *Because Your Mind Matters* project continues through the efforts of Ms. Margie Crown, Nova Scotia Early Psychosis Program (NSEPP) Education Coordinator and the NSEPP team. This project, which was officially launched Oct. 24, 2013, targets young people (ages 18-19 years) making the transition to their first year of post secondary education, a recognized time of vulnerability for youth. The goal is to promote early help seeking and avoiding delays in getting appropriate treatment for psychosis.

The program, which was designed with input from patients and families of NSEPP and post secondary students, was implemented at Mount Saint Vincent University during the fall. Students in three introductory psychology classes were introduced

to the www.becauseyourmindmatters.ca website. This multimedia website conveys information on the signs and symptoms of psychosis, how and where to get help, information on overall health and wellness, and links to additional online resources.

Following the presentations and interactive discussions, students were given wrist bracelet USB drives preloaded with selected education resources. An additional bonus welcomed by students was the ample free space available on the USB drive for their school projects. Feedback has been very positive, with the majority of students volunteering to provide evaluation feedback. The website has had many visitors accessing the various elements including the interactive quizzes, videos and the psychosis

screening questionnaire, especially after presentations. Visitors to the website have represented all Canadian provinces, the United States, and many European countries.

Information on the website has been widely distributed to the youth health centres at schools in the HRM. Several Youth Health Centre coordinators have been using the materials to educate about psychosis in the classrooms. Upcoming sessions are scheduled to occur at the University of Kings College, the Nova Scotia College of Art and Design, and a rural NSCC campus. Additional funding support recently provided by the Department of Health and Wellness will facilitate expansion of implementation to Saint Mary's University and Dalhousie University.

Report from the Killam Chair in Mood Disorders

BY DR. MARTIN ALDA, KILLAM CHAIR IN MOOD DISORDERS

a pair of new genes for bipolar disorder

Bipolar disorder is a highly heritable psychiatric illness. Yet the search for susceptibility genes has been slow and frustrating. Only recently, thanks to large scale research collaborations and the availability of genetic tools allowing us to screen millions of molecular markers per patient, we

are beginning to see progress. A consortium of researchers in Germany, Canada, Australia, Russia, Poland and Spain has now confirmed three previously identified genes for bipolar disorder (known as ANK3, ODZ4 and TRANK1) and has discovered two additional new genes on chromosomes

five and six (Muhleisen et al. Nature Communications, in press). The Canadian group involved in the study has been coordinated from Dalhousie University in Halifax and led by **Dr. Martin Alda**, one of the authors of the paper.

Clinical Division Report

DR. KATHLEEN PAJER, CHIEF OF PSYCHIATRY, IWK HEALTH CENTRE

update from child and adolescent psychiatry

Child and Adolescent Psychiatry has begun a new approach to clinical care in the Halifax Regional Municipality. Our new phone consult system gives general practitioners and pediatricians the opportunity to speak with a child and adolescent psychiatrist for a

curbside consult. Doctors can call the central referral line (902-464-4110) and book a time to speak with a child and adolescent psychiatrist. The telephone consult will allow family practitioners and pediatricians to consult psychiatry regarding medication

or best treatment practices for general child and adolescent psychiatry questions. The service can also assist clinicians to navigate the mental health system and ensure that their patient is being referred to the proper clinic or service.

NEWS & ANNOUNCEMENTS

news from the department

DR. JOANNE MACDONALD AWARDED ADDITIONAL \$225, 000 FOR CONTINUATION OF MOTHERS' MENTAL HEALTH TOOLKIT; DEPARTMENTAL STAFF PLAY MAJOR PART IN PROJECT

Dr. Joanne MacDonald was recently awarded an additional \$225,000 from the Public Health Agency for the production of a high quality video, a more youth specific poster/information sheet, and fully realizing the rollout of this national project from the Nova Scotia IWK-base. This brings funding for the *Mothers' Mental Health Toolkit* to a total of \$777,490.

Centre on Albro Lake Road providing an Emotional Coping, Dialectical Behaviour Therapy-based group therapy to women in a more accessible setting with childcare available. The Dartmouth Family Centre is one of more than a thousand family support and resource centres across the country funded by the federal Public Health Agency of Canada's children's

Addictions Programs, the first version of the *Mothers' Mental Health Toolkit* was drafted. It was a workbook style resource with simple tools for frontline community service providers to support good mental health and illness recovery for mothers of 0-5 year old children. The resource was well received locally in Nova Scotia and the collaboration of a specialty mental health service, Reproductive Mental Health Services, and direct community service providers was novel in itself.

When the National Office of the Public Health Agency of Canada saw the project they approached Dr. MacDonald and her team and requested a revised version to reach the national audience of family resource centres that they fund. They also requested that the team develop direct and distance-based training and resources for the front-line service providers from Fredericton, N.B. to Prince George, B.C. Finally, they were asked to create and print the Toolkit resource in various forms and disseminate it as widely as possible in electronic and hardcopy forms across Canada.

The additional funding will be used to create additional audiovisual resources, with a particular focus on young mothers and families in at-risk populations. The project



Dr. Joanne MacDonald (left) works with Mr. Anthony Ramos and Ms. Jennifer Brown on the *Mothers' Mental Health Toolkit* project.

The *Mothers' Mental Health Toolkit* Project started with a clinical connection with the Dartmouth Family

health promotion branch. Five years ago, with the support of the Mental Health Foundation of Nova Scotia, CDHA and the IWK Mental Health and

has been largely supported by the administrative staff of the Department of Psychiatry. Of particular mention are **Ms. Jennifer Brown** and **Mr. Anthony Ramos**, who have worked tirelessly to pull all these aspects of knowledge translation together. Ms. Brown has been responsible for the financial administration of the project and acts as a liaison between Dr. MacDonald, the Public Health Agency of Canada and Dalhousie to ensure everything runs smoothly, that bills are paid, agreements are signed and staff are hired. Mr. Ramos, the program assistant on the project, has been extensively involved in multimedia creation, including video lectures, audio material, Power Point presentations,

posters, brochures, and forms, all of which were distributed to those who attended the training sessions in both French and English. He has also assisted in the facilitation of the English training in Halifax and the French training in Quebec City.

The team is very busy working towards the project end date, March 31, 2014, and the supporting federal fund. Egg Studios and local artists are assisting in the creation of an actress's portrayal of anxiety in pregnancy and postpartum depression and a quick explanatory video about the project and our partners. They are also assisting in subtitling into French a first voice multi-case training video where patients

share their stories, as well as helping with a pamphlet-poster design and a Young Moms visually based booklet to address mental health concerns when pregnancy comes with particular challenges.

The *Toolkit* materials, IWK Mental Health and Addictions and Dalhousie Department of Psychiatry have now received exposure in every province and territory of Canada through this project with consistent comment that the materials reflect the realistic experience of mothers with mental health challenges and support and respect the health promotion work Family Resource Centres can do.

DEPARTMENT RAISES FUNDS FOR BRYONY HOUSE

Thanks goes to everyone who contributed to the Department of Psychiatry's holiday drive for Bryony House. We collected a car load of pajamas, slippers, housecoats, cosmetics and books, in addition to

the \$865.00 in cash donations, largely from the department's holiday party! All goods and money were delivered to Bryony House before the holidays and the parcels quickly hidden away. Our donations brightened the lives of 20

women, including the three who arrived on Christmas Day. For more information on the great work done at Bryony House please visit bryonyhouse.ca.

'MENTAL HEALTH MINUTE' TO BE FEATURED WEEKLY ON CTV

The President and CEO of the Mental Health Foundation of Nova Scotia, Ms. Starr Dobson, has initiated the 'Mental Health Minute,' a weekly feature to air every Tuesday on CTV's Live at 5. The

idea is to have a minute of television dedicated to raising awareness about mental health. The first segment aired on January 28, 2014 and focused on the number of Maritimers affected by

mental illness. Tune in to CTV each Tuesday to catch the Mental Health Minute.

CHILD AND ADOLESCENT PSYCHIATRY APPROVED AS RESIDENCY SUBSPECIALTY TRAINING PROGRAM

We are pleased to announce that Child and Adolescent Psychiatry has officially been approved by the Senate Academic Programs and Research

Committee at Dalhousie. The program is fully-accredited by the Royal College of Physicians and Surgeons of Canada and is two-years in length. Applications

have already begun to come in. Special thanks goes to **Dr. Alexa Bagnell** and **Ms. Janelle Duguay** for their efforts on this project.

DR. NICOLE HERSCHENHOUS SPEAKS AT BELL LET'S TALK DAY RAMP UP EVENT

In anticipation of *Bell Let's Talk Day* 2014, Bell hosted *Shine A Light* rally in Halifax's Grand Parade. The event,

hosted by Seamus O'Regan, featured special guests, a 3D light show and free refreshments. Our own **Dr. Nicole**

Herschenhous was one of the speakers at the event.

announcements

CDRIN CONFERENCE TO BE HELD MARCH 26-27 IN OTTAWA

The Canadian Depression Research and Intervention Network 's (CDRIN) inaugural conference, Transforming Depression Through Connections, will be held in Ottawa, Ontario on March 26-27, 2014. The opening ceremony on Wednesday, March 26 will be followed by an exciting program involving invited speakers and CDRIN stakeholders including

scientists, clinicians, people with lived experience and trainees. Please see the program for details at cdrin.org.

To register please visit <http://cdrin.org/news-and-events/upcoming-events-and-conferences>. Your registration entitles you to all lectures, poster sessions, and award presentations. Interact with passionate and talented individuals and share and examine



emerging ideas and issues with leading clinical and research minds, Canadian and International speakers, and persons with lived-experience.

MEDICAL CITIZENSHIP VISIT BY DR. DAVID HEALY, MARCH 28, 2014

On March 28 residents and faculty in the Department of Psychiatry, as well as community psychiatrists, will have the opportunity to hear presentations from **Drs. Ron Fraser, Philip Mills** and David Healy. The presentation, titled *Challenges in acquiring adequate resources to meet clinical standards and satisfy existing legislation for the*

care of persons with addictions will cover the challenges faced by Dr. Fraser as Clinical Academic Leader in the Addictions program in operating within federal and provincial legislative requirements and obtaining satisfactory resources for the care of people with addictions. His presentation will be followed by a panel discussion with

Drs. Fraser, Mills and Healey.

The event will take place at 3:00pm in room 4074 at the Abbie J. Lane, with videoconferencing available to distant sites. A short reception will follow at 4:30. Any questions can be directed to **Ms. Suzanne Decker** at Suzanne.Decker@cdha.nshealth.ca or 902-473-2470.

WINE TASTING AND SILENT AUCTION IN SUPPORT OF NSEPP AND NSPRU

A wine tasting and silent auction in support of the Nova Scotia Early Psychosis Program and the Nova Scotia Psychosis Research Unit will take place on May 2 from 7-11 at the

Maritime Museum of the Atlantic. For tickets or more information please contact Ms. Barb O'Neill at Barb.Oneill@cdha.nshealth.ca.



SAVE THE DATE - 65TH ANNIVERSARY CELEBRATION EVENT JUNE 20

The Department of Psychiatry is celebrating 65 years of excellence in academics. We'll be hosting an event to

commemorate this achievement. If you are a current or past faculty member or resident, or a current staff member

please mark June 20 on your calendar! More details to follow.

Humanities Corner

BY DR. LARA HAZELTON, PSYCHIATRIST, DALHOUSIE UNIVERSITY AND CDHA

The Dalhousie Department of Psychiatry is pleased to announce the results of the 2013 Student Writing Competition. In the Resident Category, the winner is Alim Nagji, a Family Medicine Resident at the University of Alberta. In the Medical Student

Category, the winner is Sophie Palmer, a student at Queen's University. There were many excellent entries in this year's competition, and the Department of Psychiatry would like to congratulate all the contestants on their creative efforts. In this issue of Headlines, we

feature an excerpt from Alim Nagji's winning submission, *Spinning Spirits*. To read Alim's entire entry please visit www.medicine.dal.ca/departments/departments/sites/psychiatry/education/medical-humanities/writing-competition.html.

SPINNING SPIRITS

It's not spinning; that would be too gorgeous, too symmetrical, too ordered. It's slipping away, caught in that fateful moment where your heel hits the pavement and, expecting to find a soft cushion, instead finds nothing but air. I'm falling now, sliding across the pavement, constantly in motion. The world looks at me but doesn't see. They look through me.

I'm trying to pick up the shards of my life, shattered like the cheap beer glasses that serenade me with their lullabies. I see meaning at the end of the glass. Gazing through the sepia-toned bottom I see hope, a glimpse of what my life could have been. For a moment there is silence as the pale brew rushes down the edge of my glass into my awaiting throat. The contrast is too shocking. I'm glad when the buzz finally hits and drowns out the voices. Time used to be measured in friends, then glasses, now cases. Days blur into nights and I occasionally awaken by the side of the road with the taste of stale vomit on my lips. The mouthwash serves two purposes.

The revolving door to my doctor's office gets caught. My family doctor is too cheap to fix it. Why even put a door that spins outside your office? To remind us we never really leave. Even when you're sick they have something to say, advice to give, solutions to sell. A pill for all of life's problems. Swallowing pills burns my heart more than the alcohol. I wait for the secretary to come release me from between the glass doors. I stare at the doctor's Porsche in the parking lot.

To read more visit our website .

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND LECTURER



Sunrise in Woodstock, Ontario.

HEADLINES SUBMISSIONS

Headlines aims to provide a forum for the exchange of information, ideas, and items of general interest to the faculty, fellows, students and staff of the Department of Psychiatry. Your contribution(s) are needed and greatly appreciated.

The next issue of **Headlines** will be distributed on May 1, 2014, with the deadline for submissions to be April, 18, 2014.

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

UPCOMING AWARD DEADLINES

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

Granting Body: **Medical Council of Canada**

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

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

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

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