

# HEADLINES

*News from the Department of Psychiatry at Dalhousie University*

FEATURE ► COVER STORY

## A change of command

*Dr. Rachel Morehouse steps down as Head of Department of Psychiatry in Saint John*

On Jan. 1, 2015, **Dr. Rachel Morehouse** stepped down as Academic/Clinical Head of the Department of Psychiatry in Saint John, opening the door for new opportunities and challenges.

Dr. Morehouse began her journey with the Department of Psychiatry as a resident in 1983. "She was one of our most outstanding residents," recalls **Dr.**

**Alistair Munro**, who worked closely with Dr. Morehouse during her residency and early career at the Abbie J. Lane. After residency she traveled to Southern California to complete a fellowship in sleep medicine. "She became passionate about both clinical and research aspects of the field," says Dr. Sonia Ancoli-Israel, Professor Emeritus of Psychiatry and Medicine at the University of Southern California, San Diego (UCSD), Director of the Gillin Sleep and Chronomedicine Research Center and also Director



**Dr. Rachel Morehouse**

of Education, UCSD Sleep Medicine Center. "Rachel always had a very positive attitude" she recalls, "and while I taught her about sleep medicine, she taught me about psychiatry."

Upon her return to Halifax Dr. Morehouse found herself learning to develop and nurture a healthcare team that would become the Sleep Centre at the QEII.

**Dr. Margaret Rajda**, current Director of Education in the department, was lucky enough to be chosen by Dr. Morehouse for a fellowship in sleep medicine. They worked closely together during 1997 and 1998. Dr. Rajda recalls that Dr. Morehouse was "a great mentor, very supportive and encouraging. She was always most interested in research and pushed research in the department at a time when there was little support for such fringe interests."

Dr. Morehouse admits that initially she wasn't interested

in research, but she was encouraged by her mentors in California to pursue it. Her biggest research project was work done in Halifax, heavily influenced and assisted by Dr. Roseanne Armitage, a professor

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## Message from the Head

Our cover pays homage to **Dr. Rachel Morehouse**, who has made a major contribution in leading the Department of Psychiatry in Saint John for some 14 years. Saint John has an excellent reputation as a valued training ground for residents and medical students. Among other things, the membership of the department increased in size by some 50 per cent during Dr. Morehouse's tenure as department head. Another important development during these years was the commencement of the Dalhousie undergraduate program in medicine in New Brunswick. We thank Dr. Morehouse and wish her well in the next stage of her career.

**Dr. Aileen Brunet** is the focus of this issue's "Meet an Educator." We are very fortunate to have a number of dedicated and sophisticated teachers like Dr. Brunet, who have the vocation to teach and provide leadership to curriculum design and delivery. For many years, Dalhousie medical students have consistently scored at the top in the psychiatry component of the LMCC Part 1 examinations, and 2014 was no exception – the Dalhousie students were above the average of their Canadian colleagues, and also performed better than in any subject area at our medical school. Congratulations to our teachers!

Congratulations also to **Ms. Annette Cossar**, our Education Administrator, who reached her 30-year milestone with Dalhousie on April 1.

We extend a warm welcome to Dr. Josh Green, who transferred to our current PGY-1 group this spring; to the PGY-1 residents who will be starting in July: Drs. Laura Downing, Nadia



Dr. Nick Delva

Hassanali, Matthew Havenga, Melissa Lahti, Alexandra Manning, and Crystal Zhou; and to Dr. Kerry Murray, who will be joining us as a PGY-2 in July.

We bid farewell to **Drs. Lorraine Lazier, Pamela Mosher, Kene Ezeibe**, and **Abigail Ortiz**, and thank them all for their contributions to the department. We will also be saying "goodbye" to two of our graduating residents, **Drs. Rachel Bell** and **Vanessa Thoo**, who together with **Dr. Jacob Cookey**, have also contributed greatly to the department during their residencies. Dr. Cookey will be staying on as a member of our faculty.

Our global psychiatry section continues to undergo evolution. The Dalhousie-NWT Partnership drew to a close on March 31, 2015, and as mentioned in the article by Ms. Sandra Hennigar, members of the global section are now turning our attention to areas much closer to home.

The article by PGY-4 resident, **Dr. Anita Hickey**, reminds us of the importance of attention to our use of language, which can be potentially stigmatizing without our awareness of such. Thus "living with" an illness may at times be more suitable than "suffering from" a condition, which is not to say that the awareness and

*[Continued on page 3]*



## Rachel Morehouse *continued from page 1*

and sleep researcher working at the University of Texas Southwestern, and **Dr. Stan Kutcher**. Together they were able to identify the future likelihood of depression in a group of teenage girls at risk – based on the microarchitecture of their sleep. “It was seriously cool stuff,” says Dr. Morehouse. “The study would be very difficult to do on a large clinical sample, but it certainly has implications for the heritability of depression in women.”

After 10 years she made the decision to return to her home in New Brunswick. Here she established a second Sleep Centre and was soon appointed as Head of the Department of Psychiatry. Dr. Glendon Sullivan, now Deputy Director of the Atlantic Sleep Centre at the Saint John Regional Hospital, has worked with Dr. Morehouse since the early 2000s and says working with her is like a breath of fresh air. “She thinks out of the box and is never afraid to get things done. She is both easy going and intense. She has courage in both the professional and personal arenas,” he says. “She is a master at delegation and negotiation. She constantly expands her education not only in medicine, but in management. She has been an excellent leader both for the psychiatry department and sleep lab.”

Dr. Morehouse says that over the years the biggest challenge she has faced is continuous re-tooling. She says she first set out to learn about psychiatry and how to be a good psychiatrist. Then as a junior faculty

member she found she needed to learn how to teach, and then later she needed to learn how to do research. As the Head of the department she had to learn about administration. To help her along the way she credits a lot of great teachers and mentors, mentioning former department members Drs. Ben Doane, Sol and Doris Hirsch, Charles David, and of course Dr. W.O. (Bill) McCormick, particularly. “Dr. McCormick went to bat for me when I decided to switch residency tracks from neurology to psychiatry,” she says. “He was an excellent Residency Training Director who fully supported me through serious illness and my decision to seek fellowship training in (what was then) an obscure subspecialty – sleep medicine.” She says she would be remiss if she didn’t mention other mentors who she worked with during the course of her subspecialty training and early on in her research career. They include Drs. Chris Gillin, Sonia Ancoli-Israel and Roseanne Armitage. She was also fortunate to have several mentors at the Saint John Regional Hospital, especially for guidance in administrative matters, including the former CEO, Dora Nicinski.

Dr. Morehouse has had a diverse career, with experience in a multitude of areas of healthcare. She admits however, that her clinical work has been the most rewarding. “I believe that it is such an honour to be a physician and to be a psychiatrist,” she says. “Patients talk about their innermost fears, their worst fantasies,

their secret desires, their pain – and when I can help them – wow.” She says patients in the sleep clinic have often commented on her ability to listen and the ease with which they can talk to her, frequently stating “you should be a psychiatrist!” “When I hear this,” she says, “it reaffirms that I am doing something right.”

In her role as Head of the Department of Psychiatry in Saint John, she has left big shoes to fill. **Dr. Kehinde Aladetoyinbo**, who has assumed the role, does not take this lightly. “The department made great strides during her tenure as Head,” he says. “As a department, our capacity to deliver clinical care for our patients in different subspecialties of psychiatry and our capacity to contribute significantly to medical education and research have both increased during her tenure. As a department, we will work collectively to enhance these strengths in the years ahead.”

What’s next for Dr. Morehouse? She is content with the unknown. “I’m open to opportunities,” she says. She will continue as the medical director for the Sleep Centre, as well as working with the consultation/liaison psychiatry team, and teaching for the department in New Brunswick. She has various speaking commitments in 2015 and will continue work with the Canadian Psychiatric Association. She would like to explore the humanities and is interested in music and writing. “Life is good and I try to always look forward because I don’t know what door will open or what the next chapter will look like.”

## Message from the Head *continued from page 2*

appropriate acknowledgment of suffering is ever to be omitted, as the relief of suffering is one of our main tasks. Some illnesses, as Oliver

Sacks has pointed out in his writings, can actually be seen as gifts.

In closing, I’d like to thank **Dr.**

**Shabbir Amanullah** for his latest photograph, a delicate view of one of the striking things that happen to the moon.



# Research Report

BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

## Research Day 2015

This year Research Day will be held on October 23 and we are pleased to announce that the keynote speaker will be Dr. Zafiris Jeffrey Daskalakis, Chief of Mood and Anxiety and Head of the Temerty Centre for Therapeutic Brain Intervention at the Centre for Addiction and Mental Health (CAMH), and Professor of Psychiatry at the University of Toronto.

Dr. Zafiris J. Daskalakis was born and raised in Toronto and completed his medical training at Queen's University. He entered residency training in Psychiatry at the University of Toronto. While still a resident Dr. Daskalakis began graduate studies at the Institute of Medical Science at the University of Toronto, supervised by Drs. Shitij Kapur (Imaging/Psychiatry) and Robert Chen (Neurophysiology).

He completed fellowship training and his PhD in 2002 and began working at the University of Toronto. He holds the Temerty Chair in Therapeutic Brain Intervention at CAMH. With an expertise in the neurophysiology of severe psychiatric disorders, Dr. Daskalakis's laboratory uses magnetic brain stimulation to study the role of cortical inhibition and plasticity as potential pathophysiological mechanisms in schizophrenia, depression and obsessive compulsive disorder. Dr. Daskalakis also conducts treatment studies using repetitive transcranial magnetic brain stimulation (rTMS) and magnetic seizure therapy (MST) for refractory symptoms in these disorders. He has been a NARSAD (Brain and Behaviour

Research Foundation) Lieber Young Investigator, a NARSAD Independent Investigator and holds or has held CIHR, Ontario Mental Health Foundation and Brain Canada operating awards. He has also been awarded the Samarthji Lal Award in Mental Health Research from the Graham Boeckh Foundation. He has over 200 peer-reviewed publications, books and book chapters in prestigious journals such as the Archives of General Psychiatry, Brain and the American Journal of Psychiatry and is an editorial board member for Biological Psychiatry.

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. Amanda Hudson (**Dr. Sherry Stewart**) – "Examining mood, drinking motive, and alcohol use over the menstrual cycle."
- Dr. Patrick McGrath – "Parents preventing alcohol problems in adolescents: an interactive, personalized, personality targeted, evidence based skills program for parents."
- Dr. George Robertson – "Equepa: a novel therapeutic approach for stroke."

- Dr. David Whitehorn – "The experience of mindfulness and recovery: a qualitative study."

### SUMMER STUDENTSHIP PROGRAM

- Dr. Joel Town (Marc Brousseau) "Halifax Somatic Symptom pilot project: measuring treatment adherence and predicting change in symptom distress."
- Dr. Cindy Calkin (Kathleen Cairns) "Treating insulin resistance as a strategy to improve outcome in refractory bipolar disorder: a randomized, double-blind, placebo-

control study of the efficacy of metformin in patients with insulin resistance and non-remitting bipolar disorder."

- Dr. Sherry Stewart (Megan Cowie) "Investigating automatic approach bias toward gambling stimuli in problem gamblers."

### NOVA SCOTIA PSYCHOSIS RESEARCH UNIT SUMMER STUDENTSHIP

- Dr. Phil Tibbo (Madison Holmans) "Gender and cannabis use influences on outcome measures in early phase psychosis."



# Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

## meet an educator: dr. aileen brunet

*Meet an Educator* is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Aileen Brunet** assistant professor in the Department of Psychiatry and Clinical Director of the East Coast Forensic Hospital. If you are interested in being profiled in an upcoming publication, please contact **Ms. Annette Cossar** at [Annette.Cossar@nshealth.ca](mailto:Annette.Cossar@nshealth.ca).

### **Current education/teaching**

**interests:** Currently I am the psychiatry component head for the Med-2 neurosciences course, so this means I organize lectures, do some lecture delivery myself, develop exam questions and provide organizational/administrative support to the psychiatry portion of the course. I'm also involved in the LINK program at Dalhousie, a program for international medical students from the University of Malaysia. I'm part of the summer program to help prepare them for their third year of medical school here at Dal. I give one or two lectures, contribute administratively and am involved in working with the students on their clinical skills. Beyond these duties I am a preceptor for clerks and psychiatry residents, and I have also acted as a fellowship supervisor and had longitudinal elective students.

### **Preferred method of teaching**

**or curriculum delivery:** I really prefer teaching in a clinical setting with a small number of students. I like teaching interview skills, giving feedback and seeing students improve over time. Because I enjoy my own speciality so much, I also enjoy any sort of teaching around forensic psychiatry. I really do, however, enjoy the personal approach as opposed to lecturing.



Dr. Aileen Brunet

**A typical 'day in my work life':** I usually get up around 4:30 a.m. to have some quiet time before my

day starts. I catch up on emails, review documents, work on cases and prepare for the day. I have a



lot of flexibility in how I spend my time, but often my days are filled with administrative meetings related to my position as Clinical Director of the East Coast Forensic Hospital and clinical team meetings. Because of the nature of the work, crisis situations often arise and need to be dealt with. If I have students there will be teaching involved. The rest of my time I spend seeing patients. It's also rare that I don't do some work in the evenings.

**The most satisfying aspects of academic work:** The most satisfying thing about doing academic work is when I can have a longitudinal experience with a learner and see them progress in their knowledge, interview skills, comfort in dealing with patients, and in their ability to self-assess. I am often seeing patients who are dangerous and/or have committed serious crimes and it is important that the students see the humanity in these people, in a way

that is free of the bias that they might normally hold. Seeing this unfold is a very satisfying experience. Also in this line of work you don't often get appreciation from the patients, so having students recognize that you have taught them something is another aspect I find satisfying.

**The most frustrating aspects of academic work:** The frustrating part of academic work relates to how large the system is. Sometimes you feel disconnected and don't know where your part fits into the whole, either because people don't tell you, or because it's too difficult to figure out.

**My education/academic mentor(s):** From a forensic psychiatry perspective, my mentor would be Dr. Philip Klassen. He was my supervisor through 18 months of residency and my two-year fellowship. He had a very thorough, rigorous and practical style. I modeled my approach after his and I still do today.

From an academic perspective I would say my mentor was Dr. David Goldbloom. I had him as a supervisor in my first year of psychiatry residency. He was a fabulous supervisor on every level and was very supportive and encouraging. He provided guidance and advice while I tried to develop the academic side of being a psychiatrist. He encouraged me to teach and develop those interests.

**Second career choice:** Originally I wanted to be a vet. When I didn't get into veterinary college I continued at university and developed an interest in abnormal psychology and why people do things. This in turn sparked my interest in psychiatry. I had always had an interest in true crime and serial killers and decided I would go to medical school and study forensic psychiatry. I had neurology as a back-up plan, and if medical school didn't work out I was going to pursue neuropsychology.

## undergraduate news

We would like to congratulate Med 2 student, Ms. Amy Gough, who 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 conference will be held May 15–17, 2015 in Toronto.

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 seven students (five IMU and two IMG).



## postgraduate news

### CARMS 2015

Thank you to all of the faculty and residents who made our CaRMS recruitment activities such a tremendous success this year. We look forward to welcoming our new residents in July.

New PGY-1s beginning July 1, 2015 are as follows:

- Laura Downing, Memorial University of Newfoundland
- Nadia Hassanali, Trinity College Dublin School of Medicine
- Matthew Havenga, Dalhousie University
- Melissa Lahti, Dalhousie University
- Alexandra Manning, Dalhousie University
- Katherine Radchuck, Dalhousie University
- Crystal Zhou, University of Alberta
- Kerry Murray, DND, Ontario, joining PGY 2

It is also important to mention that Josh Green has transferred into the program from Internal Medicine as of April 1, 2015, joining our current PGY 1's. Welcome to all our new residents!

### UPCOMING RESIDENT EXAMS

The departmental orals will be held on April 23 for the PGY-2s and April 30 for the PGY-3s.

The STACER exams for the PGY-4s will take place on May 1 and May 21.

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

The Royal College exams will be May 11-13. Good luck to the PGY-5s! We will celebrate their achievement at this year's graduation celebration on Friday, June 5 at The Prince George Hotel.

## continuing education news

### RECENT HIGHLIGHTS

#### XXVI W.O. McCormick Academic Day Friday, April 24, 2015

This year's Academic Day on the theme "Emergency Psychiatry" was very successful with outstanding presentations from all of our invited speakers and more than 225 individuals participating.

Chaired by **Dr. Heather Milliken**, the morning session started with a presentation on "What is Emergency Psychiatry" given by **Dr. Tom MacKay**. This was followed by the presentation "When does an Adverse Drug Event Become an Emergency" by keynote speaker Dr. Peter Zed. **Drs. Andrew Harris** and **Suzanne Zinck** rounded out the morning session with presentations on "Delirium: Recognizing and Managing the Signs and Symptoms" and "The Suicidal Adolescent" consecutively.

**Dr. Curt Peters** chaired the afternoon session, which began with keynote speaker Dr. Sophie Gosselin presenting on "The Toxic Effects of Illicit Drug Use." This was followed by a presentation by family support worker Patricia Cosgrove speaking on "A Dialogue about a Family Member's Experience with Mental Health Emergency Services," Peter C. highlighting the strengths and weaknesses of current psychiatric emergency services from a family member's perspective, and finally **Dr. Aileen Brunet** presenting on "Violence Risk Assessment: A Practical Guide for Mental Health Clinicians."



Clockwise from left: Drs. Andrew Harris, Suzanne Zinck, Peter Zed, Ms. Patricia Cosgrove, Drs. Nick Delva, Curt Peters, Sophie Gosselin, Mr. Peter C. and Dr. Heather Milliken.

Many thanks to our speakers, members of the planning committee, Department of Psychiatry education section staff and our sponsors for making this conference a huge success. Copies of the speakers' presentations are available at the Department of Psychiatry website [www.psych.dal.ca](http://www.psych.dal.ca).



## University Rounds

The March 18 University Rounds speaker had to be cancelled due to the weather and has been rescheduled to June 24.

On April 15 Dr. Judith Davidson, Clinical Psychologist and Sleep Researcher, Queen's University, presented on the topic "Taming

the Restless Pillow with Cognitive Behavioural Therapy for Insomnia: (CBT-I)." This was followed by a very successful one-day workshop on April 16, with Dr. Davidson providing skills training in CBT-I to approximately 25 faculty members and Addictions and Mental Health Program clinicians.



Dr. Judith Davidson

## UPCOMING CONTINUING EDUCATION EVENTS

### Clinical Academic Rounds

May 27	Clinical Academic Rounds: <b>Dr. Margaret Rajda</b>
June 3	Child & Adolescent Rounds: <b>Dr. Alexa Bagnell</b>
June 17	Neuroscience Jeopardy: <b>Drs. Jacob Cookey, Michael Butterfield and David Lovas</b>

### University Rounds

May 13	University Rounds: Dr. Scott Stuart
June 10	R.O. Jones Memorial Lecture: Dr. Anne Bassett
June 24	University rounds: Dr. Kenneth Le Clair

# Global Psychiatry at Dalhousie

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

The Global Psychiatry section of the Department of Psychiatry "works with partners to transform and advance mental health in the global community, through innovative, sustainable and integrated solutions." The mandate is organized under the following four pillars:

- Promoting and advocating for social policy
- Developing and delivering education and training
- Strengthening research
- Developing and delivering clinical care

We recognize that health is central to socioeconomic development and without health, development cannot occur. We also seek social justice looking for opportunities for equality and inclusion for those with mental illnesses. Leadership development is required at all levels of society to support sustainability. Success requires multidisciplinary, cross-sector, local, national and international collaboration. We strive for innovative approaches that respond to issues in places and times of limited resources.

Our current work has focused primarily on development projects in the Caribbean, with the exception of the past N.W.T. partnership. We are currently working in partnership with Trinidad, completing a project later this year. We have several outstanding proposals for training with the government in Trinidad, but as with any international development, submitting proposals and waiting for responses from government ministries is very time-consuming. We recognize that not all global health activities must occur



internationally or even at the national level. There are many opportunities for the division to engage with local groups to address issues of equity as it relates to access to services, policy

development or advocacy across the health continuum, including mental health. Moving forward, in addition to continuing to welcome national and international calls for assistance, we

will spend time gathering information to determine where some potential opportunities exist at the local level.

# Child and Adolescent Psychiatry

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

## FACULTY CHANGES

**Dr. Lorraine Lazier** has left the department, effective March 31. Dr. Lazier worked part time with child and adolescent psychiatry since 2005, based at the East Hants clinic.

**Dr. Pam Mosher** has left the department, effective April 10. Dr. Mosher joined the child and adolescent team in December 2012 part-time. She was also working as a palliative care pediatrician.

**Dr. Kene Ezeibe** will be leaving the child and adolescent division at the end of May. Dr. Ezeibe joined the team in September 2013 and has been working as a community mental health physician in Sackville.

We wish Drs. Lazier, Mosher and Ezeibe all the best in their future endeavors.

## NEWS FROM THE DIVISION

On March 16 **Dr. Alexa Bagnell** received a CIHR Operating Grant to build and test a mobile CBT app for clinicians and youth as a co-principal investigator. The grant is

titled: "Knowledge to Action in Mental Health Care: Mobile Ecological Momentary Intervention (mobile EMI) to Help Adolescents Adhere to Evidence-Based Treatment for their Anxiety Disorder," with a value of \$100,000.

**Dr. Selene Etches** presented "Adolescent Substance Use Disorders" to the Atlantic Pain Mentorship Network on March 6.

**Dr. Lukas Propper** published two book chapters in Czech. Both chapters were focused on childhood Autism.

## CHANGE OF EMAIL

Please update your contact lists: Ms. Michelle Patenaude has changed her surname from Patenaude to LeBlanc. Her new email is [michelle.leblanc@iwk.nshealth.ca](mailto:michelle.leblanc@iwk.nshealth.ca).



Child and adolescent team members gather to wish Dr. Pam Mosher well. Back Row: Drs. Jonathan Brake, Anett Bessenyei, Normand Carrey, David Lovas, Selene Etches, Pam Mosher, Suzanne Zinck, Lukas Propper, Jerry Gray, Aidan Stokes, Ahmed Alwazeer. Front Row: Drs. Jose Mejia, Sabina Abidi, Alexa Bagnell, Herb Orlik and Ms. Michelle LeBlanc.



# Report from the Sun Life Financial Chair in Adolescent Mental Health

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

## NATIONAL PRE-SERVICE TEACHER EDUCATION MENTAL HEALTH LITERACY CURRICULUM RESOURCE

The Sun Life Financial Chair in Adolescent Mental Health team, led by **Dr. Stan Kutcher**, is working hard to improve mental health literacy across Canada. Their recent focus has been the development of a pre-service teacher mental health literacy curriculum resource, in partnership with faculties of education at the University of British Columbia, University of Western Ontario, and St. Francis Xavier University.

Although 70 per cent of mental illnesses start before age 25, and one in five youth will experience a mental illness in their lifetime, understanding mental health is an ongoing challenge. Educators who interact with youth on a daily basis often lack the basic knowledge and skills necessary to recognize and understand mental illness, and have repeatedly expressed concern regarding inadequate educational foundations in mental health literacy. This education gap has resulted in teachers entering the workforce with an insufficient ability to understand the mental health challenges of their students – something they ultimately face on a daily basis. Dr. Kutcher believes that pre-service teachers who are mental health literate will be better prepared for their careers.



Pre-service teacher curriculum development group, who convened together in Halifax on April 20 and 21.

There have been many steps in the curriculum development process. In 2014, the team completed a national scoping exercise, which was used to determine how faculties of education in Canada are currently addressing mental health literacy. From there, a needs assessment was conducted with more than 30 educational institutions and organizations across the country, ensuring the curriculum resource would be beneficial to those who intend on using it. Each of these institutions and organizations also form the Participant Observer network and have been invited to provide feedback on the curriculum once it is developed. The team and its partners are now beginning the process of compiling evidence-based materials and beginning to write the resource. To date, the project has received an overwhelmingly positive response, with one Dean of Education noting that this curriculum resource would

be “a timely and critical piece in teacher preparation.”

The development of the pre-service teacher education curriculum resource will help develop, foster and enhance mental health literacy. It will enable better understanding of mental health problems and disorders, help decrease stigma surrounding mental health, aid in the understanding of best practices for support and treatment, and encourage the development of positive mental health strategies. It also gives teachers the necessary literacy to foster positive mental health initiatives in schools, create safe and supportive environments for their students, and aid in mental health promotion and prevention, ultimately transitioning the school setting to be part of a comprehensive pathway to mental health care access and support for youth.



## news from the department

### DALHOUSIE PSYCHIATRY-NWT PARTNERSHIP DISSOLVED

The partnership between the Department of Psychiatry at Dalhousie and the Stanton Territorial Health Authority in the Northwest Territories has come to an end. The partnership was established in 2012 and has seen department faculty travel to various areas in the NWT providing inpatient care and working in travel clinics in Hay River and

Fort Smith. When physicians were not onsite, they provided telehealth consultations to patients there, giving access to a psychiatrist to a population facing trauma, significant alcohol issues and drug addictions, high crime rates, isolation, and high rates of suicide.

Though the NWT was pleased with the partnership and has seen an

improvement in the state of mental healthcare since its inception, a mix of limited finances and the apparent availability of psychiatrists who might like to move to the area prompted their decision to end the partnership. Thank you to all those in the department who have been involved and made the partnership a success.

### DR. CHRISTINE CHAMBERS NEW SITE LEAD FOR CCHCSP PROGRAM



Dr. Christine Chambers

On June 1 **Dr. Christine Chambers** will take over the role of site leader for the Canadian Child Health Clinician Scientist Program (CCHCSP) <http://cchcsp.ca>, a program based out of Sick Kids that provides support for highly qualified child health clinician candidates to develop knowledge and skills for a career as an independent scientist in child health research. Trainees engage in research training and a core curriculum in one of the participating Child Health Research Training Centres of the CCHCSP. Various funding opportunities are available including predoctoral awards, postdoctoral awards, and career development awards for new

faculty. The IWK/Dal is fortunate to be a one of the core training sites in the CCHCSP program.

Dr. Chambers is interested in connecting with residents, fellows, and early career faculty engaged or interested in child health research to participate in the curriculum at the IWK next year, and also potentially apply for some of their excellent funding.

Should you have any interest, or know someone who might, please contact Dr. Chambers at [Christine.Chambers@dal.ca](mailto:Christine.Chambers@dal.ca).



## awards & honours

### MS. ANNETTE COSSAR CELEBRATES 30 YEARS WITH DALHOUSIE

Congratulations to **Ms. Annette Cossar** who celebrated 30 years of employment at Dalhousie University on April 1, 2015. Annette is the education administrator in our department. She came to the

Department of Psychiatry in 1992 after spending four years as an administrative coordinator in the Dean's Office in the Faculty of Science. Prior to this she spent three years as the graduate student

coordinator in the Department of Chemistry. We are so fortunate to have her with us. Congratulations again, Annette!

### DR. GRAINNE NEILSON SUCCESSFULLY COMPLETES SUBSPECIALTY EXAM

Congratulations to **Dr. Grainne Neilson** who successfully completed her subspecialty certification in

forensic psychiatry from the Royal College of Physicians and Surgeons of Canada. With this achievement,

all department members specializing in forensic psychiatry are fully Royal College qualified.

## Resident Reflection

BY DR. ANITA HICKEY, PGY-4

### stigma in mental health care: a moment of self-reflection

#### **"I CAN'T MAKE UP MY MIND TODAY, I'M BEING SO BIPOLAR!"**

If you are like me, that phrase probably made you cringe and maybe even think of all the reasons why it is inaccurate, offensive and stigmatizing. Unfortunately, it may be more difficult to recognize stigma in more subtle forms. Although stigma can arise from a variety of circumstances, likely most troubling to us working in mental health care is the stigma around mental illness. In fact, you may frequently hear that the "stigma can be worse than the mental illness itself." This may not be surprising, given that stigma is ultimately designed to hurt, shame and diminish people. Many of us may

even be aware of the stigma that exists within the medical community. Given how damaging stigma can be, and how prevalent, I had to wonder if those of us working in mental health care were really as faultless as we would like to think. Are we able to look inwards to see if our own actions are consistent with what we ask of others?

Although actions speak louder than words, it is our language around mental illness that often can be the most damaging with respect to stigma. It is not uncommon to still hear people referred to as "schizophrenics," "bipolars," or "addicts," but what does that really mean? In essence, those terms equate one's identity with

illness, creating a label. The countermovement to this, "People First Language," started in the late 1980's and strives to talk about illness as a secondary attribute, not as synonymous with identity. While there may be critics of this approach, it is widely accepted by many American advocacy groups in their efforts to highlight the humanity and not the disability. This emphasis on "ability" rather than "disability" is shared by those working in Recovery & Integration of individuals with severe and persistent mental illness. Therefore, as mental health care providers, ensuring we are using stigma-free language would be consistent with this belief and our efforts as clinicians.



On a broader scale, the language we use to describe someone's experiences with mental illness can be laden with prejudices. Take, for example, the seemingly benign phrase of "suffering from schizophrenia." Using terms like "suffering," "struggling with," or "is a victim of," can potentially sensationalize the experience of mental illness. Furthermore, it passes judgment on the quality of life for

people with mental illnesses. Instead, it would be more patient-centred and useful to understand the experience of illness for the individual.

Although these are just a few examples, it reminds us that discrimination around mental health and substance use is present even in mental health care, perhaps less obviously than elsewhere. As a physician, it is my desire to provide

accessible health care to those who require it. Accessibility includes an environment that is free from stigmatizing language. I hope this short piece will encourage all of us to look closely at our own practice to see how we may be able to use our language to lessen stigma around mental illness and more accurately understand the experiences of our patients.

## Residents' Corner

BY DR. MARIE CLAIRE BOURQUE, CHIEF RESIDENT, DEPARTMENT OF PSYCHIATRY

### meet the graduates

It is with mixed pride and sadness that we present the Class of 2015. They have been reliable colleagues, inspirational mentors and good friends to their junior counterparts. We will certainly miss them amongst

our resident body come July 1, 2015. In preparation, we asked them about their plans after residency, the biggest lesson learned during residency, and we asked them for an interesting fact about themselves.

We wish them the best of luck in everything they do. Farewell to the Class of 2015!

#### DR. RACHEL BELL

**Plans for next year:** I have a position as a general inpatient/outpatient adult psychiatrist in my hometown of Powell River, BC.

**Most important lessons I've learned in residency:** Psychiatry is the most challenging, important and extraordinarily rewarding specialty I could imagine being in. I feel so privileged to be a part of this community.

**Interesting fact:** I'll be driving across the country in an RV with my partner, Jamie, best friend and four cats. It should be very interesting—perhaps worthy of a reality TV show.

**Special thanks:** I'd like to say thank you to everyone who has played any part in my getting to this point in life. To all those in the department of psychiatry here at Dal, thank you for your support, incredible knowledge, and mentorship. Most of all, I'd like to give thanks to my wonderful mother and fellow psychiatrist, **Dr. Lili Kopala**, for her undying support of my every endeavour.



Dr. Rachel Bell



## DR. JACOB COOKEY

**Plans for next year:** Next year I will start working at the Cole Harbour Mental Health Clinic, including clinical work, collaborative care, as well as teaching.

Part of my commitment will also include doing some research in association with the Nova Scotia Early Psychosis Program - a team that I've already worked with and look forward to re-connecting with upon finishing residency.

**Most important lessons I've learned in residency:** The most important lesson I've learned in residency is to always question/challenge myself. It has become clear to me that the more reading I do, the more acutely aware I am of my ignorance...maybe I should stop reading.

**Interesting fact:** One thing people don't know about me is that I'm passionate about video games and anime.

**Special thanks:** I would like to thank my wife (Lauren) and my family for their support throughout my residency. Also I thank all members of the Dalhousie Department of Psychiatry (past and present) that I've worked with and that I've learned a great deal from (and hope to continue learning from). I have to say that I have had a very positive overall experience in residency, and that after attending various conferences and meeting staff from other institutions, I am convinced that Dalhousie has some of the brightest and best (both staff and residents).



Dr. Jacob Coockey

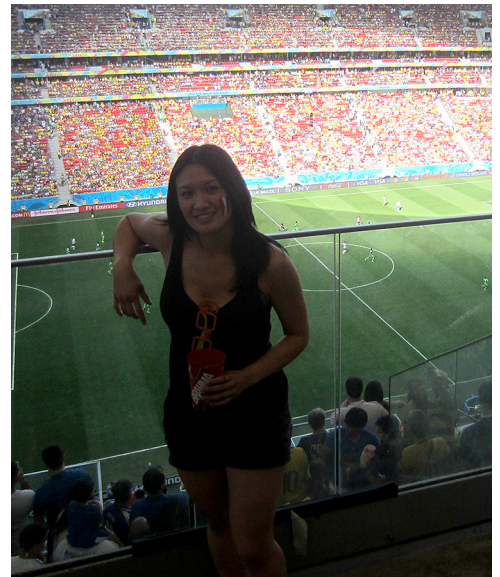
## DR. VANESSA THOO

**Plans for next year:** Next year, I'll be moving to the center of the universe (aka Toronto) for subspecialty training in Geriatric Psychiatry.

**Most important lessons I've learned in residency:** The biggest thing I've learned in residency is that you can't make everyone happy. It was a hard, but important lesson to learn.

**Interesting fact:** I played squash at the Canadian Team Nationals in Montreal earlier this year and hope to play at Individual Nationals next year.

**Special thanks:** First and foremost, I'd like to thank my husband Brian, and my family for their support in seeing me through the last few years (and particularly through the painful months of Royal College studying). I'm really thankful for the opportunity to work with many of the amazing mentors and teachers throughout my residency at Dalhousie (especially to anyone who had the suboptimal task of writing letters of reference for my subspecialty applications!). Finally, I'd like to say a special thanks to the Seniors Mental Health Team for all their support during my research project, fellowship applications, and general life advice.



Dr. Vanessa Thoo



# Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND  
LECTURER



Eclipse of the moon.

## HEADLINES SUBMISSIONS

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

The next issue of **Headlines** will be distributed on July 3, 2015, with the deadline for submissions to be June 12, 2015.

Please send all submissions to Ms. Kate Rogers: **Kate.Rogers@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@nshealth.ca](mailto:Kate.Rogers@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: **Canadian Academy of Geriatric Psychiatry**

- Outstanding Contributions in Geriatric Psychiatry (May 29)

Granting Body: **Discovery Centre**

- Discovery Awards Science Champion (May 31)
- Discovery Awards Innovation Award (May 31)
- Discovery Awards Professional of Distinction (May 31)
- Discovery Awards Emerging Professional of Distinction (May 31)

Granting Body: **Canadian Academy of Child and Adolescent Psychiatry**

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

If you have any questions please contact Ms. Kate Rogers at [Kate.Rogers@nshealth.ca](mailto:Kate.Rogers@nshealth.ca) or by phone at 902-473-1677.