

# Department of Psychiatry

# HEADLINES

## RMHS launches Mother's Mental Health Toolkit



(L-R): The Mothers' Mental Health Toolkit project team: Ms. Coleen Flynn, Content Lead, Ms. Kim D'Ambrogi, Project Coordinator and **Dr. Joanne MacDonald**, Project Lead

The Mother's Mental Health Toolkit, a knowledge-translation project targeting community-based mother-child service providers, is now well underway. This novel community collaboration was developed by **Joanne MacDonald MD**, FRCPC and Coleen Flynn, MSW, of Reproductive Mental Health Service (RMHS) and began with an invitation to speak about maternal mental health to a gathering of Atlantic Family Resource Centre staff from Labrador, to Edmunston to Digby. The federal Public Health Agency of Canada (PHAC) partially funds these non-profit parent resource programs throughout the country, 1500 nationally. These sponsored programs are typically in areas serving low-income, high risk communities and families. Staff

in parenting and early childhood development programs reported frequent presentations in their settings of maternal mental health problems they often feel are beyond their scope to address. They further described the direct impact of a mother's illness and function on her children's care, attachment and development.

In 2009 RMHS received an important start-up grant from the Mental Health Foundation of Nova Scotia to develop community oriented maternal mental health education materials. This was matched by the IWK and CDHA programs and totalled less than \$5400. The Atlantic Regional Office of the Public Health Agency of Canada then approached the RMHS team to expand that project to focus on a more

comprehensive toolkit of educational and worksheet type materials for the resource centres in our region.

The RMHS team, in collaboration with the Dartmouth Family Centre, worked to develop the *Mothers' Mental Health Toolkit: A Resource for the Community*. It was first published in October of 2010, with an accompanying French translation. Dr. MacDonald and Coleen Flynn delivered regional training to Family Resource Centres in use of the Toolkit in the Fall of 2010 to Gander for Newfoundland, Moncton for New Brunswick/PEI and Halifax for Nova Scotia.

"The response to the Toolkit and the training was very robust and extremely positive," says Dr. MacDonald. "We have had comments on both the relevance

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# Message from the Head

Dr. Nick Delva

This issue's leading story is on the development of a "Mental Health Toolkit" by staff of the Reproductive Mental Health Service. In preliminary work, **Dr. Joanne MacDonald** and her team demonstrated their expertise to the Public Health Agency of Canada (PHAC) and in late 2011, received a major grant from PHAC to create a revised version of the toolkit, to be used by mother-child service providers across the country. This endeavor is knowledge translation at its best – congratulations to Dr. MacDonald and her team! A number of other congratulations are in order:

To **Dr. Joanne Gusella**, on receiving an IWK STARS Ambassador Award for co-writing "Every Step of the Way" with Ms. Melanie Donnelly and Ms. Catherine Kinsman.

To **Dr. Martin Alda**, for the honor of being chosen as the Mogens Schou lecturer at the 2013 CINP meeting in Jerusalem.

To the Psychadelics, for raising over \$12,000 for breast health in "Bust a Move." Please know that the team had not only to work hard to raise the money, but to exercise for six hours straight on the big day of the event! Well, there were a few breaks during the six hours!

To all who participated in the Caduceus project. It is a beautiful work of art!

To **Dr. Kathleen Pajer**, for her discovery of a blood test for depression in teenagers.

To **Dr. Phil Tibbo**, Dr. Paul Janssen Chair in Psychotic Disorders, and his team for a putting on a most successful initial fundraiser "The Sooner the

Better" in aid of research and clinical services for the Early Psychosis Program and the Psychosis Research Unit. We were honored that the Minister of Health, the Honorable Maureen MacDonald, was able to join us for the evening and make remarks. Minister MacDonald is very keen to see that all of the required elements of a strong mental health system are put in place in Nova Scotia, and in the coming weeks, the Department of Psychiatry will be responding to the recently released Mental Health and Addictions Strategy Advisory Committee Report and Recommendations, entitled "Come Together." This report includes a number of solid recommendations that, if acted upon and properly funded, will improve the delivery of mental healthcare in Nova Scotia.

To **Dr. Pippa Moss**, for a wonderful demonstration of caring in her work in Kenya.

I'd like to thank **Dr. Duncan Veasey** for his recent work at the Waterville Youth Facility, which was taken over by **Dr. David Mulhall** in April. In the coming months we will be bidding farewell to **Drs. Ravi Bains** and **Randy Zbuk**. We thank them very much for their contributions to our Department. I'd also like to thank **Drs. Aileen Brunet** and **Herb Orlik** for taking over the responsibilities of Undergraduate Program Director and Clerkship Coordinator respectively during the upcoming maternity leave of **Dr. Cheryl Murphy**.

We welcome a number of people to the Department. Eight new residents will join us in July: Drs. Rosemary Clarkson,



Ashley Crane, Mandy Emms, Sarah Fancy, Terrence McCarvill, Ahmed Saleh, Michal Sapieha, and Ian Sarty. **Drs. Rudolf Uher** and **Selene Etches** joined us earlier in the year, and more recently: **Mr. Peter Croxall** and **Drs. David Aldridge, Karen Chipman, Jacqueline Cohen, Derek Fisher, and Karen Thompson**.

Ms. Dachia Joudrey's article on stigma in mental illness sensitizes us the best use of language which, of course, is always changing. Terms used blithely just a few years ago (e.g., "retarded") can be hurtful and damaging and we must always keep abreast of the best way to express ourselves, so that we may always be most helpful to the people we serve.

In closing, I'd like to encourage you to support the upcoming Schizophrenia Society 4th Annual "Road to Recovery" Walk on May 5th, either by joining the Walk yourself, or sponsoring someone who will be there. At the time of writing, about \$25 thousand of the \$50 thousand goal had been raised, so we need to have a very strong finish!

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## Department of Psychiatry HEADLINES

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# Research Section

Submitted by: Janet Bardon  
Research Administrator

## Upcoming Internal Grant Deadlines

Department of Psychiatry Research Fund - June 1, 2012

## Department of Psychiatry Research Day 2012

This year's event is scheduled for Friday, November 2 at the Lord Nelson Hotel. Now in its 22nd year, Psychiatry Research Day promotes student involvement in research and showcases the Department's diverse expertise to our university and local communities. This year we will be giving presentation awards in the following categories:

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

We are pleased to announce that this year's keynote speaker will be **Dr. Candice Odgers**. Dr. Odgers is an Associate Professor in the Department of Psychology and Social Behavior at the University of California, Irvine. She received her PhD from the University of Virginia and completed her postdoctoral training at the Social, Genetic and Developmental Psychiatry Centre in London, England. Her research focuses on the development of

conduct problems and early substance initiation, with an emphasis on how social inequalities influence trajectories of poor health across childhood and adolescence. Dr. Odgers is a William T. Grant Scholar and the recipient of an Early Career Award from Division 41 of the American Psychological Association. Most recently, she was recognized with the 2010 Distinguished Assistant Professor Award for Research from the University of California, Irvine, an Early Career Research Award from the Society for Research in Child Development and the 2011 Janet Taylor Spence Award from the Association for Psychological Science for transformative early career contributions to psychological science.

Dr. Odger's keynote address is titled "Early adversity, the developing child and adult health." This talk will review findings from the Dunedin Multidisciplinary Study of Health and Development - a 40 year prospective birth cohort of over 1000 individuals - and the Environmental Risk (E-Risk) Longitudinal Twin Study, a cohort study that has followed 2232 children through the first two decades of life. New findings related to the effects of early adversity on children's mental



Dr. Candice Odgers

health trajectories will be highlighted alongside a discussion of innovative methods for capturing daily stressors and environmental risks using mobile phone technologies and geographical information systems. Implications for scientific discovery, policy and practice will be discussed.

The call for abstracts will be sent out in May. For more information on Research Day 2012, please contact **Jennifer MacDonnell Brown** at Jennifer.Macdonnell@cdha.nshealth.ca or visit our site at <http://psychiatry.medicine.dal.ca/research>.

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to the participants and communities, as well as its frontline practicality and utility."

In November 2011, the National Projects Fund of the PHAC awarded a targeted grant for \$550,000 over two years to a *Mothers' Mental Health Toolkit: Reaching the National Community*.

Revision of the Toolkit 1 by a national advisory group of community-based leaders began in January 2012. The revision process is expected to be completed by June 2012. The dissemination of distance and direct training across Canada will follow. The project will end in the Fall of 2013.

Dr. MacDonald and her team are very

pleased with the way the project has been going and she says, "It's a great experience to see Dalhousie expertise and collaborative potential inform a truly community approach to mental health promotion, risk management and symptom recognition in vulnerable mothering women."

## Child and Adolescent Psychiatry Division

Submitted by: Michelle Patenaude

Administrative Manager, Child and Adolescent Psychiatry

### The Child & Adolescent Psychiatry Division would like to congratulate the following faculty members on their recent achievements:

**Dr. Suzanne Zinck:** (December 4th) presented Assessment of Suicide Risk in Youth at the 85th Annual Dalhousie Refresher for FPs.

**Dr. Anne Duffy:** (January 11th) has been appointed the Acting Scientific Officer for CIHR.

**Drs. Hajek, Duffy and Propper** are co-authors of Structural Plasticity in BPAD poster at the 50th annual ACNP meeting.

**Dr. Duffy** has been asked to be a speaker at this year's International Association for Child and Adolescent Psychiatry and Allied Professions in Paris in July.

**Dr. Stan Kutcher:** The Brazilian school mental health group

has been awarded a Brazilian federal grant to run a mental health program using Stan's materials. Dr. Kutcher is also working closely with Health Canada, in regards to the Mental Health Stage in which global colleagues are visiting sites across Canada.

**Drs. Kutcher and Chehil** are co-authors on the new edition of the Suicide Risk Management book.

**Dr. Sabina Abidi** (December 4th) presented at the 85th Annual Dalhousie refresher for FPs on Childhood Anxiety Disorders.

### Congratulations To Dr. Joanne Gusella On Receiving The IWK STARS Ambassador Award.

The IWK STARS Ambassador Award was created to recognize the dedication and commitment of Health Centre employees and volunteers by sharing inspirational messages through artistic media. Dr. Gusella received the award for a song she co-wrote with Melanie Donnelly and Catherine Kinsman titled "Every Step of the Way." Dr. Gusella hoped the song would reflect on the important role doctors and nurses play as "caregivers" to every child and teen that comes through the door. The song was performed during the 2010 IWK Telethon and played on CD during the STARS Ceremony on February 29th.



Dr. Joanne Gusella

### 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 July 3, 2012, with the deadline for submissions to be June, 15 2012.

Please send all submissions to [Kate.Rogers@cdha.nshealth.ca](mailto:Kate.Rogers@cdha.nshealth.ca)

## Education Section

Submitted by: Annette Cossar  
Education Administrator

### Postgraduate News

#### CaRMS Recruitment News – The results are in!

We will be welcoming the following successful match candidates in July to our Residency Program:

Rosemary Clarkson (U of T)  
Ashley Crane (MUN)  
Mandy Emms (Dal)  
Sarah Fancy (Dal)  
Terrence McCarvill (Dal)  
Ahmed Saleh (University of Alexandria Faculty of Medicine, Egypt)  
Michal Sapieha (Medical University of Lodz, Poland)  
Ian Sarty (Dal)

At this time, we would like to extend a sincere “THANK YOU” to the faculty and resident interviewers who devoted their time to this match process, including the faculty and resident OSCE examiners who gave of their time and to the administrative staff from the education section who were available to provide their support through the match process.



**Dr. Michael Teehan** chats with CaRMS candidates during the annual CaRMS luncheon.

#### Examiners Wanted

As reported in the last Headlines edition, the Annual Clinical Oral exams are scheduled for Friday, May 25. For faculty who have not already committed their participation in this year's examinations, please contact **Norma Thompson** at [Norma.Thompson@cdha.nshealth.ca](mailto:Norma.Thompson@cdha.nshealth.ca) or 473-7122 to be an examiner.

#### 2012 June Graduation Exercises

Reminder: the June End-of-Year Party has been planned for Friday, June 22 at

The Prince George Hotel. The education section is still seeking nominations for the prestigious Dr. W.O. McCormick Award and the Dr. Robert and Stella Weil Fund in Psychiatry competitions. Deadlines for nominations for both awards are May 31, 2012.

#### Fellowship Program News

The Fellowship Selection Committee met recently to consider the applications received. At this time we would like to welcome **Dr. Mirko Manchia** who will be renewing his fellowship training for

another year with **Dr. Martin Alda**. New to our program is **Dr. Arlene MacDougall** who will be undertaking her fellowship training with **Dr. Sonia Chehil** in Global Psychiatry. Arlene is a graduate of McMaster University in Ontario. Her fellowship will be a combination of Global Psychiatry and working with the Nova Scotia Early Psychosis Program.

### Undergraduate News

**Dr. Cheryl Murphy** will begin her maternity leave effective May 1 and continue to December 31, 2012—best wishes to you and your family! In Cheryl's absence, **Dr. Aileen Brunet** has agreed to act as Interim Undergraduate Director and **Dr. Herb Orlik** has agreed to fill in as Interim Clerkship Coordinator—thank you!

The Med 2 OSCE is scheduled for May 12 at the Halifax Infirmity site. Our faculty examiners are **Drs. Aileen Brunet**

and **Mark Bosma**.

**Ms. Mandy Eslinger** has worked diligently on completely the Class of 2014 clerkship rotation schedules that were released through One45 this week to the “soon-to-be” clerks for September 2012 start.

Jillian Boyd was selected (among five students who submitted a short Word document to C. Murphy) as the lucky student to be sponsored by the Department to attend the psychSIGN

conference in Philadelphia, May 4-6, 2012.

The 2012 IMU Students arrive May 4 and begin their LINK program May 14. We have 4 IMU and 2 IMG students coming this year. Mandy has begun recruiting for faculty and residents to participate in this valuable teaching experience. The program has changed slightly in its format and content.

## Continuing Education Activities

### Inaugural Dalhousie Psychiatry Debate a huge success!

It was standing room only in Room 4074 at the Abbie J. Lane Building on March 28, 2012 for the inaugural Dalhousie Psychiatry Debate. The structure of the debate was based on the Maudsley debates at King's College. With **Dr. Michael Teehan**, as moderator, the resolution debated was "The Study of Neuroscience will Lead to an Understanding of the Mind." Many thanks to our two talented debate teams, **Drs. Jason Morrison** and **Daniel Rasic** who supported the resolution and **Drs. Jacqueline Kinley** and **Jacob Coockey** who opposed the resolution, for providing a lively, informative, entertaining and interactive presentation. Based on the audience vote at the end of the debate, Dr. Teehan declared a "Tie." Given the success of this inaugural debate based both on the large attendance and very positive evaluations, we will now be incorporating Psychiatry Debates in our CME schedule on a regular basis with one debate to be held in the fall and one in the spring.



(L-R): **Drs. Jacqueline Kinley** and **Jacob Coockey**; A divided audience vote; **Drs. Daniel Rasic** and **Jason Morrison**

### Recent Highlights

On March 30 the Department provided webcasting of Pediatric Sleep Day 2012 (held in Toronto) in Room 4074 Abbie J. Lane Building for departmental members to attend.

### *Innovations to Care*

NSH  
May 4 -Acute Care Quality Team  
June 1- New Beginnings

### Upcoming Continuing Education Events

#### *Clinical Academic Rounds*

QEII  
May 2- Bayers Road Team  
May 9- Child and Adolescent- Family Therapy with Alan McLuckie  
May 23- Short Stay Unit  
May 30- TBA  
June 6 - Seniors Mental Health Joint Rounds with Geriatrics  
June 20- TBA

#### *Inter Professional Education Series*

NSH  
May 1 - Psychiatry  
May 8 - Nursing  
May 15 - Eating Disorders Team  
May 22 -Addiction Prevention and Treatment Services  
May 29- ECFH  
June 5 - Psychiatry  
June 12- Maritime, Coral and Laurel Hall  
June 19 -Crisis Support Service  
June 26- Community Mental Health Teams

#### *University Rounds*

May 16: Dr. David Milkowitz  
Professor of Psychiatry, Director, Child and Adolescent Mood Disorders Program, UCLA Semel Institute for Neuroscience and Human Behavior and Division of Child and Adolescent Psychiatry at the David Geffen School of Medicine at UCLA  
Topic: TBA

June 13: Dr. Derek Puddester, R.O. Jones Memorial Speaker (in conjunction with Atlantic Provinces Psychiatric Association Annual Meeting, June 14-16, 2012), Director of the Behavioural Neurosciences and Consultation-Liaison team at the Children's Hospital of Eastern Ontario; Associate Professor, Department of Psychiatry, University of Ottawa; Director of Professional Development/Awards and Director of Continuing Education for the CHEO Department of Psychiatry  
Topic: "It's all about you really"

# Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher

Sun Life Financial Chair in Adolescent Mental Health

## Adolescent depression program developed by Dr. Stan Kutcher to be used to train mental health care providers in Central America

A program developed by Dalhousie's Dr. Stan Kutcher that aims to help primary health care providers identify, diagnose and treat adolescent depression recently received rave reviews during a three-day workshop in Panama City. Dr. Kutcher, the Sun Life Financial Chair in Adolescent Mental Health and Director of the World Health Organization/Pan American Health Organization Collaborating Center in Mental Health Policy and Training at Dalhousie University and the IWK Health Centre, worked with a team to make the program available to countries in Central America.

The training course, "Identification, Diagnosis and Treatment of Adolescent Depression for Primary Health Care Providers," was developed by the Sun Life Financial Chair team in Halifax to include information to help first contact health providers understand how to identify, diagnose and treat major depressive disorder in adolescents and resources for assessing suicide risks and youth.

The program was enhanced and translated into Spanish by Dr. Iliana Garcia-Ortega a native Spanish speaking psychiatrist, as part of collaborative work with WHO/PAHO. This program was further contextualized for use in Latin America at a two day workshop supported by PAHO and Health Canada, conducted in Panama City in June 2011. Drs. Kutcher and Garcia-Ortega went on to request and later

receive funding from Health Canada under the International Health Grant Program to host a workshop in Panama City to present the program to government mental health decision makers, key mental health and primary care providers from Central America and senior PAHO representatives. The workshop took place on March 6-9 and was successful in training participants and establishing a Central America child and youth mental health collaborative network.

"We are very, very pleased so far. The program has been a huge success and we have received tremendous support," said Dr. Kutcher.

Dr. Jorge J. Rodriguez, Senior Advisor in Mental Health for PAHO/WHO was also very happy with the results of the event. "The workshop was an example of successful joint effort between PAHO and WHO/PAHO Collaborating Center on Mental Health of the Dalhousie University," he said. "The participants established a clear and strong commitment to continue working on this proposal in their respective countries."

Representatives from Guatemala, El Salvador, Nicaragua, Honduras, Costa Rica and Panama all committed to moving the project forward and implementing the program in their respective countries.



*Top Left:* Workshop participants; *Bottom Left:* PAHO mental Health representatives from Guatemala, Costa Rica, Nicaragua, Honduras, El Salvador meeting with Dr. Jorge Rodriguez, head of mental health and addictions from PAHO-Washington; *Above:* Dr. Jorge Rodriguez, Dr. Victor Aparicio (Sub regional director for Central America/ PAHO), Dr. Amaralis Amador (Head of mental health Caja del Seguro, Panama), **Dr. Stan Kutcher**, and Dr. Iliana Garcia-Ortega

## Dalhousie Global Psychiatry

Submitted by: Dr. Sonia Chehil  
Director, Global Psychiatry

### The Global Psychiatry Section welcomes Dr. Joseph Aicher to the team!

In March 2012 **Dr. Joseph Aicher** joined the Global Psychiatry Section and traveled to Guyana to work with Guyana's National Psychiatrist and Head of the Department of Psychiatry in Georgetown, Dr. Bhuro Harry. Dr. Aicher spent his three weeks providing clinical care, teaching and mentoring of mental health workers at Georgetown Public Hospital and also provided satellite clinics in rural areas. He says "it was a fabulous and extremely challenging learning experience ... I thoroughly enjoyed it."

### Dalhousie supports the integration of mental health in the Voluntary Counseling and Testing (VCT) for HIV Prevention Program in Guyana.

Global Psychiatry joined the Guyana Minister of Health's (MOH) National HIV/AIDS Program and GHARP (Guyana HIV/AIDS Reduction and Prevention Project) in an initiative to build mental health awareness and basic mental health competencies for the early identification, screening, referral and provision of basic psychosocial support in VCT Counselors currently working throughout the country. GHARP provides technical support to the USAID's HIV/AIDS prevention, care, and treatment program in Guyana and includes partners from Management Sciences for Health (MSH), Howard Delafield International (HDI), and the AIDS Healthcare Foundation (AHF). The first workshop on 'Domestic Violence and Mental Health' was completed in March 2012.



Dr. Chehil and the Guyana VCT Counselors

### Dalhousie promotes mental health in the workforce in Guyana

Global Psychiatry and the Guyana MOH have embarked on a campaign to address Mental Health in the workforce. The first of a series of mental health workshops designed to increase mental health awareness and promote mental health through self-care and self-management was held in January for the staff of the Guyana Revenue Authority (GRA). This initial workshop, provided by **Dr. Sonia Chehil**, focused on understanding 'Stress' and understanding the relationship between stress and mental and physical health. The workshop used appreciative enquiry to elucidate areas of strength within individuals and within the organization that promoted individual and collective resilience. The workshop was an overwhelming success and the MOH has been flooded with requests for further training.



GRA Workshop Participants



Ms. Lucy Anderson,  
Health Promotion  
Coordinator, Guyana  
MOH at the workshop

### Dalhousie joins Dr. Marcia Paltoo in the promotion of mental health for youth in Guyana

The Mental Health Department of the Guyana Ministry of Health conducted its first training session on Anxiety and Depression for staff of the Adolescent Health and Wellness Unit and Youth Friendly Health Services. The objective of the workshop was to assist staff in developing the base competencies for early identification, screening and referral of persons at risk for depression and/or anxiety. This workshop was conducted in mid-January 2012 at Cara Lodge by **Dr. Sonia Chehil**, Mental Health Technical Advisor, Guyana Ministry of Health, as the first of a series of workshops on priority mental health related issues affecting youth in Guyana. The MOH's Adolescent Health and Wellness Unit aims to improve the health and well-being of adolescents (age 10-19 years) and youth (age 15-24 years) in Guyana. Dr. Marcia Paltoo, the Unit's Director, has actively promoted the inclusion of mental health in the Unit's programs as an essential area for development.



## International Visitor

Submitted by: Ms. Sandra Hennigar  
Special Projects, Global Psychiatry

Global Psychiatry was pleased to host Ms. Angela Correia, Social Worker and Manager, Treatment and Rehabilitation Centre, Ministry of Health Guyana during the week of March 11-17. Ms. Correia met with many members of the mental health program, learning about the range of programs available. She was able to see the breadth of programming offered from community-based services like Connections Halifax, spending time with staff as they did some community activities; discussed issues faced by a rural team (Windsor); learned how crisis services are integrated with policing in HRM; and spent time with an acute care multidisciplinary inpatient team and toured an inpatient unit, to name a few. Ms. Correia also spent time with several staff from the IWK and with Addictions, Prevention and Treatment Program.

Over the course of the week, Ms. Correia was able to draw some comparisons to her work in Guyana. She and a group of health care professionals have been trained through McMaster in Structured Relapse Prevention (SRP) and are in the process of implementing this in a variety of areas. She learned that we are also on track to begin training in this treatment modality, as part of an initiative to integrate mental health and addictions. Ms. Correia toured one of the oldest of our inpatient units at the Nova Scotia hospital and was pleased to see the separate common patient spaces, the

patient rooms, even the 4-bedrooms. In Guyana, psychiatric inpatient units are large open wards, with occupancy of at least 20 patients, with no curtains or dividers between each patient area. A tour of the bungalows added yet another dimension to the variation in physical structures that exist here.

I would like to extend my appreciation to all those who gave of their time to assist Ms. Correia meet the objectives of her visit. She received lots of written information about the program areas she visited (needed to buy another suitcase to take all the materials home), made many new contacts and began some great networking opportunities for future discussions.

This trip provided many new experiences for Ms. Correia as it was her first visit to Canada. While most of us were very unhappy to see the snowfall during the week, it was a wonderful timing because it allowed Ms. Correia to experience snow for the first time. I was reminded of my first trip to Guyana as I watched her experiment with new food and preparations and being in completely different environments from which she is accustomed. The differences between our cultures and way of life are significant and Ms. Correia managed all of these challenges and opportunities with grace and enthusiasm.



Left: Maylower Multidisciplinary team meeting with Ms. Correia; Right: View of the harbour from McAskill's Restaurant in Dartmouth



# Clinical Divisions of the Department of Psychiatry

Each month we highlight one of the many services offered by the Department of Psychiatry. In this issue we feature information about Forensic Psychiatry, including the East Coast Forensic Hospital in Dartmouth, NS and Psychiatric Services to the Nova Scotia Youth Facility in Waterville, NS.

## Forensic Psychiatry

Submitted by: Dr. Scott Theriault, Clinical Director, CDHA Department of Psychiatry and Dr. Duncan Veasey, Psychiatrist, CDHA

### The East Coast Forensic Hospital

The East Coast Forensic Hospital (ECFH) is a stand-alone, 88-bed forensic facility offering forensic psychiatric services for the provinces of Nova Scotia and Prince Edward Island. The ECFH has an interdisciplinary team and offers court-ordered assessments and comprehensive rehabilitation and risk management services for individuals found not criminally responsible or unfit to stand trial, with a goal of eventual community reintegration. Staff of the ECFH are responsible for the delivery of mental health care to the offender/detainee population of the co-located correctional facility, and indeed province-wide.

In the past year, staff of the ECFH have been active and involved in the development and growth of the Mental Health Court, located in the Provincial Court in Dartmouth. The ECFH found itself with some unused capacity and this, with our established skill in dealing with potentially aggressive patients led the hospital, with the support of the Department of Health and Wellness and CDHA to open a six bed Psychiatric Intensive Care Unit (PICU) in May 2011.

### Psychiatric Services to the Nova Scotia Youth Facility

Clinical Services at the Nova Scotia Youth Facility in Waterville, Nova Scotia offer a broad range of Primary Health Care and Mental Health Services for incarcerated youth. Clinical services are offered to youth voluntarily, though some youth may be court mandated to participate in assessment/treatment as a part of their rehabilitation. Services include health and mental health screening, medical monitoring of disease processes, acute care, medications management, cognitive behavioural interventions for anger management, social skills, anxiety or depression, suicide risk assessment and management, violence risk assessment, consultations with corrections staff, family therapy, individual therapy, community reintegration, liaison with services for addiction services, community resources, and outpatient mental health/health services.

Over the last year psychiatric services have been provided at the Correctional Facility by a twice weekly visiting psychiatrist who has also been available on call most days. The psychiatrist is also one of the team carrying out suicide watch assessments.

## News & Announcements

### Staff / Faculty Changes

**Dr. David Aldridge** has joined the Department as a lecturer, effective April 1, 2012. He is located at Cape Breton Regional Hospital in Sydney NS and can be reached at [Aldridged@cbdha.nshealth.ca](mailto:Aldridged@cbdha.nshealth.ca) or by phone at 902-567-7731.

**Dr. Karen Chipman** has joined the Department as an Assistant Professor, effective Jan. 1, 2012. Dr. Chipman is part of the Neuropsychology Service at the Nova Scotia Hospital. She can be reached by phone at 464-6059.

**Mr. Peter Croxall** has joined the Department as an Assistant Professor, effective Jan. 1, 2012. Mr. Croxall is the Director of the Capital District Mental Health program. He can be reached at [Peter.Croxall@cdha.nshealth.ca](mailto:Peter.Croxall@cdha.nshealth.ca) or by phone at 464-4147.

**Dr. Jacqueline Cohen** has joined the Department as an Assistant Professor, effective Jan. 15, 2012. Dr. Cohen is located at the East Coast Forensic Hospital and can be reached at [Jacquie.Cohen@cdha.nshealth.ca](mailto:Jacquie.Cohen@cdha.nshealth.ca) or by phone at 460-7330.

**Dr. Derek Fisher** has joined the Department as an Assistant Professor, effective Jan. 15, 2012. Dr. Fisher will be completing some research with the Early Psychosis Program. He can be reached at [Derek.Fisher@msvu.ca](mailto:Derek.Fisher@msvu.ca) or by phone at 457-5503.

**Dr. Bill McCormick** will be retiring as a member of the Active Staff of the CDHA Department of Psychiatry on April 30, 2012. He will continue within CDHA as a member of the Honorary Medical Staff, and will retain his existing appointment at Dalhousie

University as Professor Emeritus. Dr. McCormick will continue to be actively involved in the planning of Academic Day and some other academic projects. Many thanks to Dr. McCormick for his many years of clinical and academic service.

**Dr. David Mulhall** has joined the Department as an Assistant Professor, effective April 15, 2012. Dr. Mulhall will be working at the Nova Scotia Youth Facility in Waterville and can be reached by phone at 902-679-2657 Ext. 2249 or DMulhall@avdha.nshealth.ca.

**Dr. Karen Thompson** has joined the Department as a Lecturer, effective December 2011. Dr. Thompson is located at Annapolis Valley Mental Health and Addictions and can be reached by phone at 902-365-1701 Ext. 3709.

## Congratulations

### Dr. Martin Alda to present the Mogens Schou Memorial Lecture, 2013

Congratulations to **Dr. Martin Alda** who has been chosen by the International Scientific Committee and Local Organizing Committee to present the Mogens Schou Memorial Lecture during the forthcoming CINP Thematic Meeting, which will take place in Jerusalem, Israel April 21-23 2013.

### The Psychadelics Bust A Move for breast health

On Saturday, March 24 the Department's Psychadelics team, made up of 11 members of the administration staff, joined hundreds of others at the Canada Games Centre in Halifax to Bust A Move for breast health. The team exercised for six hours and raised more than \$12,000 for breast health, contributing to the over \$601,000 that was raised in total.

Congratulations to team members **Suzanne Decker, Mandy Esliger, Candace Jessome, Jennifer MacDonnell Brown, Amy MacKay, Julie O'Grady, Michelle Patenaude, Kate Rogers, Carolyn Sisley, Sarah Tamlyn, and Carrie Wipp** for a job well done!

The Psychadelics have already registered for Bust A Move 2013, which will take place on Saturday, March 23, 2013. Head to the Bust A Move website to donate to the Psychadelics! If you prefer to donate by cheque or cash, please forward it to any team member. If you are incorporated, you can donate from your corporation.



Top (L-R): Carrie Wipp, Suzanne Decker, Sarah Tamlyn, Mandy Esliger, Candace Jessome and Michelle Patenaude; Bottom (L-R): Amy MacKay, Julie O'Grady, Jennifer MacDonnell Brown, Kate Rogers and Carolyn Sisley

## News

### The Sooner the Better fundraiser proves great success

Submitted by: Ms. Barb O'Neill

On Friday March 30, the Nova Scotia Early Psychosis Program together with the Nova Scotia Psychosis Research Unit held their inaugural fundraiser "The Sooner the Better" at the Ashburn Golf Club. The event was held to raise funds for enhancing clinical programming and for research into better understanding psychotic disorders.

Along with a silent auction, attendees were treated to a great meal and live musical talent. Local musicians Mo Kenney and Ian Sherwood delighted attendees with their home-grown flair while Laura Burke, a well-known regional spoken word poet provided a personal account of her struggle with psychotic symptoms. In addition, Donna Methot, Director of the Halifax Chapter of the Schizophrenia Society of Nova Scotia and a local advocate for improved mental health in Halifax, gave a parent's perspective on psychosis.

Noted dignitaries in attendance were Nova Scotia Minister of Health and Wellness, the Honourable Maureen MacDonald, HRM Councillor Jennifer Watts, Cecelia MacRae, President of the Schizophrenia Society of Nova Scotia, and **Dr. Nick Delva**, Head of the Department of Psychiatry at Dalhousie University.

Funds raised exceeded all expectations and organizers indicate that it will likely become a biennial event! Stay tuned!



Top: **Dr. Phil Tibbo** makes his address; Middle Left: Attendees mingle during the silent auction; Middle Right (L-R): The Honourable Maureen MacDonald, **Dr. Nick Delva** and **Dr. Michael Teehan**, Deputy Head, Dalhousie Department of Psychiatry; Bottom: Silent auction items

## Dr. Kathleen Pajer recognized for her work in diagnosing major depression in teens

Submitted by: IWK Public Relations

*The following is a synopsis of a release sent to media on April 17, 2012, by Northwestern University. For the full release, please see [www.northwestern.edu/newscenter/](http://www.northwestern.edu/newscenter/)*

Dr. Eva Redei, a Northwestern Medicine scientist, with **Dr. Kathleen Pajer** and Brian Andrus, have developed the first blood test to diagnose major depression in teens.

This is a breakthrough approach that allows diagnosis to occur by measuring a specific set of genetic markers found in a patient's blood. The test is also the first to identify subtypes of depression. It has the ability to distinguish between teens with major depression and those with major depression combined with anxiety disorder.

This early diagnosis and specific classification of early major depression could lead to more effective treatments and enhanced individualized care.

The depressed teens in the study were patients of Dr. Kathleen Pajer, and her colleagues from the Research Institute of Nationwide Children's Hospital in Columbus, Ohio.

Dr. Kathleen Pajer is the Chief of the IWK Health Centre's Department of Psychiatry; Senior Physician, IWK Mental Health and Addictions Program. She is also the Head of Dalhousie University's Division of Child and Adolescent Psychiatry at the Dalhousie Department of Psychiatry.

## Announcements

### SSNS 4th annual Road to Recovery fundraising walk

Submitted by: Carol Lamarche



Walking together in the spirit of fun and friendship, while raising social awareness and much-needed funds for the Schizophrenia Society of Nova Scotia is the object of the game on Saturday, May 5, 2012. Groups as well as individuals are encouraged to participate.

Because it is expanding this year, the 4th annual Road to Recovery fundraising walk offers you more locations to choose from. The SSNS is very happy to see this expansion of its Walk, which reflects the society's successful outreach to rural communities in the province.

Program Manager Hilary Thorne, who has worked in developing rural resources, says, "rural communities are eager to get involved in activities such as the Walk and programs such as Strengthening Families Together that promote awareness and gather resources for mental health in their communities."

The Lunenburg County Chapter will be joining the Halifax walk this year, starting and finishing at the Saint Antonios Church Hall (formerly St. Matthias Church Hall), 6141 Chebucto Road, Halifax, NS. At virtually the same time, the newly formed Pictou County Family Support Group will be hosting its walk, in Stellarton, NS.

Donna Methot, chair of the 4th Annual Road to Recovery Walk, is excited about these developments and says, "We hope to have many more communities involved in the coming years."

The annual Walk is a major fundraiser for SSNS, providing much of the funding for its essential programming and services for people whose lives are affected by serious mental illness, so this is a central event of the year. Peer- and family-support programs throughout the province, such as Your Recovery Journey, From Recovery to Discovery, and Strengthening Families Together, all benefit from revenues from the Walk. Funds also enable the society to serve on advisory boards, committees, and panels, to further the development of patient- and family-centred policies and services in the province.

Another major goal of the Walk for Recovery, as Methot describes, is to instill confidence that recovery from serious mental illness is within reach, and to counteract the stigma of mental illness through raising social awareness.

But it's not all business at the Walk. A fun day is in store, with camaraderie, a little exercise (5K worth), some refreshments (pulled pork sandwiches, rumour has it), entertainment (featuring Stand Up for Mental Health), and prizes (which will remain secret).

This year's goal is \$50,000 in the bank and 200 people in the streets. So gather your friends, O Passionate Pedestrians. Take the fundraising challenge, help gather those much-needed funds, and help make this day a joyful one.

For complete details on registration and pledges, routes and programs, and more, visit [RoadToRecoveryWalk.ssns.ca](http://RoadToRecoveryWalk.ssns.ca).



### Step Up for Laing House

By walking or running with Laing House in the Blue Nose Marathon you are helping youth navigate the road to recovery.

To join or support the Step Up for Laing House team please contact Robin at (902) 425-9018 or rlevy@lainghouse.org.

### Youth Against Stigma: an art and coffee house

During the first week of May, youth across Canada will be hosting the largest youth-led celebration of creative expression and community involvement in Canadian history! National Youth Arts Week will showcase simultaneous youth-led projects from the East Coast of Newfoundland to Vancouver Island. Come join the The Sun Life Financial Chair in Adolescent Mental Health, the TeenMentalHealth.org team and the Youth Advisory Council for a showing of their incredible photo project "reality Check." Alongside their photos, a selection of artistic submissions and performances curated by artist-in-residence, Stella Ducklow, will make for a fun and celebratory evening as we recognize the creative attempts of youth to end mental health stigma. This event is free and open to all ages.

Please join us Friday, May 4th between 5:00 and 7:00 pm at JustUs Coffee House 6085 Coburg Road, Halifax, NS. For further information please email: Meghan.McCarthy@iwk.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. Please send any nominations to **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: **Canadian Academy of Child and Adolescent Psychiatry**

Internal deadline: June 7, 2012

- The Paul D. Steinhauer Advocacy Award (June 30)
- Naomi Rae-Grant Award (June 30)
- Excellence in Education Award (June 30)
- Certificate of Special Recognition (June 30)

Granting body: **Canadian Society for Clinical Investigation**

Internal deadline: June 14, 2012

- CSCI-CIHR Resident Research Award (July 9)

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

## Humanities Corner

Submitted by: Dr. Lara Hazelton  
Humanities Coordinator

The Caduceus Project, undertaken by the Dalhousie Medical Humanities program in 2011, has reached completion. Featuring contributions from members of the Dalhousie medical community including the Dean of the medical school, the completed sculpture was displayed at this year's Gold Headed Cane Award dinner in February. The 'feathers' on the 'wings' of the caduceus figure were created by Dalhousie psychiatry residents at a workshop last spring with Miro Davis, Artist in Residence. The feathers are formed from thin strips of metal and bear images which represent what the residents find most meaningful about the practice of medicine. The Caduceus Project will be travelling to the Canadian Conference on Medical Education taking place May 2012 in Banff, and then to the Doctors' Nova Scotia Annual Conference in Digby. Eventually it will have a permanent home where the artistic efforts of those who shared in its creation can be enjoyed by all.



Left: The completed Caduceus Project. Above (L-R): Residents **Shauna Correia** and **Cristina Aydin** working on their caduceus feathers.

## Features

### Pippa's Place

Submitted by: Dr. Pippa Moss  
Psychiatrist, Dalhousie University

*Dr. Pippa Moss spent February at Pippa's Place, a home for AIDS abandoned children in Nakuru, Kenya, that she was involved with setting up. She talks about her experience below.*

The past 18 months have been spent raising funds for a new building, so we have room for more children. The structure of the house is in place and wiring and plumbing have been completed. Finishing touches, such as flooring and showers are still not completed. Inflation is running at 20 per cent so we have not been able to entirely finish the house



The new kitchen with Mama at the sink (which drains into a can!)

for lack of funds, though it is usable. Our group stayed in the rooms. Floors had an oil cloth over them that looked quite good, but won't last for long. The stairs were dangerous as they were unfinished. The balcony on what we would call the first floor is usable, but the second floor at the top of the house is not safe to use as a patio as of yet. The floor there is unfinished, as are the observation ports.

Mosquito screens for the windows will be covered by the Cumberland Physicians, but the screens are stuck in the Port of Mombassa, which is having problems shifting goods out. The main national trains don't carry passengers any more because they have been commandeered to move goods from the port. I left funds to complete the dining room floor and purchased a new sofa, chairs and coffee table for one new room which is being used as a sitting/dining room until the adjoining 'shelter' can be built to amalgamate the two houses at the ground floor level. The shelter will then become the sitting room and the dining room will get a proper dining table and chairs. We also purchased a fridge so that the goats' milk can be kept cold and stored for future use when there is an excess. A toaster was another donation to the new kitchen. Monies were left to purchase tiles for one bedroom upstairs and to finish the tiling in the bathrooms. We still need to raise the money to finish the other floors, starting with the hallways and stairs, which will have a non-slip coloured concrete finish rather than tiles. We will then be tiling the downstairs bedroom

and finally the big room upstairs where I stayed.

While there, a mosaic was made over the walls above the kitchen surfaces. It depicts the hill with sunrise behind it, and Nakuru Lake.

The children are doing amazingly well and Erik now has full sponsorship, thanks to Jean C. who has offered to be his 'aunty,' as well as caring for Phyllis. The next baby has not entered the family as planned. Little Susie, who was expected, is now doing so well that she is adoptable to a typical family and thus is not eligible for Pippa's Place. Her potential sponsor is aware of this

and happy to wait for the right child. There are a couple of children who may need the specialised care that we provide; one would come with a typical sibling. This may be possible. Things are improving, but there is still no shortage of children who need a loving family.

Dates for the next visit will be set once we know when the Kenyan election will be. The election is due late 2012/early 2013 and it would not be wise to plan to be there during that time, or shortly afterwards. If it is in April, as suspected, a January/February trip will be organized.



**Dr. Pippa Moss** with Pippa in coordinating outfits. The house is in the background. The two goats to the left of the house give milk.



Erik and Phyllis - growing and doing well



## Challenging the stigma and myths of mental illness

Submitted by: Ms. Dachia Joudrey  
BPR, BSW, RSW

Those of us who work in the mental health field are often confronted with terms that perpetuate stigma, discrimination and myths surrounding individuals who have been diagnosed with a mental illness. These terms, though often outdated, have become such a part of common use that they are often used without thought as to the impact they may have on individuals living with mental illnesses. Due to over-usage and society's prevailing negative notions of what these terms mean, individuals with mental illness may internalize the negativity that these labels perpetuate; which may lead them to not seek assistance when they need it most.

According to the Oxford Dictionary, the word "stigma" means "a mark or sign of disgrace" or "a visible sign or characteristic of a disease." The Mental Health Commission of Canada states that "stigma is made up of two parts: negative and unfavorable attitudes, and negative behaviours that result

from those attitudes. People living with a mental illness often experience stigma through: inequality in employment, housing, educational and other opportunities which the rest of us take for granted, loss of friends and family members (the social and support networks), and self-stigma created when someone with a mental illness believes the negative messages", i.e., internalizing negativity.

Words can and do hurt individuals living with a mental illness, and these illnesses have not received the sensitive media coverage that other illnesses have been given. Every day we are surrounded by stereotypes; popular movies often use derogatory terms to describe persons with mental illness. The media tends to over-sensationalize mental illness when a news event takes place, most notably if it involves violence. These representations, and the use of discriminatory language, influence the public's perception and reinforce inaccuracies surrounding mental illness.

Psychosocial Rehabilitation (PSR) practices, used by many mental health professionals, are built on the premise of looking at an individual's strengths and are not rooted in the pathology of weakness. This type of practice focuses on a person-centered approach and supports full integration of people in recovery into communities where individuals can exercise their rights of citizenship, accept the responsibilities and explore the opportunities that come with being a member of a community and a larger society. The emphasis of PSR

practice focuses on an individual's wellness and health, with the individual viewed as being the expert in his or her own life. The tenets of Psychosocial Rehabilitation dovetail with the Strengths Perspective in Social Work Practice, which suggests avoiding the use of stigmatizing language and terminology and focuses instead on person-first language. For example, an individual is not referred to as a "manic depressive" but as having bipolar disorder with their illness not being the sole identifying factor.

Volunteer Services in the Mental Health Program (Dartmouth) places volunteers in a wide variety of mental health settings including the Nova Scotia Hospital, East Coast

Forensic Hospital and community clinics. At the Nova Scotia Hospital, there is also a community-based learning opportunity for high school students; many university students also donate their time to volunteering at the

"It's pretty sad when you sit around wishing you had any (literally ANY) other disease other than a mental illness. There is so much shame, stigma and disbelief that accompanies a diagnosis of a mental illness." (First Voice, Out of the Shadows At Last).

mental health facilities. In some instances, individuals in recovery themselves wish to volunteer as a way of giving back to an organization that provided assistance while they underwent treatment for their illness. Potential volunteers in recovery may be hesitant to come forward and share their own experience due to feelings of inadequacy brought on by negative stereotyping and labeling. The focus is to shift an individual's outlook of themselves to a more positive one, realizing that they have been influenced throughout their lives by the negative effects of stigma.

Those of us working in the mental health field take an active role in trying to challenge some of the old labels, myths and discriminatory language. We constantly analyze the impact labels have on others; specifically on individuals who are living with mental illness. There are a host of community organizations diligently working to dispel myths and stigma that exist in today's society. Of particular interest may be The International Association of Psychosocial Rehabilitation Services (IAPSRS) Policy on the Use of Language that can be found at <http://www.bu.edu/cpr/prj/langguidelines.pdf>. Through education, it is hoped that future generations will not be hesitant to seek out help should they need it, nor will they be discriminatory and carry forth the misconceptions that are still attached today to individuals living with mental illnesses.