

# Department of Psychiatry

# HEADLINES

## He's one smart Coockey

*Resident Dr. Jacob Coockey places first in Dalhousie's first Three-Minute Thesis competition*

You'd be surprised what you can learn in three minutes! **Dr. Jacob Coockey**, a fourth year resident in the Department of Psychiatry, certainly was when he participated in, and won, Dalhousie's first annual Three Minute Thesis competition. Dr. Coockey ranked first among 83 participants and says he was "blown away by all the other great work going on at Dalhousie."

Developed by The University of Queensland in 2008, The Three Minute Thesis (3MT™) is a skills development activity that aims to challenge graduate students to explain their research project to a non-specialist audience in three-minutes, a daunting task when the complexities of research are considered. Organized by the Faculty of Graduate Studies, Dalhousie's first crack at the competition took place on March 6 and 7, with preliminary rounds on day one and the seven finalists presenting on day two.

Dr. Coockey used his three minutes to explain his research on the impact of early, regular cannabis use on the brain in people with recent-onset psychosis. With very little experience public speaking and no previous knowledge of the competition, he impressed the judges with his jargon-free presentation and took home the first place title, \$1,000 and a speaking spot at TEDx Nova Scotia, where he later gave his presentation to a crowd of more than three hundred.

Dr. Coockey jokes that his background in psychiatry was really what won it for him. "Being the only one with a background in psychiatry, I simply induced panic (via carbon dioxide) in the other finalists to pave the way for an easy victory." He does admit that preparing his winning presentation did require more time than he expected.

"Cutting any project or thesis down to three minutes is very hard because most proposals are quite long and detailed, with background information, methods, analyses, etc., so inevitably you end up cutting out all kinds of details that in your eyes as a researcher, are very important." He continues to say, "It forces you to really get a firm grasp of the core reason for doing the research project in the first place, because that's all you have time to communicate to the audience in three minutes."

Working with members of the neuroimaging/neuroscience



Photo credit: Nick Pearce

Dr. Jacob Coockey

community and supervisors Drs. Phil Tibbo and Denise Bernier, Dr. Coockey's research arose from growing evidence showing a strong relationship between the use of cannabis-use and psychosis, with approximately 70% of the patients in the Nova Scotia Early Psychosis Clinic (NSEPP) having a history of cannabis use.

Dr. Coockey saw the Three Minute Thesis competition as a great opportunity to present his research in a fun way and says he is thrilled to see Dalhousie has embraced a new avenue where interesting and complex ideas can be communicated in a practical and comprehensible way.

"I think it will go a long way in helping the scientific community to focus more on Knowledge Translation, bringing the bench to the bedside, as they say."

Dr. Coockey's winning presentation can be viewed on YouTube via the following link: [http://www.youtube.com/watch?feature=player\\_embedded&v=h01ouCHph0s](http://www.youtube.com/watch?feature=player_embedded&v=h01ouCHph0s).

# Message from the Head

Dr. Nick Delva

I had not heard of the “Three Minute Thesis” until this year, and was intrigued when I found out that one of our residents had reached the finals of the Dalhousie competition. I was fortunate enough to be able to attend the final round on March 7, and found the talks of the finalists to be both informative and entertaining. The presentation by **Dr. Jacob Cookey**, PGY-4 and in his first year of the Clinician Investigator Program, was flawless, and merited his first-place finish – quite an accomplishment considering there were 83 participants! Congratulations, Jacob! Congratulations are also in order to **Dr. Arlene MacDougall**, Fellow in Global Psychiatry and Early Psychosis, who received the Dr. Jock Murray Award for Leadership in Global Mental Health for her excellent work in the Northwest Territories over the past year.

As we prepare for the next academic year, and undergo our yearly round of IPP (Individual Practice Profile) interviews, we can reflect on the achievements of the last year. I would like to thank all of our dedicated teachers, including faculty and residents – their efforts have led to high levels of student satisfaction and achievement. Our postgraduate program is now fully accredited and our undergraduate

program continues to be strong. It is wonderful to read in the pages of this issue that graduating medical student, **Dr. Jillian Boyd**, had such a positive experience at PsychSIGN during the APA meeting in Philadelphia last year, and we welcome her to our postgraduate program in July. We also extend warm welcomes to our other new PGY-1s: **Drs. Vhari James, Lesley Kirkpatrick, Jennifer Ojiegbe, Celia Robichaud, Kathleen Singh** and **Daniel Toguri**. We also very happy to welcome **Dr. Ian Mackay**, who joined the Department as a hospitalist in March, and **Ms. Genevieve MacIntyre**, who will be the Education Coordinator while **Ms. Carrie Wipp** is on maternity leave.

In reviewing this issue of Headlines, it was very encouraging to learn that students in a number of disciplines at the University are engaged in combating the stigma attached to mental illness and in raising money for mental healthcare – the Undergraduate Neuroscience Society (President Kerry McInnes) and the Dalhousie Association of Psychology Students (President Shannon Doherty) raised funds in support of the Schizophrenia Society of Nova Scotia and the Nova Scotia Psychosis Research Unit, and the Dalhousie College of Pharmacy students engaged in educational activities and



raised funds for Laing House. Thanks to all of these well-doing young people!

In closing, on behalf of the Department, I'd like to express our condolences to the family and friends of **Dr. Bill McCormick**, who died in April. Dr. McCormick became a member of faculty at Dalhousie in 1982 and after stepping down from his clinical and academic responsibilities in 2012, had remained as an Honorary Member of the CDHA Medical Staff and an Emeritus Professor at Dalhousie University. **Drs. Mike Teehan** and **Rachel Morehouse** have written tributes to him, to be found in the final pages of this issue. We will all miss Bill.

## IN THIS ISSUE

He's one smart Cookey	1	News & Announcements	9
Message from the Head	2	Staff and Faculty Changes	9
Research Section	3	Congratulations	10
Education Section	4	News	10
SunLife Chair in Adolescent Mental Health	6	Faculty in the News	12
Dalhousie Global Psychiatry	7	Announcements	12
Dr. Paul Janssen Chair in Psychotic Disorders	8	Award Deadlines	13
Clinical Divisions of the Department of Psychiatry	9	Humanities Corner	13
		In Memoriam	14

## HEADLINES

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## Research Section

Submitted by: Janet Bardon  
Research Administrator

### Department of Psychiatry Research Day 2013

This year's event is scheduled for Friday, Nov. 1 at the Lord Nelson Hotel. Now in its 23rd year, Psychiatry Research Day promotes student involvement in research and showcases the Department's diverse expertise to our university and local communities. This year we will be giving presentation awards in the following categories:

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



Professor Thomas Kirkwood

We are pleased to announce that this year's keynote speaker will be Professor Thomas Kirkwood CBE. Tom Kirkwood is Associate Dean for Ageing at the University of Newcastle. Educated in biology and mathematics at Cambridge and Oxford, he worked at the National Institute for Medical Research, where he formed and led a new research division until he became Professor of Biological Gerontology at the University of Manchester in 1993. His research is focused on the basic science of ageing and on understanding how genes as well as non-genetic factors, such as nutrition, influence longevity and health in old age.

Tom was European President (Biology) of the International Association of Geriatrics and Gerontology, chaired the UK Foresight Task Force on 'Healthcare and Older People' in 1995, and led the project on 'Mental Capital Through Life' within the recent Foresight programme on Mental Capital and Well-Being. He was Specialist Adviser to the House of Lords Science & Technology Select Committee inquiry into 'Ageing: Scientific Aspects' and has served on the Councils of the Biotechnology and Biological Sciences Research Council (BBSRC) and of the Academy of Medical Sciences.

He is an Editor of Mechanisms of Ageing and Development and serves on the editorial boards of eight other journals. He has published more than 300 scientific papers and won several international prizes for his research. His books include the award-winning 'Time of Our Lives: The Science of Human Ageing', 'Chance, Development and Ageing' (with Caleb Finch) and 'The End of Age' based on his BBC Reith Lectures in 2001. Tom was awarded the CBE in 2009.

The call for abstracts will be sent out in May and registration will begin in September. For more information on Research Day 2013, please contact **Jennifer Brown** at Jen.Brown@dal.ca.

### Announcements

Congratulations to the successful applicants of the October 2012 Department of Psychiatry Research Fund:

**Dr. Sean Barrett** – "Cue induced craving for alcohol in daily and non-daily smokers."

Dr. Kathryn Birnie (**Drs. Pat McGrath & Christine Chambers**) – "Catastrophizing and parenting during parent-child interactions about pain and conflict."

**Dr. Michael Butterfield (Dr. Phil Tibbo)** – "Neurological soft signs in psychosis: the impact of NPAS3 gene variants on cerebellar structural and functional abnormalities."

Ms. Jamie-Lee Collins (**Dr. Alissa Pencer**) – "A mood induced activation of laboratory alcohol consumption with coping with anxiety motivated and socially motivated drinkers."

**Dr. Jacob Cookey (Dr. Phil Tibbo)** – "Multimodal neuroimaging of white matter microstructure in early phase psychosis: the impact of early adolescent cannabis use."

Ms. Hera Schlagintweit (**Dr. Kim Good**) – "The Impact of the Nicotine Lozenge and Stimulus Expectancies on Cigarette Craving and Self-administration."

**Dr. Zenovia Ursuliak** – "Claymation art therapy as adjunctive treatment to promote recovery in early psychosis: A pilot study."

## Education Section

Submitted by: Annette Cossar  
Education Administrator

### Undergraduate News

The Poulenc Prize in Psychiatry and R.O. Jones award winners have been chosen and will be presented to the medical students at the May 24 Convocation. They will be announced in the next issue of *Headlines*.

The clinical site rotation schedules for 2013/14 were released to the students the end of March for the incoming clerkship class. The 2013/14 year will have three IMU students and two IMG students. There is a new site development (Truro – CEHHA) underway for core clerkship rotations in 2013/14. A site visit is scheduled for May 24. Truro will be accepting four clerks for the next academic year.

The annual recruitment email was distributed to faculty in April to recruit for the 2013/14 education activities to coincide with this year's annual IPP process for our faculty members.

On Thursday, May 2, 2013, the third of four UG Medical Education Curriculum retreats will be held. The Office of Undergraduate Medical Education will be focusing on the upcoming program initiatives for implementation by September 2013. The initiatives include the addition of a longitudinal/integrated program on pharmacology and therapeutics, the Research in Medicine (RIM) program, the renewed clerkship program that will focus on four distinct areas of transitioning for learners as well as discussion around faculty development for these initiatives.

At the request of preceptors, they have been granted access to the seminar space on BbLearn to view the PowerPoint presentations given to clerks.

The Med II OSCE May 14 recruitment is complete. A big "thank you" goes to the faculty for participating. Please note: recruiting preceptors to supervise one of the IMU students for a two week clinical placement, please contact **Ms. Mandy Esliger** at Mandy.Esliger@cdha.nshealth.ca

In 2012, the Undergraduate Education section began to fund the travel costs for one Dalhousie medical student to attend the PsychSIGN (Psychiatry Student Interest Group Network) conference held in conjunction with the annual APA meeting. The student will be selected each year on the basis of a short submission outlining their interest in psychiatry and in attending the conference.

If you work with a medical student who is interested in

exploring psychiatry as a career please encourage them to apply. In 2012, Jillian Boyd attended as our representative and will be joining our residency program this coming July. Below is a brief submission from Jillian regarding her experience.

*I would first like to thank the Department of Psychiatry for funding my trip to the 2012 PsychSIGN conference in Philadelphia. It was an excellent experience, and I feel very fortunate to have attended.*

*The conference is a two-day event for medical students that runs in conjunction with the annual APA conference. This year PsychSIGN had their best turnout to date, with almost 100 students from across the United States (and three Canadians) attending. There was a wide range of topics covered, including emergency psychiatry, the insanity defense in the context of women's reproductive psychiatry, and child and adolescent psychiatry.*

*Dr. Steven Schlozman, a psychiatrist from Harvard University, gave one of my favorite talks of the event. In his discussion, entitled "How can we help our students and our culture embrace what psychiatry has to offer?" Schlozman spoke of the stigma that the field of psychiatry continues to struggle with, despite the many unique strengths of the profession. He discussed the existing research on the challenges and misconceptions that medical students often encounter when selecting psychiatry as a career and how undergraduate medical education can be improved to help to correct these biases. It was a weighty topic, but I left with a much stronger appreciation for how future physicians have a unique opportunity to be an advocate not only for their patients, but also for the profession of psychiatry as a whole.*

*Thank you again to the department for providing the opportunity to attend!*

*Sincerely,*

*Jill Boyd*

## Postgraduate News

Now that CaRMS is officially over, we would like to welcome our incoming PGY-1's into the program:

Jillian Boyd - Dalhousie University  
 Vhari James - Trinity College Dublin School of Medicine  
 Lesley Kirkpatrick - NUI Galway School of Medicine  
 Jennifer Ojiegbe - University of the West Indies Faculty of Medicine St. Augustine, Trinidad  
 Celia Robichaud - Dalhousie University  
 Kathleen Singh - Dalhousie University  
 Daniel Toguri - Western University

The PGY-1 year is a busy but exciting year in which residents become acquainted with their program and consolidate and expand on basic medical skills learned in medical school. This year some changes have been made to the PGY-1 year. All new residents will have a one-month rotation in Emergency Psychiatry. This rotation will take place at the Psychiatric Assessment Unit (PAU) in the Halifax Infirmary, and will help them prepare for future on-call duties.

Several changes have taken place with the fellowship program this year. It is now called the Subspecialty and Fellowship Program, as several of our previously offered fellowship specialties are now Royal College-recognized subspecialties. In 2012 a working group of Child and Adolescent psychiatrists, under the leadership of **Drs. Alexa Bagnell, Kathleen Pajer and Lukas Propper**, submitted an application to the Royal College for accreditation of their fellowship training program. Congratulations are in order for this working group, as the application was accepted earlier this year, resulting in full accreditation for the Child and Adolescent residency training program at Dalhousie. A working group of Geriatric psychiatrists is currently preparing an application for accreditation as well, and hopes to submit it later this year.

**MARK YOUR CALENDARS:** 2013 June Graduation Exercises – The June End-of-Year Party has been planned for Friday, June 21 at The Halifax Marriott Harbourfront Hotel representing a change in venue for this year. The Education Section is 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, 2013.

## Continuing Education Activities

### Recent Highlights

On April 26, 2013 over 230 participants from across the Maritime Provinces attended the highly successful XXIV Annual Academic Day *"Translating Knowledge into Practice: Update on Psychotic Disorders across All Ages & Stages"*. An excellent program covering a wide range of topics was well received by the participants. Many thanks to Dr. Ashok Malla, the invited plenary speaker and to our local speakers **Dr. Sabina Abidi, Dr. Mark Bosma**, Mr. Brian Cooper OT Reg. (NS), **Dr. Ron Fraser, Dr. David Gardner, Dr. Heather Milliken, Dr. Jason Morrison** and **Dr. Zenovia Ursuliak** for their outstanding presentations.



(L-R) Drs. Heather Milliken, Phil Tibbo and keynote speaker Dr. Ashok Malla.

The third in our series of Psychiatry Debates was held on

March 27 on the topic "Nipping it in the bud: Can Psychiatrists Prevent Mental Illness?" A lively debate ensued with Dr. Sabina Abidi and **Dr. Michael Butterfield** PGY-2 arguing in favour of the motion and **Dr. Rudolph Uher** and **Dr. Marie-Claire Bourque** PGY-2 arguing against the motion. Congratulations to Drs. Abidi and Butterfield who were voted the winners of the debate by the audience.



Drs. Rudolph Uher and Marie-Claire Bourque.



Drs. Michael Butterfield and Sabina Abidi.

At University Rounds on March 20, Dr. John Nurnberger Jr., M.D., Ph.D., Professor of Psychiatry, Director of the Institute of Psychiatric Research, Indiana University presented on the topic “Predictors of Major Mood Disorders in Adolescents at risk for Bipolar Disorder.”

Our University Rounds Speaker on April 17 was Dr. Bradley Lewis MD, Ph.D., Associate Professor at Gallatin School of Individualized Study, with affiliated appointments in the Department of Psychiatry and the Department of Social and

Cultural Analysis, New York University. He presented on the topic. “Narrative Psychiatry: How Stories Shape Clinical Practice.”



Dr. Bradley Lewis

## Upcoming Events

### **University Rounds**

May 15, 2013 – Dr. Arnold Slive, Ph.D., visiting Associate Professor of Psychology at Our Lady of the Lake University, San Antonio; Clinical Consultant Austin Child Guidance Center

### **R.O. Jones Memorial Lecture**

June 12, 2013 – Dr. Sarah Lisanby, MD., Lawrence C. Katz Professor and Chair, Department of Psychiatry and Behavioral Sciences, Duke University

### **Clinical Academic Rounds**

May 1 – **Dr. Joe Sadek**

May 8 - **Dr. Wade Junek**

May 22 – **Drs. Hazelton, Delva, Rajda, and Bosma**

May 29 – **Dr. David Pilon**

June 5 – **Dr. Christine Chambers** – IWK

June 19 – **Dr. Gerald Gray**

### **Inter Professional Education Series**

April 30 - Jamey Piedalue

May 7 - Nursing – Jane Hughes & Lisa Jeffers

May 14 – Amanda Crabtree

May 21 - Addictions Prevention & Treatment Services

May 28 - ECFH: MIOU, Offender Health & Rehabilitation Services

June 4 - Psychiatry – **Dr. Amgad Barsoum**, Psychiatry Resident

June 11 – Recovery & Integration Services

June 18 - **Dr. Penny Corkum**

June 25 - Community Mental Health

## Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher

Sun Life Financial Chair in Adolescent Mental Health

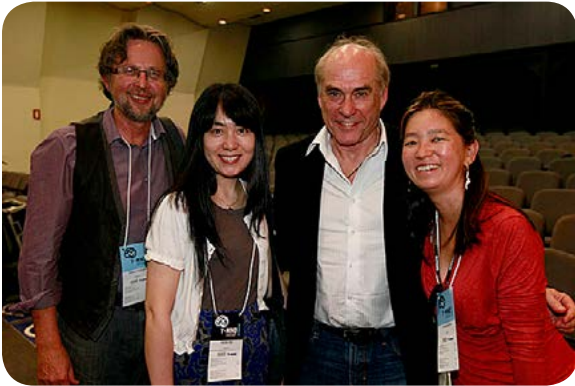
### **YOUth Against Stigma one year anniversary**

Friday, May 3 will mark the one-year anniversary of the YOUth Against Stigma Coffee House. The anniversary conference will be held at the Art Gallery of Nova Scotia from 5:30-7:00pm. In the afternoon, from 2:00-4:00pm, artist in residence, Ms. Stella Ducklow will be hosting a photography workshop on photographic art. Also from 2:00-4:00pm, Ms. Ardath Whynacht will give a spoken word poem and workshop performance. Come join HRM's most talented youth as they sing, dance and show their work in a stunning interdisciplinary performance that celebrates the possibility of a stigma-free world.

## YMIND Meeting

A unique international networking meeting held in Sao Paulo Brazil in March provided an opportunity for invited international experts to act as faculty for over 50 PhD students selected by competition from around the world and about 100 PhD students from Brazil. They shared innovative ideas and novel research findings at the YMIND meeting, focusing on mental health promotion and prevention.

One of the invited international faculty was **Dr. Stan Kutcher**.



(L-R) Dr. Stan Kutcher, Ms. Yifeng Wei and two of the organizers of YMIND.

He gave a keynote presentation titled: *International School Mental Health: Global Approaches; Global Challenges; Global Opportunities*. He also presented a short course on how to pragmatically utilize knowledge translation techniques in the development of school mental health curriculum. Ms. Yifeng Wei was one of the international PhD students, and one of only three selected from Canada, chosen to participate in the week-long initiative. She presented her work in poster and in lecture format, titled: The Development of a Mental Health Literacy Assessment Tool for Adolescents.

## Dalhousie Global Psychiatry

Submitted by: Dr. Sonia Chehil  
Director, Global Psychiatry

### Updates from Tobago

The Global Psychiatry team is looking forward to the next step in the Tobago project. Last June, **Ms. Sandra Hennigar** and **Mr. Peter Croxall** spent a week with the clinical and administrative staff of the psychiatric inpatient services for the Tobago Regional Health Authority (TRHA) to understand the type of assistance they required to develop their acute inpatient services. They were in

the process, at that time, of completing the needed structural changes to their new inpatient unit, which is part of an entirely new hospital for the region. The move to the new facility actually occurred just prior to Christmas. One of their requests was to have training in the prevention and management of aggressive behaviour, including how to appropriately physically intervene,

should the situation require it.

We have maintained contact with Dr. Parillon, the Director of Mental Health Services for the TRHA and have submitted a plan for the staff training, including building in-country capacity so they can manage their own future training needs. We are partnering with Ms. Keltie Donnellan, RN from Annapolis Valley Regional

The meeting was sponsored by the Universidade Federal de Sao Paulo and FAPESP, the State of Sao Paulo science and technology innovations funding agency. Twenty invited international faculty, along with the international and Brazilian PhD students, were involved in a critical, spirited and productive week of learning. Faculty included: Professor Jair Mari (Brazil); Professor Jim Van Os (Netherlands); Professor Myrna Weissman (USA); Professor Helen Herrman (Australia); Professor Ricardo Araya (UK); Professor Yanki Yanzan (Turkey). PhD students represented over 25 different countries, from Ukraine to the USA and from Australia to Norway!

"This was one of the most stimulating scientific meetings that I have had the opportunity to participate in," says Dr. Kutcher. "It was a great idea to bring together so many young minds from all over the world, to meet and exchange critical thoughts on such important topics. Not only did everyone learn from each other, but nascent networks were being created. I expect that some of them will be productive in research and innovative idea generation for years to come."

Ms. Wei found the meeting to be time well spent. "It was great to be able to hear from people that I only knew from names on scientific papers. And having the opportunity to meet people from all over the world who are working in areas similar to mine was great. I have already started to work on two project ideas with people I just met. It would be really good if we could do something like that here in Halifax."

"This meeting shows the innovation of investment in science and technology that characterizes Brazil today," notes Dr. Kutcher. "This was not an inexpensive undertaking and FAPESP funded the travel and costs of all participants, but the value that will be achieved from this kind of focused academic interaction will more than pay for the costs in the long run."

Health Authority to teach a program that is developed through the Canadian Training Institute (CTI). Throughout the fall and winter, we have spoken and met with staff from CTI to look at

future training here for the train-the-trainer aspect of the program, which will be required for the capacity building component of the project.

We received confirmation in mid-

April that TRHA has been given written approval for the funding for the project. Once the logistics for training have been set, we will be able to continue with this piece of work.



## Dr. Paul Janssen Chair in Psychotic Disorders

Submitted by: Mr. Max Fiander

VP, Dalhousie Undergraduate Neuroscience Society (UNS)

## Dalhousie student societies band together to raise money for the Schizophrenia Society of NS and the Nova Scotia Psychosis Research Unit (NSPRU)

The Dalhousie Undergraduate Neuroscience Society (UNS) and Dalhousie Association of Psychology Students (DAPS) are two student societies which represent undergraduate students majoring in psychology or neuroscience. The mission of each organization is to foster a sense of community within its respective program by providing academic and social resources to students, as well as reaching out to the community. Each year, they work together to raise money to support organizations that work to alleviate mental illnesses and neurodegenerative diseases, ideally at a local level. This year, they chose to support the Schizophrenia Society of Nova Scotia (SSNS) and the Nova Scotia Psychosis Research Unit (NSPRU), thus supporting both patient-centred programs and research. As societies, they chose to support those affected by schizophrenia, as general public understanding of the disease, its prevalence, burden, and outcomes are extremely limited. Furthermore, the fact that schizophrenia onset is in late adolescence/ early adulthood resonated with them (their age group). As mental illness awareness for university students increases, they appreciate and empathize with how debilitating such diseases can be during this critical part of their lives. Under Kerry McInnes (UNS president) and Shannon Doherty (DAPS president), the members of both societies worked extremely hard to raise money and awareness for schizophrenia in 2012/2013. Numerous bake sales were held, several events were hosted in cooperation with Pacifico night club, and they had their annual charity auction and gala in February at the World Trade and Convention Centre. In addition to these fundraising events, the annual Graham Goddard lecture series featured **Dr. Phil Tibbo**, who spoke to Dalhousie students and faculty about schizophrenia and current scientific understanding of the



Ms. Yasmeen Gbar (VP of DAPS) and Mr. Max Fiander (VP of UNS).

disease. Overall, \$7, 100 was raised to be divided equally between the SSNS and NSPRU. Both societies are very pleased to be able to support the NSPRU and SSNS and take advantage of their privileged positions as university students to give back to our community.



# Clinical Divisions of the Department of Psychiatry

Each month we highlight one of the many services offered by the Department of Psychiatry. This issue we feature CHOICES, a program for youth at the IWK Health Centre.

## CHOICES

Submitted by: Dr. Selene Etches

Child and Adolescent Psychiatrist, Medical Director, IWK CHOICES Program

CHOICES is a voluntary assessment and treatment program assisting adolescents aged 13-19 with challenges around substance abuse, mental health issues and/or gambling through an integrated treatment approach.

The treatment team is made up of a psychiatrist, psychologist, occupational therapists and LPNs, social workers, teachers, nurses, community outreach workers, adolescent/youth care workers and recreation therapists.

Treatment programs may involve:

- Individual therapy / counselling
- Family therapy / counselling
- Group programs
- Support at home, school, or in the community
- Education and help with schoolwork
- Recreational opportunities such as hiking, swimming, biking, and gym time
- Mental health assessments
- Medication consultations
- Health promotion programs
- Skills training in areas such as assertiveness, anger management, and stress

There are three programs available through CHOICES: outclient program, the day program and the 24/7 program.

### Outclient Program

Youth in this program meet with a therapist on a regular basis for individual and/or family counselling. Youth may also decide to participate in group sessions.

### Day Program

Youth attend this program from Monday to Friday, 9:00am-3:30pm. An individualized treatment plan is developed with each youth. It can include on-site schooling, individual or group therapy, health promotion, recreation therapy, and skill building.

### 24/7 Program

The 24/7 program provides a structured therapeutic residential environment for youth who are in need of a more intensive treatment intervention beyond community-based therapy and/or who cannot participate in Day Program due to their home location. All youth in 24/7 Program attend the Day Program and participate in the therapeutic classroom and groups.

## News & Announcements

### Staff / Faculty Changes

**Ms. Genevieve MacIntyre** has joined the Department as Interim Education Coordinator, effective April 2. Ms. MacIntyre takes over for Ms. Carrie Wipp who is on maternity leave. Ms. MacIntyre is located on the 8th floor of the Abbie J. Lane Building in room 8405. She can be reached at 902-473-5664 or [Genevieve.macintrye@cdha.nshealth.ca](mailto:Genevieve.macintrye@cdha.nshealth.ca).

**Dr. Ian Mackay** has joined the faculty as a Lecturer and hospitalist, effective March 1, 2013. Dr. Mackay will be based at the Nova Scotia Hospital. He can be reached at [Ian.MacKay@cdha.nshealth.ca](mailto:Ian.MacKay@cdha.nshealth.ca) or 464-3158.

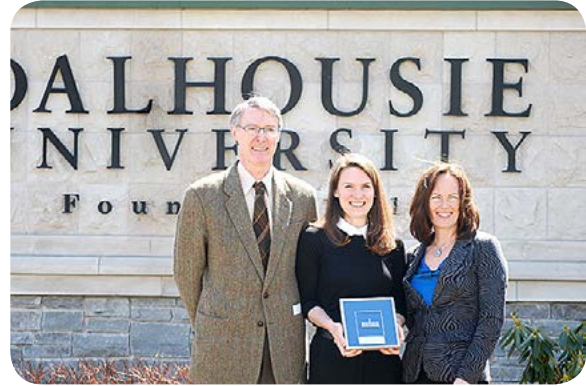
## Congratulations

### Dr. Arlene MacDougall recipient of Dr. Jock Murray Award for Resident Leadership in Global Health

Congratulations for Dr. Arlene MacDougall for being the recipient of the 2013 Dr. Jock Murray Award for Resident Leadership in Global Health. Dr. MacDougall is a fellow in the Department of Psychiatry and has shown commitment and dedication to global health through projects in the Northwest Territories and Guyana. Dr. MacDougall received the award during the Global Health Office's 'Celebration of Global Health at Dalhousie' in early April. Congratulations again to Dr. MacDougall, well deserved!



Dr. Arlene MacDougall shares a laugh with Dr. Jock Murray as he presents her with her award.



(L-R) Drs. Delva and MacDougall with Ms. Shawna O'Hearn, Director of the Dalhousie Global Health Office.

### Drs. Town and Abbass and co-authors come second in 2012 paper vote

Congratulations to **Drs. Joel Town** and **Allan Abbass**, along with their co-authors, who came second in the voting for APA Psychotherapy Most Valuable Paper of 2012 for their paper *A Meta-Analysis of Psychodynamic Psychotherapy Outcomes*. Voting reflected published papers in 2012 that the Psychotherapy Division adjudged most important for people in the field to read 10-20 years from now.

## News

### Canadian Stroke Network releases guidelines for mood and cognition post stroke

**Dr. Gail Eskes** recently chaired an expert national working group on Mood and Cognition in Patients Following Stroke. The result was new guidelines for physicians, nurses and allied health professionals that recommend depression and cognitive screening for all individuals living with stroke and their caregivers. The Canadian Best Practice Recommendations for Stroke Care is a joint initiative of the Canadian Stroke Network and the Heart and Stroke Foundation and marks a new emphasis on psychological care of family and caregivers in addition to stroke patients.

### Drs. Patricia Lingley-Pottie and Patrick McGrath recognized for work with Strongest Families Institute

On Wednesday, April 17 the 2013 Atlantic Canadian nominees for the annual national Manning Innovation Awards were announced at the Allan Shaw Nominees reception. **Drs. Patricia Lingley-Pottie** and **Patrick J. McGrath** were recognized as successful nominees for their work with the Strongest Families Institute. Strongest Families is a distance, evidence-based mental health intervention service designed to provide families timely access to care. Highly trained and monitored coaches provide protocol-driven telephone support to families in the comfort and privacy of their own home at times convenient to the families' schedules. Results show an 85 per cent success rate in overcoming presenting mental health problems, less than 10% attrition rate and families are very satisfied with the services provided. Strongest Families services are spanning Canada with additional interest in Singapore and the United Kingdom. Continued trials are ongoing in Turku, Finland and Ontario. Additional development and testing of new innovations and program modules are underway in the Centre for Research in Family Health lab at the IWK Health Centre. For more information: [www.strongestfamilies.com](http://www.strongestfamilies.com)

**Dr. Jackie Kinley appointed to Doctors Nova Scotia Board of Directors**

**Dr. Jacqueline Kinley** was appointed to the Board of Doctors Nova Scotia this year. In this position, she has the opportunity to bring forward issues of concerns to members and also to act as a resource to the Department.

Adopted in 2012 by the Board of Directors, Doctors Nova Scotia’s strategic plan provides the association with a framework to guide its priorities.

*The plan has four priorities:*

1. Enhance the economic and general well-being of physicians
2. Shaping patient care together
3. Engage and unify members
4. Help members adapt to change

The plan is aggressive and progressive. Through the guidance of the Board of Directors, the association will assign work under annual business plans and report its progress back to the membership with regular balanced score cards.

If successful it will position the association, and more importantly physicians, as leaders in moving our healthcare system in a direction that will provide better patient care. It demonstrates that the association and physicians are committed not only to providing quality care on the ground every day, but to shaping what the health-care system looks

like for future patients and physicians.

Please join Dr. Kinley and your colleagues at the Doctors Nova Scotia Annual Meeting this June to learn more. Visit [www.doctorsns.com](http://www.doctorsns.com) for more information.



Dr. Jackie Kinley and Dr. Mike Fleming, incoming president of Doctors NS.

**Mental health and your pharmacist: pharmacists offer more than meds!**

Submitted by **Dr. David Gardner**

On March 21, Dalhousie pharmacy students took to the busy entrance of the Student Union Building to raise awareness about mental health and the role pharmacists can play in helping people in their communities living with mental illness. The occasion was part of Dalhousie’s College of Pharmacy’s outreach activities related to the national Pharmacist Awareness Month campaign. The event at the SUB was the first pharmacy-student-led initiative at Dalhousie to focus on mental health in our communities.

The display showcased the photographic artwork of Stella Ducklow that highlighted mental illness and stigma awareness, an interactive quiz – “are you a mental health medications expert?”, and information about the roles pharmacists play in caring for and supporting people who live with a mental illness. The booth was organized and presented by third-year Dalhousie pharmacy students Arti Dhoot, André Pollmann, Joel Bergman, and Tiffany

Connors alongside Dr. David Gardner, a professor with the Department of Psychiatry and the College of



Pharmacy student mental health interactive booth at Dalhousie's SUB.

Pharmacy at Dalhousie.

Students and bypassing visitors to the booth were encouraged to partake in a short mental health quiz, which highlighted the prevalence and impact of mental illness and ways in which pharmacists can improve the health and wellness of people with mental health problems. The quiz engaged visitors and stimulated discussion about stigma, medications, and pharmacists’ roles and clinical services.

The booth displayed several over-the-counter (OTC) medications commonly used in the treatment of mental illness, such as folic acid, B-complex stress tablets, and omega-3 fish oils. Passers by were asked “which of these has high quality evidence to support their use in the treatment of mental health problems and which do not?” The follow up question was: “who would know the answer to this question?” and would promote a discussion about the training, knowledge, abilities, and various roles of the pharmacist in

community mental health. Pharmacy students also shared information about mental health conditions such as depression, anxiety, and psychosis. They clarified the importance of pharmacists in providing education, monitoring treatment outcomes and side effects, and helping their patients navigate and access mental health resources in their communities. A focus of the booth was the advocacy and supportive roles of the pharmacist.

Donations were collected in support of Laing House, a Halifax-based peer support organization for youth living with

mental illness, and the Mood Disorders Society of Canada. Both of these organizations as well as TeenMentalHealth.org, MedicationInfoShare.com, and Dalhousie's Department of Psychiatry provided pamphlets, posters, and various other mental health information items for the event. In light of the event's success, the College of Pharmacy hopes to have an annual mental health booth for Pharmacy Awareness Month.



Students Ms. Shannon Jardine and Ms. Danika Daley at the mental health booth.

## Faculty in the News

### Dr. Joanne Gusella featured in Living Healthy magazine

Dr. Joanne Gusella and the Eating Disorders Team were featured in the spring/summer issue of Living Healthy in Atlantic Canada magazine. Published by the IWK Health Centre, in partnership with the QEII Foundation and the Nova Scotia Department of Health and Wellness, Living Healthy provides information to support the health and well-being of families. To read the latest issue of Living Healthy please visit [www.iwk.nshealth.ca](http://www.iwk.nshealth.ca).

## Announcements

### Mental Health First Aid Course May 14 and 15

On May 14 and 15 the Canadian Mental Health Foundation will be holding a *Mental Health First Aid, For Adults Who Interact With Youth* training session at the Super 8 Dartmouth Hotel (65 King Street). The session will run 9:00-4:30 each day and will teach participants to recognize the signs and symptoms of mental health problems, provide initial help and guide a person towards appropriate professional help. For more information please contact Ms. Sue Marchand at 902-466-6600 or by email at [suecmhans@eastlink.ca](mailto:suecmhans@eastlink.ca).



Event organizers (L-R) Drs. Cristina Aydin and Jackie Kinley.

### Second female psychiatry mentorship night set for May 23

On March 21, 2013, we had our first female psychiatry mentorship night. A number of residents and female staff psychiatrists got together informally to chat about Q and A's regarding balancing life and a career as a female staff psychiatrist. The event was a great success and we are planning to continue the gatherings on a quarterly basis. The next event is set for Thursday May 23 at 5930 Balmoral Rd. All female staff psychiatrists and residents welcome! Please email **Dr. Jackie Kinley** ([Jackie.Kinley@cdha.nshealth.ca](mailto:Jackie.Kinley@cdha.nshealth.ca)) or **Cristina Aydin** ([Cristina.Aydin@cdha.nshealth.ca](mailto:Cristina.Aydin@cdha.nshealth.ca)) for further details.

## Upcoming Award Deadlines

There are many awards that Department of Psychiatry faculty, fellows, residents, and staff are eligible to win each year. The following is a list of awards with upcoming deadlines. Please send any nominations to **Ms. Kate Rogers** at [Kate.Rogers@cdha.nshealth.ca](mailto: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 Departmental 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, found on the Departmental website ([psychiatry.medicine.dal.ca/awards/awards\\_date.htm](http://psychiatry.medicine.dal.ca/awards/awards_date.htm)). 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 (CACAP)**

Internal deadline: June 7, 2013

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

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

## Humanities Corner

Submitted by: Dr. Lara Hazelton  
Humanities Coordinator

### A night at the movies

On February 11, 2013, the Department of Psychiatry Medical Humanities and the Psychiatry Interest Group co-sponsored a Night at the Movies. The film was 'Side Effects,' a psychological thriller starring Jude Law as a psychiatrist who prescribes a new antidepressant medication for his patient (Rooney Mara) with unforeseen consequences. Ten medical students attended the film along with **Drs. Nick Delva, Wade Junek, Cheryl Murphy, Lara Hazelton, and Vanessa Thoo**. 'Side Effects' portrays some alarmingly unprofessional behaviour by psychiatrists, which led to a lively small group discussion at Mezza Restaurant on Quinpool Road following the film. Previous movie nights have featured films such as 'A Dangerous Method' and 'Shutter Island.'



The group at 'Side Effects.'

## 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 2, 2013, with the deadline for submissions to be June 14, 2013.

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

## In Memoriam

Submitted by: Dr. Michael Teehan  
Deputy Head, Department of Psychiatry

### William Ormsby McCormick 1929-2013

I have twice before undertaken to write about the life and times of Bill McCormick. Both were ostensibly retirement occasions, though the fact that there were two of them exemplifies his characteristic tenacity. In this final effort, I have a renewed sense of being overwhelmed. How can one begin to summarize and highlight a life of such duration, richness and diversity?

Like many of those who will read this, I regard Bill McCormick as having an influence in my life comparable to closest family members. I have been fortunate to have had gifted and kind mentors over the years, and have benefited from their guidance and support, and of these, I was particularly close to Bill. Through much of the past 30 years, in the various clinical, academic and administrative roles I've held, hardly a day passed without my thinking of him. For many years, thought led to action, with a phone call to "run something by" him. Bill was invariably responsive to such requests. I like to think that through the frequency of such consultation, I came to internalise his critical way of thinking, his moral compass and his practical sense. Even when we spoke less often, in recent years, most important decisions went through the prism of "what would Bill think?"

He was well known for his fastidious approach to language and a punctilious attitude to 'proper English.' Don Connolly, of CBC Information Morning fondly referred to Bill as his "Grammar coach." He was never hesitant to point out errors to his students or members of his team. He was equally prepared to challenge the high and mighty, something the latter group could at times find irksome. His grammatical crusade was simply a reflection of the way he was. He valued precision, truth, and the right way to do things. He was in visible pain when confronted with vagueness, obfuscation or evasion. These qualities imbued his approach to clinical care. I feel privileged to have witnessed his approach to caring for patients at first hand, when he supervised the final rotation of my residency. Throughout my career, and to the present time, I have continued to value his skills in clinical evaluation and have sought his counsel in difficult cases. These demanding and rigorous standards also applied in his teaching, which drew on that fount of all psychiatric wisdom, The Maudsley, for his most profound (and often repeated) insights.

Though humility is not the first attribute that leaps to mind about Bill, he did have it in abundance. He freely talked about the limits of his knowledge, and the need for help in order to best serve his patients. He listened to every team member with the same attention and regard. He sought consultation and direction wherever he found expertise, and the rank or discipline providing the expertise was irrelevant. How often do we, as faculty, ask for a consultation from our residents? Bill



had no hesitation to do so.

He was a man of profound feelings. His exterior has often been called gruff, though I fail to understand that perception. He could be impatient of delay or slowness in coming to the nub of a problem, and moving to action to deal with it. Here I quote Susan Fulton-Kaiser who worked with him in Bedford-Sackville: "Bill was funny, temperamental, gruff, kind, patient, caring, and impatient, often all on the same day!"

Through innumerable interactions with Bill over the years, I can attest to the accuracy of this description. I would add that those mercurial changes were invariably in the service of doing the right thing. They could reflect his effort to obtain help for a patient, correct the misapprehension of a student, or assist a colleague to solve a problem. His actions always had a reason, and his emotions were strongly attached to doing the right thing.

If there were one quality that defined him and cuts across everything else I could write about him, it would be his generosity. He was generous, in the prosaic sense of caring for and helping his patients, his family, his friends and almost

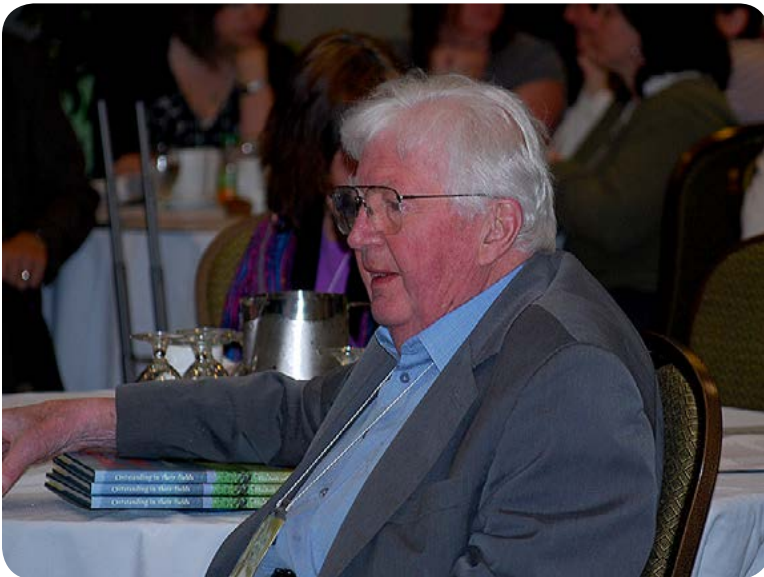
anyone with whom he came in touch. He gave of his time, his money, his knowledge, his wit, indeed of himself, in an unstinting way. There were no bounds to the efforts he would make to help those in need, to enhance the progress of his profession, to enrich the lives of all he met. But he also had a rare generosity of spirit, which I think is the fundamental explanation for the impact he had on all those lucky enough to have known him. He had one of the truly open minds I have ever known. Though he held trenchant views and opinions, he would readily revise his ideas if presented with a good counter argument. Again the rank or stature of the proponent did not matter to Bill. If you were right, he acknowledged it. As he aged, he often despaired of the rigid or restricted thinking he found in younger colleagues. His own marvelous mind

remained supple to the end.

Part of his generous spirit was to see the humour in all things, and to laugh with real pleasure at his own foibles. Other than for spelling errors, he was the most forgiving man I have ever known. In fact, I think he hid his vast and endless store of kindness behind the façade of being a stickler.

In Ireland, the highest accolade a man can receive is to be called “a gentleman and a scholar.” It’s a phrase that encapsulates all the ways a man can live a good life. In every sense, Bill McCormick was both. We will sorely miss his spirit, his kindness and his wit.

My good old friend, for your long life of service and for all the good you leave in our world, my heartfelt wish is that you may Rest in Peace.



## Remembering Dr. McCormick

Submitted by: Dr. Rachel Morehouse

Clinical Head, Department of Psychiatry, Horizon Health Network

Dr. McCormick was a truly multidimensional individual. He was a “man’s man”: hunting, fishing, being in the outdoors with his dogs, in the woods, camping out. Yet he was an academic: interested in words, language and culture. He was empathic, a humanitarian and in touch with his softer side. He believed that psychiatry was rooted in the house of medicine and could never be severed from it. He had an absolutely incredible memory for events, places, people and traits – to the utmost detail.

I have very poignant memories of (and thankfulness for) the following:

1. When I switched from internal medicine to psychiatry he had my back, and told me that he had my back, especially when the other residency program director was “on the warpath.”

2. After a period of illness (mononucleosis) and absence from residency (eight months) I had to make a decision about whether I would “claim” advanced credit for my one year in the internal medicine residency. I went to speak with Dr. McCormick for guidance and advice. And I cried. I didn’t know why, because I usually don’t cry. Then I was embarrassed. He was wonderful. He normalized this. He said: of course you’re upset and sad! You’re probably depressed! You’ve just been battling a major systemic viral illness!

3. Finally: This man’s man was very sensitive too, and aware of, woman’s issues, not only from a societal/cultural perspective which we see in psychiatry, but also from a biological perspective. For instance, the need for maternity leaves for some of the residents. So he was gruff, he was tough, but he was also sensitive and understanding.

I will miss him. We will miss him. The most important thing to remember is what he taught us, and we will carry through his legacy.