

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

Honouring Dr. Bill McCormick

Academic Day takes on name of its founder and becomes W.O. McCormick Academic Day

On April 25 approximately 200 people gathered at the Lord Nelson Hotel in Halifax, and another 25 tuned in via live webcast, for the 25th annual Academic Day. For the first time the day was recognized as the XXV W.O. McCormick Academic Day in honour of the late Dr. William Ormsby McCormick who passed away in 2013. Dr. McCormick was a fixture in the Department of Psychiatry and was the mastermind behind Academic Day.

The inaugural Nova Scotia Hospital Academic Day, as it was originally called, took place in 1989 at the Nova Scotia Hospital and was part of Dr. McCormick's strategy to have all clinical sites active in the academic mission of the department. "He would always champion multidisciplinary education," recalls **Dr. Michael Teehan**, Deputy Head of the Department of Psychiatry and friend and colleague of the late Dr. McCormick. Dr. McCormick, who spent a good portion of his career at the Nova Scotia Hospital, would assertively claim that it was the 'Flagship Hospital' of the department.

Academic Day was popular from the very beginning, but once established



Keynote speaker Dr. Dara Charney.

the numbers wishing to attend often exceeded capacity and people had to be turned away. For the first time this year, live-webcasting was provided making the conference accessible not only throughout Nova Scotia, but across Canada, making Academic Day national conference.

Dr. McCormick initially took on most of the planning himself and was always very involved in the day's events. **Dr. Aidan Stokes**, another department member and long-time colleague of Dr. McCormick, saw him in action on many occasions and says, "He was always



Top: Academic Day speakers and organizers. Bottom: Dr. Bill McCormick.



lively, always enquiring, and always courteous—but never dull."

As Academic Day became more elaborate and complex to organize, others took an active role in the planning. Dr. McCormick, however, always remained involved. "To the end of his days he remained the central figure and the spirit guiding, making it only fitting that we attach his name in perpetuity to this Academic Day," says Dr. Teehan. Since July 2013, **Dr. Heather Milliken**, Director of Continuing Professional Development in the department, has been chair of

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Message from the Head

Dr. Bill McCormick died last spring. One of his legacies is our "Academic Day," now very fittingly named after Dr. McCormick, who was an active member of the Dalhousie Department of Psychiatry for some three decades. As is described in our leading article, Bill was the motivating force for what started as the Nova Scotia Hospital Academic Day – always very popular, this educational event focused each on a different area of clinical importance. Thanks and congratulations to all who organized and made presentations at this year's Academic Day, which was, for the first time, available via webcasting and much appreciated as far away as Yellowknife. The topic of this year's event was substance misuse, and it's very clear there is broad interest in this very important area, which also contributes considerable morbidity and mortality to other conditions of mental ill-health (in so-called "concurrent disorders"). Recently, significant changes have occurred in the delivery of addictions services here and elsewhere in the country; it is great to see the fields of addictions and the rest of mental health services coming together after several decades of schism. During Dr. David Healy's recent stay in Halifax as the Visiting Professor in Medical Citizenship (please see page 13), **Dr. Ron Fraser** made a presentation on his travails in getting adequate clinical services for persons with addictions, which was followed by a spirited discussion of the issues led by a panel including Drs. Fraser, Healy and **Philip Mills**. There is no doubt that these developments and efforts will lead to much better care for persons with addictions and concurrent disorders.

I'd like to welcome our new PGY-1 residents: **Drs. Paula Barker, Ian**



Dr. Nick Delva

Mackay, Abraham Nunes, Justin Paradis, Joshua George Smalley, Omar Al-Watban, Michael Wong, and Olga Yashchuk. We very much look forward to getting to know you and working with you over the next five years. The Dalhousie Department of Psychiatry takes a very resident-centred approach to education and offers many options in helping our residents to fulfill their dreams.

Congratulations are also in order for many others in the department, including those whose efforts led to the establishment of Halifax as one of the first three CDRIN hubs in the country (please see brief coverage on page 11). Depression is a major cause of suffering and disability and the creation of this hub will provide important support for the further development of our clinical-academic work in this area.

In closing, I would like to express my gratitude for the hard work of our current CPA President, **Dr. Mike Teehan**, and department members **Drs. Jerry Gray** and **Jackie Kinley**, for their important political efforts on behalf of our profession in the service of mental healthcare across the country (please see page 12).

Academic Day 2014 *continued from page 1*

the planning committee.

This year the theme of Academic Day was Addictions and Mental Health, with a keynote presentation by Dr. Dara Charney, Associate Chair of Education, Associate Professor in the Department of Psychiatry at McGill University, and Director of the McGill RUIS (Réseau Universitaire Intégré de Santé) Addiction Program. Dr. Charney's presentation, "Why can't they just stop?" focused on addiction and the effects of drugs and alcohol on the brain.

Dr. Ronald Fraser also captivated the audience with his engaging talk on "Evidence based Interventions in Addictions Treatment." One of the

invited plenary speakers, Dr. Fraser is an assistant professor in both the Department of Psychiatry at Dalhousie and McGill Universities, as well as a consultant psychiatrist in the Capital Health Mental Health and Addictions Program (CHAMHP).

Dr. Sherry Stewart, a professor in the Departments of Psychiatry and Psychology at Dalhousie and the second invited plenary speaker, provided a theoretical review of motives for addictive behaviours, using problem gambling as an illustrative example.

Other presenters included department members **Dr. David Gardner**, "Evidence Review: Pharmacotherapy of Addictions," and **Dr. Selene**

Etches, "How Did We Get Here From There: Adolescent Substance Use Disorders." Dr. Ramm Hering, a Family and Addiction Medicine Physician, presented on the topic "Assessment and Management of Substance Use Disorders: The Role of Primary Care Providers," and Peter B. a person with lived experience of addictions received a standing ovation for his presentation "A Personal Experience of Recovery."

With sessions filled with engaging discussion and an abundance of knowledge-sharing, the XXV W.O. McCormick Academic Day was a great success and certainly honoured Dr. McCormick and his long standing commitment to education.

Research Report

BY **MS. JANET BARDON**, ADMINISTRATOR, RESEARCH

research day 2014 - october 24

We are pleased to announce that this year's keynote speaker will be Dr. Darryle Schoepp, Vice President and Therapeutic Area Head, Neuroscience, Merck and Company, Inc. Prior to his current position, Dr. Schoepp served as Senior Vice President and Director of Neuroscience Drugs of Merck & Co. Inc. since March 2007. Dr. Schoepp spent 20 years in neuroscience discovery research at Eli Lilly and Company, where he served as Vice President and overall Global Head of Neuroscience Research and Early Clinical Investigation.

In 2002, Dr. Schoepp was honoured with the Pharmacia / American Society for Experimental Therapeutics (ASPET) Award for Experimental Therapeutics

for his research on the experimental therapeutics of metabotropic glutamate receptors. He is recognized for having made major contributions in the investigation of the excitatory amino acid neurotransmitter glutamate in disease pathophysiology, pharmacology and therapeutics. He led early and current efforts to discover agents that act at the receptor level to activate, antagonize, or allosterically modulate excitatory amino acid neuronal transmission. With his colleagues at Lilly, Dr. Schoepp discovered many novel compounds that entered clinical development for the management of pain, migraine, epilepsy, anxiety, schizophrenia and neurodegenerative diseases. Most recently, his research

has been focused on discovery of receptor agonists, antagonists and modulators, and the role of glutamate regulation in psychiatric illnesses.

Dr. Schoepp received his Bachelor's degree in Pharmacy from North Dakota State University and his doctoral degree in Pharmacology and Toxicology from West Virginia University. He conducted postdoctoral research at the University of Kansas. He is a member of the American College of Neuropsychopharmacology (ACNP).

The call for abstracts for Research Day will be sent out in June and registration to attend the event will begin in September.

psychiatry research fund awards

- **Dr. Jonathan Brake** - “Assessing dialectical behavioural therapy in adolescents with chronic suicidality and non-suicidal self injurious behaviour”
- Ms. Fiona Davidson - “Impact of poor sleep on children’s attention, behaviour, learning, and emotions - Part B: response to and efficacy of stimulant medication”
- **Dr. Aaron Keshen** - “Effectiveness of the ECHOs approach for patients with eating disorders and their carers”
- **Dr. George Robertson** - “Mitochondrial mechanisms in flavonoid-mediated neuroprotection”

summer studentship program

- **Dr. Kathi Pajer** (Ms. Kathleen Cairns) “Diurnal HPA Axis Activity During Pregnancy and Postpartum Depression Symptoms”
 - **Dr. Ben Rusak** (Ms. Jasmine Cunningham) “Assessing the effects of sleep restriction on attentional processes”
 - **Dr. Joel Town** (Mr. David Chafe) “A mediational analysis of patient insight, motivation and arousal in psychotherapy outcome treatment refractory depression: A process-outcome study”
 - **Dr. Gail Eskes** (Ms. Rachel Frank) “Developing a more naturalistic approach to the measurement of attention”
- NOVA SCOTIA PSYCHOSIS RESEARCH UNIT SUMMER STUDENTSHIP**
 - **Dr. Kim Good** (Ms. Ceire Storey) “Functional neuroimaging of the reward pathway in individuals who are about to quit smoking: Dependent smokers who are psychiatrically healthy and early psychosis patients”

Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

meet an educator

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Lara Hazelton**, associate professor in the Department of Psychiatry. If you are interested in being profiled in an upcoming publication, please contact **Ms. Annette Cossar** at Annette.Cossar@cdha.nshealth.ca.

Current education/teaching interests:

My interests in medical education are very diverse, and over the past 14 years I have changed things up repeatedly. I first became involved with medical education through the Department of Psychiatry Undergraduate Education Committee, of which I was a member for 10 years. That committee provided me with insight into how psychiatry fit

in with the rest of the medical school curriculum, and provided me with an ‘entry-level’ academic administration opportunity as Component Head for the Patient-Doctor (now Skilled Clinician) Unit. Over the years, I have been a Problem-based learning (PBL) tutor, a psychotherapy supervisor, an examiner, a mentor, and more. As my career has progressed, I have become more

involved in academic administration and medical education research. My thesis for my Masters of Education looked at how professionalism is taught in Royal College specialties across Canada and I am currently Principal Investigator in a study of remediation in PGME at Dalhousie. Since January 2013, I have been the Director of Faculty Development, Specialist

Focus, for the Dalhousie Faculty of Medicine, a part-time position which involves developing and implementing educational programs to assist all of Dal's med school faculty throughout the Maritimes fulfill their roles as teachers, administrators, and scholars.

Preferred method of teaching or curriculum delivery: I really enjoy one-on-one teaching of elective students, but at the other end of the spectrum, it can be fun to speak to a large room full of people.

A typical "Day in My Work Life": My days vary considerably! For example, my work with the Faculty of Medicine is mostly based out of my office in the Tupper Building, but it can also take me to sites outside Halifax such as Fredericton and Antigonish to facilitate workshops. Of the teaching I do for the Department of Psychiatry, tutoring ProComp I is the biggest commitment. Being based at Cobequid for my clinical work, I try very hard not to book academic work on days when I would have to waste time travelling back and forth to Halifax from Sackville.

The most satisfying and frustrating aspects of academic work: As I

become increasingly involved with education research and program development, I have found it very satisfying to receive grants, conduct research, and to see my articles on appear in the medical education literature. It is also very satisfying when I am able to organize a session or develop a curriculum that is successfully implemented. However, nothing is quite as rewarding as a sincere 'thanks' from a learner. On the other hand, there is nothing as frustrating as trying your best and meeting with indifference or opposition. It has helped me to realize that I will never be able to please everybody, and that the only way to grow is by taking risks.

My education/academic mentor: A great many people influenced me in my career as a medical educator. **Dr. Terry Chisholm** was the person who first invited me to join the Undergraduate Education Committee and stimulated my interest in medical education. **Dr. Pam Forsythe**, DMNB Student Affairs Director, is my 'official' mentor through the Faculty of Medicine, a great choice since she is also a psychiatrist. Like so many in our department, I have fond



memories of Dr. Bill McCormick and his commitment to education. My go-to person for advice and support is **Dr. Cheryl Murphy**, who I would describe as an unofficial peer mentor. This is not a complete list - there are many others!

My second career choice: Believe it or not, I have an engineering diploma from Acadia. But during medical school, I used to dream about dropping out and opening a flower shop.

undergraduate news

During the current academic year, the department was able to accept two-thirds of the undergraduate elective requests received. Unfortunately, one-third of the requests were turned away due to the lack of capacity to accommodate them. We want to highlight the valuable resource our faculty plays as mentors to our students. By building on our current offerings and expanding our elective opportunities,

the department can accommodate more elective learners. In turn, this will encourage and motivate more students to explore a career in psychiatry at Dalhousie. If you are interested in accepting elective students or would like further information about becoming an elective supervisor, please contact **Ms. Mandy Eslinger** at Mandy.Eslinger@cdha.nshealth.ca.

We would like to congratulate Med 2 student, Ms. Tara Riddell, as she is the successful applicant to have her travel costs covered by the Department of Psychiatry to attend the annual Psychiatry Student Interest Group Network (psychSIGN) conference that is held in conjunction each year with American Psychiatric Association conference. The successful applicant for 2013, current Med 2 student Maggie

Moores, will also have her travel costs covered by the Department for this year's conference as she was unable to attend last year. The conference will be held May 2-4, 2014 in New York City.

In June, the next cohort of students from the International Medical University (IMU) in Malaysia have their introduction to Psychiatry via the

Link Program. This program helps to prepare them for entry into Clerkship in September. This year we will receive six students (four IMU and two IMG).

For 2014/15, we are bringing the Cumberland Health Authority in Amherst on as a clerkship rotation site. **Dr. Cheryl Murphy** and Ms. Mandy Esliger completed a successful site visit

in April meeting with **Dr. Elizabeth Lock** and **Dr. Kara MacNeill** who are keen on welcoming clerks to their clinic.

Dr. Cheryl Murphy is now on maternity leave but will continue to cover her director roles during this time. She will return to full time practice in January 2015. We wish her well with her expanding family!

RECRUITING

- Tutors for the IMU Link Program in June 2014 (various dates)
- Med 2 Skilled Clinician tutors for the

first half: Thursdays, Sept. 11, Sept. 18, Sept. 25 and Oct. 2, 2014 from 1:00pm - 5:00pm (eight tutors required, two spares required).

- Please contact Ms. Mandy Esliger to sign up.

postgraduate news

Thank you to all of the faculty and residents that participated in the CaRMS interviews this year, we look forward to welcoming our new residents in July.

New PGY-1s beginning July 1, 2014 are as follows:

Paula Barker	Memorial University of Newfoundland
Ian Mackay	Dalhousie University
Abraham Nunes	University of Alberta
Justin Paradis	Dalhousie University
Joshua George Smalley	McMaster University
Omar Al-Watban	King Saud University (Visa Sponsored Resident)
Michael Wong	Dalhousie University
Olga Yashchuk	Jagiellonian University Medical College

UPCOMING RESIDENT EXAMS

The departmental Annual Clinical Orals will be held on May 29 for the PGY-2 and PGY-3 residents.

The STACER exams for the PGY 4 residents will be held May 30 and June 10.

A big thank you to all of the faculty that have signed up to participate in these exams.

The Royal College exams will be May 12-15. Good luck to the PGY-5s! We will celebrate their achievement on

Friday, June 20 at The Westin Nova Scotian hotel. This year's graduation celebration will coincide with the Department's 65th Anniversary.

ANNOUNCEMENTS

The postgraduate didactic curriculum is under review, prior to the commencement of the next academic season 2014-15. Once the review has been completed, further communication will be circulated to all involved.

continuing education news

RECENT HIGHLIGHTS

XXV W.O. McCormick Academic Day Friday, April 25, 2014

This year's Academic Day was very successful with outstanding presentations from all of our invited speakers and individuals from a wide range of disciplines participating either onsite or by live webcasting. Many thanks to our speakers, members of the planning committee, Department of Psychiatry Education section staff and our sponsors for making this conference such a success. Further details can be found in the cover feature.

The 6th Psychiatry Debate

On April 30 the 6th in our series of Psychiatry Debates was held. The motion debated was "Is the DSM 5 "making" more kids sick?" Many thanks to our debaters **Dr. David Lovas, Dr. Alexa Bagnell, Dr. Jonathan Wan** and **Dr. Alice Aylott** for another lively, entertaining and educational debate.



L-R Drs. Alice Aylott and Alexa Bagnell.



L-R Drs. Jonathan Wan and David Lovas.

University Rounds:

On March 19, 2014 Dr. John Peever PhD, Associate Professor, Department of Cell and Systems Biology, University of Toronto, presented on the topic "The Dark Side of the Brain-Understanding Brain Function in Sleep."

On April 16, 2014 Dr. Alison Steier PhD, Director, Harris Institute Infant & Early Childhood Mental Health Training Institute and Co-Director of Mental Health Services at Southwest Human Development Phoenix, Arizona, presented on the topic "The case for mental health consultation to early care and education providers and a model that works."

UPCOMING CONTINUING EDUCATION EVENTS

Clinical Academic Rounds

May 7	Dr. Patricia Lingley-Pottie & Dr. Patrick McGrath (Child & Adolescent)
May 14	Dr. Marie-Claire Bourque (Resident)
May 28	Dr. Kim Good & Dr. Harry Robertson
June 11	Dr. Ahmed Alwazeer (Child & Adolescent)
June 18	Dr. Claire O'Donovan

Inter-Professional Education

May 6	NURSING: Jane Hughes (Coordinator)
May 13	PSYCHIATRY: Dr. Ezio Dini
May 20	ADDICTIONS SERVICES: Rachel Boehm (Coordinator)
May 27	RECOVERY AND INTEGRATION: Dorothy Edem (Coordinator)
June 3	ACUTE CARE – IN-PATIENT SERVICES: Mayflower Team
June 10	PSYCHIATRY: Dr. Shauna Correia (Resident)
June 17	EAST COAST FORENSIC HOSPITAL: James MacLean (Coordinator)
June 24	Jeopardy

University Rounds

May 21	Dr. Michael Rapoport – University of Toronto
June 4	Dr. Peter Leonard - College of Psychiatrists of Ireland (R.O. Jones Memorial Speaker)



Dr. John Peever



Dr. Alison Steier

Global Psychiatry at Dalhousie

BY MS. SANDRA HENNIGAR, SPECIAL PROJECTS, DALHOUSIE GLOBAL PSYCHIATRY

training project in tobago completed

The Dalhousie team consisting of **Ms. Sandra Hennigar** and Ms. Keltie Donnellan (AVDHA) completed a training project in Tobago in February 2014. Fifty-two staff were trained in



The staff who received their certificates as trainers for Tobago Regional Health Authority with Ms. Keltie Donnellan and Ms. Sandra Hennigar.

the prevention and management of aggression and violence and 10 of those were trained to teach the program, thus creating sustainability within their resource base. Staff trained came predominantly from the inpatient mental health unit, the community-based mental health services, their emergency room and emergency medical services team.

While the project was originally spear-headed by Mental Health Services of the Tobago Regional Health Authority, the core team responsible for working with Dalhousie on the project came to understand the value of the program across a wide range of clinical and support services. As a result, they decided to make the training mandatory

for all staff working within mental health services, all attendants working in the emergency room and all of the emergency medical team staff. Staff working in other clinical inpatient and outpatient services will receive training in de-escalation theory and self-protection skills. All staff will receive an annual recertification update. The program will be managed with their Education Department, who will track the delivery of the program.

Thanks and appreciation to all of the Tobago partners, to the Canadian Training Institute for permission to use the materials and to Annapolis Valley District Health Authority for partnering with Dalhousie in delivering the program.

training to begin in trinidad

Global Psychiatry was approached in the summer of 2013 to submit a proposal for training in the prevention and management of aggression and violence, similar to the training done with the Tobago Regional Health Authority. The proposal was approved by the Trinidad Ministry of Health in December 2013. Ms. Keltie Donnellan and Ms. Sandra Hennigar spent a day with the Ministry of Health staff in February discussing the roll-out of this training in Trinidad. While there, they toured St. Ann's Psychiatric Hospital, a

1,000-bed national psychiatric inpatient hospital serving all of Trinidad and Tobago. They met with wide range of stakeholders, including prison and security staff, as well as staff working within mental health services. They discussed the program and how it could meet their needs. The Trinidad partners are busy with the stakeholders to determine who will benefit from this training. The program will be delivered over the next year with the first training beginning in June 2014.



A portion of the St. Ann's Psychiatric Hospital, built in 1903.

global psychiatry retreat

On March 6 Global Psychiatry held a half-day retreat. The purpose of the retreat was to provide an update to all those who are involved or have been involved with global projects and to determine what comes next. The afternoon was spent hearing about the major projects underway, including the Northwest Territories project and work in the Caribbean and Guyana. This was the first time that many staff who are involved with the NWT were together in one space to hear about each others' experiences. Very positive feedback was received from the session and



The Global Psychiatry team.

Dr. Sonia Chehil and Ms. Sandra Hennigar will continue to work from the outcomes of this session to bring more

information back to the group on some possible next steps for the Global Psychiatry Section.

Report from the Sun Life Financial Chair in Adolescent Mental Health

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

school mental health training in winnipeg, manitoba

In March 2014, the first round of school mental health training was completed in Manitoba in partnership with Healthy Child Manitoba. **Dr. Stan Kutcher** and other members of the Sun Life Financial Chair in Adolescent Mental Health team both facilitated and participated in a week-long collaboration of implementing *The Guide* (a recently developed school-based mental health literacy resource designed to inform junior high and high school curricula) as part of a randomized control trial (RCT) study across the province of Manitoba.

Approximately ten school districts participated over five days of

training. The first and second days of training were administered to four school districts (with a random selection of schools participating as part of the RCT) and teachers/other appropriate providers of the curriculum from each school were in attendance. Approximately 30-40 people participated on each of the first and second day of training, which both had a strong focus on mental health literacy. 'Go-To' teacher training (the second step in the model after a build-up of mental health literacy) was introduced on the second day. This was designed to facilitate early identification in the context of mental health and to increase mental health competency to

equip educators with knowledge of how to link with health providers within or outside the school if necessary.

The third and fourth days were spent with an additional four school districts. There was a strong focus on presenting the challenges and opportunities in school mental health and education about evidence-based programs. Programs that the team has created were also introduced, along with relevant research studies. Participants were mentored on how to select which program is most suitable to each unique school environment and how to ensure that it is evidence-based.

On the final day of training, Dr. Kutcher

delivered a conference-style talk for the After School Network (which operates under the offices of Healthy Child Manitoba). It was titled “Understanding Teen Mental Health” and was administered to after-school support workers.

The school mental health training incorporated a variety of delivery methods and ample opportunity for engagement. The program included PowerPoint presentations, active discussions and conversations, videos, question-and-answer sessions, and

group and table activities. The goal to build and strengthen a partnership for active school mental health training in Manitoba was met.

the somewhere project: art opening

A fine art photography exhibit, called The Somewhere Project by Ms. Stella Ducklow, opened at the NSCC Waterfront Campus Art Gallery on March 21. Ms. Ducklow was the Artist in Residence for the Sun Life Financial Chair in Adolescent Mental Health from 2010-2013. She returned with the goal to drive change in the stigma surrounding mental illness through art. Ms. Ducklow aptly titled the display The Somewhere Project, because of her personal experiences and consistently hearing society say those who have a mental illness should be “put somewhere.”

The display showcases a series of six black and white photographic pieces,



The Somewhere Project by Ms. Stella Ducklow.

each one showing a portrait of a young person next to a photo of a cold, institutional image. The project aims to reduce stigma around mental illness and show that young people with a mental illness are still strong, resilient and capable individuals who do not

belong in an institution or to be “put somewhere.”

The Somewhere Project will be displayed at the NSCC Waterfront Campus Art Gallery until the second week of May.

upcoming events

EMERGENT LEARNING 2014 (APRIL 24 & 25, 2014)

Dr. Stan Kutcher led a session titled “Addressing mental health needs in young people” during the Emergent Learning conference in Halifax on April

24 and 25, 2014. Dr. Kutcher addressed how educators, health providers and the wider community can improve their mental health literacy while helping to

improve the wellness of young people.

For more information about the conference, please visit www.emergent2014.com.

2014 ACADEMY IN MENTAL HEALTH (JULY 10 & 11, 2014)

The Sun Life Financial Chair is pleased to announce that the 4th annual Academy in Mental Health will be held on July 10 and 11 in Halifax. This conference strives towards building knowledge, changing attitudes and

educating on mental health for those working with youth.

Visit teachmentalhealth.org/academy for more information (including to purchase tickets), or contact

info@teenmentalhealth.org for any questions or inquiries.

news from the department

DEPARTMENT OF PSYCHIATRY TEAM AWARDED A GRANT TO ESTABLISH CDRIN MARITIMES DEPRESSION HUB

Faculty members vying for a Canadian Depression Research and Intervention Network (CDRIN) Maritimes Depression Hub were successful in their application and were awarded a grant for its establishment. The Hub will be hosted by the major health providers

in Nova Scotia, with central activities of the Hub to be housed within the integrated facilities and programs of Capital Health, the IWK Health Centre and the Dalhousie University Department of Psychiatry. The CDRIN Maritimes Depression Hub will be a

platform for translational research in depression, with involvement of people with lived experience and two-way communication between research and the clinics.

DR. PHIL TIBBO FEATURED IN NATIONAL POST SPECIAL AWARENESS SECTION ON MENTAL HEALTH

Dr. Phil Tibbo, the Paul Janssen Chair in Psychotic Disorders and the Director of the Nova Scotia Early Psychosis Program, was featured in the March 22 issue of the National Post. The Post, in partnership with Mediaplanet Canada featured a Mental Health cross-media campaign; an 8-page special awareness section.

The campaign is a wonderful spread, to educate on underrepresented mental

health issues that so many Canadians face each day, especially in the workplace.

Ms. Laura Burke, drama therapist with the Nova Scotia Department of Health and Wellness, is also featured.

You can read Dr. Tibbo's piece on early intervention services for psychosis, as well as the rest of the feature by visiting <http://www.mentalhealthnews.ca/>.



DR. RUDOLPH UHER FEATURED IN PSYCHIATRIC NEWS

A meta-analysis published in January by **Dr. Rudolf Uher** and his team was featured in Psychiatric News on psychiatryonline.org, a resource of the American Psychiatric Association. The meta-analysis of familial mental

illness risks shows that children in a family where members have a history of serious mental illness appear to be at elevated risk of developing a mental disorder by the time they are adults. Dr. Uher's work in this area has been

garnering a lot of attention. To read more of this particular article please visit <http://psychnews.psychiatryonline.org/newsarticle.aspx?articleid=1854193>.

NSPA LOBBYING ON PARLIAMENT HILL

The Nova Scotia Psychiatric Association (NSPA) was lobbying on Parliament Hill in April. Under the direction of the Canadian Psychiatric Association (CPA) President, **Dr. Micheal Teehan** and the Board of Directors, the CPA held its first Lobby Day on Parliament Hill. The day was preceded by a briefing on how to lobby and when and why to lobby. The day opened with a breakfast hosted by the Hon. Kelvin K. Ogilvie from The Senate of Canada and was attended by many Senators and Members of Parliament interested in learning more about the CPA and mental health issues. Following this, CPA members had scheduled meetings with MP's discussing issues important to the CPA

and the mental health of Canadians as well as ways to be reciprocally informed and develop new ways to collaborate. The day was a great success and important in setting the course to align efforts synergistically in the future.

NSPA was well represented at the annual meeting with **Dr. Gerald Gray** present as NSPA president and **Dr. Jacqueline Kinley** there as the NSPA representative on the council of provinces.



(L-R) Dr. Jacqueline Kinley, Dr. Michael Teehan and Dr. Gerald Gray.

IWK EATING DISORDERS CLINIC EDUCATES DANCE TEACHERS AND STUDIO DIRECTORS ABOUT EATING DISORDERS

On April 14 the IWK Eating Disorders Clinic, in collaboration with with Dance Nova Scotia, the Eating Disorder Project (Self-Help Connection) and Ballet Jörgen Canada, held a free seminar to educate dance teachers and studio owners on how to prevent eating disorders in young dancers and how to support those suffering with them. **Dr. Joanne Gusella** participated in a panel discussion along with

therapist, choreographer and former company member Kathleen Rea from Ballet Jörgen Canada, and IWK Eating Disorders Clinic pediatrician Dr. Nadia Aumerally. The seminar was very well-received and the hope is that it will become a yearly event.



DR. PIPPA MOSS WORKS ON FUNDAY PEACE FOUNDATION PROJECT IN KENYA

Dr. Pippa Moss spent much of February in Nakuru, Kenya, working in the Fundy Peace Foundation project for which she is responsible. This is where ill children, orphaned and abandoned as a result of AIDs, are cared for. She is delighted to report that all the children are making huge gains, physically and emotionally. The final stage of building the home is

expected to commence this month. On completion, there will be physical space available to bring in more children. The youngest child, Brandon, is nearly ready to have a younger sibling. Brandon was not expected to walk and yet is now running around and kicking a football. He is also starting to talk, having just turned three. This was another

milestone that he was not anticipated to reach.

Dr. Moss also visited a Fundy Peace Foundation project in the Masai Mara for which Dr. Jean Clinton (Ontario) is project lead. This project is helping to keep girls in school and encouraging junior high and high school education

for the children with the top marks on finishing year eight. Work is also starting with the school on reducing the societal acceptance of the illegal, but frequent, practices of sexual assault, child brides and female genital mutilation. So far four children have been supported to go on to further education, two girls

and two boys, and sanitary supplies, toothbrushes and toothpaste have been provided to the school (the latter to all children). Form 8 girls have been boarding at the school for the past few months and this protection has been recently extended to Form 7 girls, thus avoiding the likelihood of sexual assault

on the way to and from school. There is no dormitory as yet, just mattresses on the floor. Many children do not attend school at all, and there is no room in the school for more students, or teachers to teach them. Class sizes are at about 90 to 100, so there is plenty of work to do!



Left (L-R): Erik, Phyllis and Brandon, children benefitting from the Fundy Peace Foundation Project. Right: Dr. Moss delivering sanitary supplies to the girls (wearing a Masai blanket that she had been given by the girls).

DR. DAVID HEALY: VISITING PROFESSOR IN MEDICAL CITIZENSHIP

On March 28 residents and faculty in the Department of Psychiatry met at the Abbie Lane to hear a presentation by Dr. Ron Fraser, followed by a panel discussion with **Drs. Fraser, Philip Mills** and David Healy. Dr. Fraser spoke candidly of the challenges he faced as Clinical Academic Leader in the Addictions program in operating within federal and provincial legislative requirements and obtaining satisfactory resources for the care of people with addictions. There was lively participation from the audience, and an enjoyable reception followed.



Dr. Ron Fraser



Drs. David Healy and Philip Mills

staff and faculty changes

Dr. Mahmoud Awara has joined the department as an Associate Professor effective April 1, 2014. Dr. Awara's office is located at Simpson Landing, where he can be reached at 902-464-6068 and at the Dartmouth Hub, where he can be reached at 902-464-3588. He can be contacted by email at Mahmoud.Awara@cdha.nshealth.ca.

Ms. Carrie Wipp has been appointed Postgraduate Coordinator in the Department of Psychiatry, effective March 18, 2014. Carrie was the successful candidate in the recent competition. She is a familiar face to most and will bring her experience of over six years to the position. Carrie had just returned to the Education Section from her maternity leave. Carrie's primary responsibilities will include support to the Postgraduate Director, residents and training program; coordination of curriculum delivery and evaluation processes; and provision of

support to the psychotherapy training program. As Carrie has had the opportunity to carry out this role in the past, the transition should be seamless for all. She can be reached by email at Carrie.Wipp@cdha.nshealth.ca or by phone at 902-473-7122.

Dr. Sonia Chehil has recently taken over the position of Clinical Academic Leader at the Bayers Road Clinic. She replaces Dr. Doug Maynes, who very ably held the position since 2011.

Dr. Mark Bosma has been appointed as Director of Postgraduate Education effective July 1, 2014. Dr. Bosma will step down from his current position as Associate Director of Postgraduate Education on June 30, 2014.

Dr. Bosma will take over from **Dr. Malgorzata Rajda**, who led our Postgraduate Education Program since 2005. During Dr. Rajda's tenure, the program prospered, and achieved

full Royal College accreditation with the support of the resident group, faculty and affiliated mental health professionals. Our deepest gratitude goes to Dr. Rajda for her many years of service. We are certain Dr. Bosma will show the same dedication and will bring with him the enthusiasm and innovation he has shown in working to develop the fellowship and sub-specialty residency programs as well as fostering the PGY-1 program for our trainees.

Congratulations to Dr. Bosma on his new role! We very much look forward to having him taking over the leadership of our Postgraduate Education Program.

congratulations

DR. MARIE-CLAIRE BOURQUE SELECTED AS MINORITY LEADERSHIP FELLOW



Congratulations to resident **Dr. Marie-Claire Bourque** who was chosen by a selection committee for the APA Minority Fellowships to participate in the fellowships as a Minority Leadership fellow for the academic year beginning in July 2014. The two-year fellowship offers her travel funds, mentorship, leadership training and other opportunities to grow as a leader in

psychiatry. The first face-to-face meeting Dr. Bourque will participate in will be during the APA September Council Meetings, September 10-13, 2014 in Crystal City, VA. She will also be provided funding to attend the 2015 APA Annual Meeting in Toronto, Canada, May 16-20, 2015, and the APA Annual Meeting in 2016. Congratulations to Dr. Bourque – well deserved!

DR. KATHLEEN PAJER AWARDED TRIC GRANT

The QEII Foundation and IWK Foundation's new Transforming Research into Care (TRIC) grant recipients were announced late



February and we would like to congratulate **Dr. Kathleen Pajer** for her successfully funded project "Transforming the emergency mental health service at the IWK: preparing for an evidence-based prospective evaluation."

TRIC grants are the result of a partnership between Capital Health and the IWK Health Centre, funded by the QEII Foundation and the IWK Foundation. The grants are awarded to successful teams of researchers and

administrators who propose ideas that will fuel direct and positive changes for health care. These ideas include better patient outcomes, reduced wait times and improved access to care. What makes the granting model unique is the team has to implement a solution together, making the approach among the first of its kind in Canada.

Congratulations to Dr. Pajer!

IT'S A BOY FOR BOTH DRs. CHERYL MURPHY AND SABINA NAGPAL

Congratulations to **Drs. Cheryl Murphy** and **Sabina Nagpal** as they both recently welcomed a son into the world!

Dr. Nagpal welcomed Devick Zain Mammen on March 7 at 1:40 pm,

weighing in at 7lbs 2 oz. We wish her and her family all the best!

Baby Emmett arrived safe and sound to Dr. Murphy on April 17 at 8:28 am, weighing in at 7lbs 14 oz. Both mom

and baby are doing well.

Congratulations again to Drs. Nagpal and Murphy on their new additions!

announcements

DEPARTMENT OF PSYCHIATRY 65TH ANNIVERSARY CELEBRATIONS

On June 20 faculty, fellows, residents and staff in the Department of Psychiatry are invited to celebrate 65 years of excellence in education and research. Beginning at 9 am, join us at the Westin Nova Scotian Hotel in Halifax

for the *Department of Psychiatry: Past, Present and Future*, an educational event featuring current and past faculty members. Mid-afternoon we'll gather on the Harbour Queen for some canapés and mingling as we take in the sites of

Halifax from the sea! Finally, everyone will be invited to the annual graduation dinner, also held at the Westin. Look for your formal invitation and don't forget to register. Full details will be available in the invitation.

Humanities Corner

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

In the last issue of *Headlines* we featured one of the winners from our annual Student Writing Competition, Alim Nagji. In this issue we feature an excerpt from *EtOH*, Sophie Palmer's

winning entry in the medical student category. Sophie is a medical student at Queen's University. To read her full submission please visit [http://www.medicine.dal.ca/content/dam/](http://www.medicine.dal.ca/content/dam/dalhousie/pdf/faculty/medicine/departments/department-sites/psychiatry/EtOH.pdf)

[dalhousie/pdf/faculty/medicine/departments/department-sites/psychiatry/EtOH.pdf](http://www.medicine.dal.ca/content/dam/dalhousie/pdf/faculty/medicine/departments/department-sites/psychiatry/EtOH.pdf).

ETOH

Dad,
when J. was five, you forgot him at soccer
unknown until halfway through the game
J. had a stomach bug
and was later found
vomiting
nearby in the woods
by some other kid's mom

No one knew where you had gone
(drinking from the River Lethe).

By the time I was eight
I knew never to ask
to take
take without asking
a sip from your
water bottle/orange juice/coke
even at midday
because it was spiked
(often I have smiled at that word
because it's what you called me as a baby
when my hair stuck up all funny)
I think I would prefer to hear "spired"
in addition to also being sharp
spires were made to reach to the heavens

You were busy getting to a place you thought was better than here

You would have remembered though, dad,
how mom left when I was nine
right after she threw a bottle of tabasco sauce
at your head
which hit the wall and exploded;
you would have remembered
how we were still cleaning tabasco sauce splatter
off the ceiling, seven years later, when we sold
that house, sometimes home

To read more visit our website

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND LECTURER



Sunrise in Trivandrum, India

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 4, 2014, with the deadline for submissions to be June 13, 2014.

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

UPCOMING AWARD DEADLINES

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

Granting Body: **Royal College of Physicians and Surgeons of Canada**

- Donald Richards Wilson Award (Aug. 30)
- Royal College Teasdale-Corti Humanitarian Award (Aug. 30)

Granting Body: **Gairdner**

- Canada Gairdner Wightman Award (Oct. 1)

Granting Body: **Department of Psychiatry, Dalhousie**

- Outstanding Clinician Award (Sept. 30)

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