

HEADLINES

News from the Department of Psychiatry at Dalhousie University

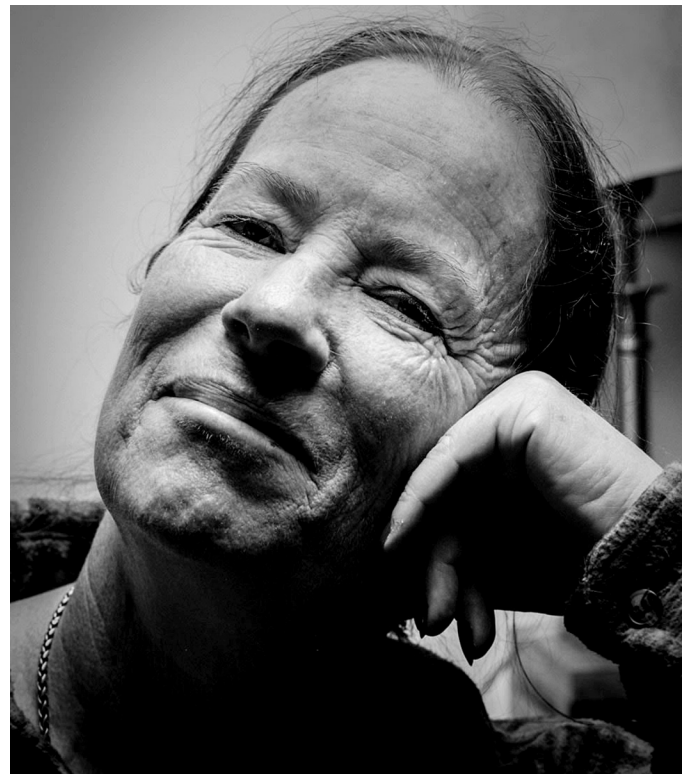
FEATURE ► COVER STORY

Department members awarded by Doctors Nova Scotia

Drs. Keri-Leigh Cassidy and Pippa Moss to receive awards in June



Dr. Keri-Leigh Cassidy



Dr. Pippa Moss

The department is pleased to announce that two faculty members have recently been awarded by Doctors Nova Scotia. **Drs. Keri-Leigh Cassidy and Pippa Moss** were successful recipients of two of the organization's annual achievement

awards. Both physicians will receive awards at a ceremony at the World Trade and Convention Centre on June 3, 2017 during the Achievement Awards Ceremony and Luncheon at the Doctors Nova Scotia's 163rd annual conference.

Dr. Cassidy is the recipient of Doctors Nova Scotia's Physician Health Promotion Award. This award is given to a physician who has made an outstanding contribution to health promotion, safety and preventative care among Nova Scotians. Dr.

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Message from the Head

Greetings and I hope you're enjoying the first peeps of springtime! We have been through a long and busy winter.

Firstly, congratulations to our newly accepted post-graduate trainees. We matched our eight positions in the first round, five to graduates of Dalhousie medical school. You will find the names of the residents later in this edition. At the other end of training, our PGY-5 residents are pulling out all the stops to prepare for their final Royal College Examinations in May. Papers are in the first week and OSCEs in mid-May. A warm welcome to our new residents and our best wishes to those enduring the stress of these last weeks, and every success in writing the examinations.

You'll see some photographs of "Tastings with Teehan" the sequel to "Dining with Delva." These very enjoyable evening events allow me to get to know our residents in an informal atmosphere, and for them to meet and get to know me.

We are still working out a farewell event for **Drs. Neelma Dhar** and **Doug Maynes**. We will notify you as soon as all is set.

Congratulations to **Drs. Cassidy** and **Moss** on their awards, which will be presented at the WTCC on June 3. All are welcome to attend and I would strongly encourage any who can be there to attend and see our colleagues receive these honours. More information can be found on the Doctors Nova Scotia website (www.doctorsns.com).

Also we recently marked the 10th anniversary of the first Sun Life Chair in Child and Adolescent Mental Health. **Dr. Stan Kutcher** was feted by a number of dignitaries at an event at Dalhousie on



Dr. Michael Teehan

April 28. The achievements of the Chair have been extraordinary, and Dr Kutcher was showered with gratitude and admiration for his sterling work.

Dr. Heather Milliken has stepped down from her role as director of continuing professional development, which she held for the past 20 years. Heather has brought about major changes in that portfolio, consolidating efforts into one weekly educational event, having monthly visiting speakers, refurbishing our main location and most recently allowing attendance on line from distant sites and offices through the Adobe connect technology. Our sincere thanks to Dr. Milliken for her years of dedicated service in this role. The search for a new director was launched this spring and has concluded successfully with the appointment of **Dr. Lara Hazelton**. Congratulations to Dr. Hazelton and we look forward to working with her as she takes on the mantle.

I will finish with a final shout out to the Atlantic Provinces meeting, June 8-10 at the Atlantica Oak Island Resort. Keynote speakers are David Goldbloom, Sanjeev Sockalingam and Sultan Darvesh. It is a most enjoyable way to get together in informal surroundings with these eminent speakers, and to spend time with colleagues and families in a lovely setting.

doctors ns awards *continued from page 1*

Cassidy is the clinical academic leader for geriatric psychiatry in the Department of Psychiatry and for seniors mental health at the Nova Scotia Health Authority. She is a nationally recognized expert the areas of late life mood and anxiety disorders and in psychotherapy. She has published research on enhanced cognitive behaviour therapy (CBT) group treatment, and is the author of related therapist and patient treatment manuals. Dr. Cassidy has demonstrated exceptional leadership in geriatric psychiatry in Canada over the past 15 years and was the 2016 recipient of the Canadian Academy of Geriatric Psychiatry's Outstanding Contributions in Geriatric Psychiatry Award.

Dr. Cassidy is also a leading national expert in positive psychiatry, which focuses on the neurobiology of brain health, well-being and resilience. She is the founder of The Fountain of Health Initiative for Optimal Aging (www.fountainofhealth.ca) a national non-profit to improve population health, and brings together academia, government and community agencies. Partnering organizations include the Canadian Medical Association, the Canadian Mental Health Association, the Alzheimer Society and the Canadian Coalition for Seniors Mental Health, among others. The Fountain of Health Initiative translates the science of brain health and resilience, and uses CBT principles to support the practice of health promotion in front line care. Dr. Cassidy and her team recently received a \$50,000 grant from Baycrest to help disseminate the Fountain of Health tools in front line care within the Nova Scotia Health Authority.

Dr. Roger Hamilton, a family physician and colleague of Dr. Cassidy's says the Fountain of Health project is a very positive addition to the field. "The program is science-based and continually being improved upon," he says. "It is a welcomed addition to our primary care toolbox." By expanding the conversation beyond a traditional focus on pathology to include healthy aging, Dr. Cassidy's work reflects new directions for psychiatry and for healthcare in Canada.

Dr. Pippa Moss is the recipient of Doctors Nova Scotia's Rural Physician of the Year Award. This award is bestowed upon a rural physician who has made an outstanding contribution to the health of individuals, to various community groups and/or to non-profit organizations in rural communities of Nova Scotia. "Dr. Moss has always seen herself as a rural child and adolescent psychiatrist who does 'everything with nothing in the middle of nowhere,'" says colleague **Dr. Cornelis de Boer**. "She is most passionate about her rural patients having equitable access whilst receiving academic center of excellence level care. She has worked tirelessly over the years to help Nova Scotia achieve this."

Dr. Moss is a physician leader in rural Nova Scotia. She specialized in autism for many years, ultimately providing specialized autism assessment services in each of the northern districts in the province, as well as in Cape Breton. Her expertise and advocacy were recognized broadly and she made presentations to a committee of the Senate of Canada when they were

investigating autism and its services. She co-founded and co-chaired the Atlantic Provinces Child and Adolescent Psychiatry conference in 2007 and was also the visionary and initial co-chair of the provincial Chiefs of Psychiatry Group, which has been instrumental in raising the profile of rural psychiatry across the province, and promoting psychiatrists as co-leaders. She was the driving force behind the development of the Northern Regional Child and Adolescent Psychiatry (NORCAP) cooperative that continues to provide equitable service across the zone.

Dr. Moss is currently in her second term as the President of the Nova Scotia Psychiatric Association, and has held various committee positions at the provincial and federal level within different organizations. She has worked hard to reduce the stigma of mental health, both locally, and federally through her work with the Canadian Psychiatric Association (CPA). She has been recognized for her work in Canada and abroad, and was named a Distinguished Fellow of the CPA. She received the Queen's Diamond Jubilee Medal for her work in Kenya where she founded a home for AIDS abandoned and orphaned children where they are cared for through sponsored adoption. She is a founding board member of the Fundy Peace Foundation, as well as their board representative for a project in the Masai Mara that sends girls to school, protecting them from female genital mutilation and being sold as child brides.

Congratulations to both Drs. Cassidy and Moss on this tremendous honour. So well deserved.

Research Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

recently awarded grant funding

OCTOBER 2016 PSYCHIATRY RESEARCH FUND COMPETITION

Michelle Tougas (**Drs. Penny Corkum/Margaret Rajda**): *Listening to youth with chronic pain, along with their parents and health care providers, to modify an evidence-based online sleep intervention.*

Hera Schlagintweit (**Dr. Kim Good**): *The impact of tobacco and nicotine administration on craving, mood, and withdrawal in intermittent and dependent smokers.*

DECEMBER 2016 RESEARCH IN EDUCATION METHODS COMPETITION

Lara Hazelton: *Entrustment and safety in competency-based medical education: Perspectives and practices of supervising psychiatrists.*

PSYCHIATRY SUMMER STUDENTSHIPS

Drs. Gail Eskes/Richard Drake: *Testing a training program for improving deficits in attention (vigilance).*

Drs. George Robertson/Daniel Kim: *Assessment mitochondrial function in neurons derived from patients with bipolar disorder.*

Drs. Rudolf Uher/Michael O'Leary: *Genetic moderation of the effects of bullying on risk of mental illness.*

Drs. Cindy Calkin/Claire Reardon: *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.*

NSPRU SUMMER STUDENTSHIP

Drs. Phil Tibbo, Jacob Cookey/Jacob McGavin: *A retrospective database study of the impact of alcohol use on clinical outcomes in early phase psychosis.*

research day 2017

Research Day 2017 will be held Friday, Nov.10 at the Lord Nelson Hotel.

This year's keynote speaker is Dr. Roy Perlis, staff psychiatrist for the Massachusetts General Hospital Bipolar Research Program and the Depression Clinical Research Program in Boston.

Applications to present will be distributed in May with registration starting in August.

Education Report

BY ANNETTE COSSAR, ADMINISTRATOR, EDUCATION & RESEARCH

undergraduate news

Each year the department sponsors one medical student who is considering psychiatry as a potential career by providing travel costs to attend the annual Psychiatry Student Interest Group Network (psychSIGN) conference, held in conjunction with the American Psychiatric Association conference. This year we'd like to congratulate Med 3 clinical clerk, Heidi Bentley, on being the successful candidate.

During May and June, the annual cohort of students from the International Medical University (IMU) in Malaysia will spend time in the department as part of 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).

The 2017/18 undergraduate teaching

recruitment continues. If there is an activity you are interested in teaching or would like more information about, please contact **Mandy Eslinger**, undergraduate coordinator at mandy.eslinger@nshealth.ca. Please make your choices early to avoid disappointment.

postgraduate news

The postgraduate program has begun planning the 2017 annual departmental orals and STACER exams for the residents. The orals will be held on June 15 and June 16 and STACER exams will be May 11, June 2 and June 6. We are looking for faculty examiners for all of the dates.

We have also begun planning the end of year graduation exercise. The party will be held on June 2 at The Prince George Hotel. Entertainment will be provided by True North DJ Service. Reception begins at 6:30. Formal invitations will be sent out in May.

CARMS 2017

Thank you to all of the faculty and residents who made our CaRMS recruitment activities such a tremendous success this year. This year we added an additional PGY1 training position, and are thrilled to have filled all eight positions in the residency program in round one of the CaRMS match. We look forward to welcoming our new residents in July.

New PGY-1's beginning July 1, 2017 are as follows:

Lauren Chan University of Alberta

Jillian Cottreau Queen's University

Emily Fraser Dalhousie University

Amy Gough Dalhousie University

Holly Greer Dalhousie University

Marissa LeBlanc Dalhousie University

Cinera States Dalhousie University

Po Chi (Angela) Wang University of British Columbia

In April of this year, we welcomed **Dr. Madeline Ferracuti**, who transferred into our PGY-1 group from the family medicine program. We are so pleased she has joined us.

fellowship and subspecialty news

Dr. Stacy Campbell will be finishing up her fellowship training in Psychodynamics and Group Psychotherapy under the supervision of **Dr. Jackie Kinley** in June. She has been a welcome addition to our department and much appreciated by our residents.

Both the geriatric psychiatry and child & adolescent psychiatry subspecialty residency programs are gearing up to welcome a number of exceptional

trainees on July 1, 2017. The geriatric psychiatry team will be joined by Dr. Daljit Bhangoo (PGY-6) from the University of Manitoba, while our own residents, **Drs Ian MacKay** and **Kathleen Singh** will begin geriatric psychiatry electives in preparation to officially begin subspecialty training in geriatric psychiatry in 2018. Similarly, the Division of Child and Adolescent Psychiatry welcomes Dr. Gaele Belanger from the McGill University

in 2017 to complete subspecialty training, while our own **Drs. Celia Robichaud** and **Sarah Fancy** will embark on electives in child and adolescent psychiatry for their official subspecialty training start in the department in 2018. We are very fortunate and excited to have such a talented group of residents choose to further their training with us.

Welcome to all our new recruits!

continuing education news

RECENT HIGHLIGHTS

Dr. Nassir Ghaemi, from Tufts University was scheduled to present on March 15, 2017. His flight to Halifax was cancelled due to inclement weather on the Eastern Seaboard. We will work with Dr. Ghaemi to reschedule his visit in 2017-2018.

On March 29 Department of Psychiatry residents Drs. Celia Robichaud and Abraham Nunes, along with neuroscience resident, Dr. Ben Whatley, presented on the topic *Two Departments, One Brain: Emergence and Dissolution of the Neuropsychiatric Partition*. This was an inaugural joint event between psychiatry's Clinical Academic Rounds and Clinical Neuroscience Rounds. The Joint Rounds were hosted in room 4074 of the Abbie J. Lane building and distributed by Adobe Connect to the Royal Bank Theater where neurology, neurosurgery, neuropathology, and neuroradiology attended to accommodate their large audience.



(L-R) Drs. Abraham Nunes, Celia Robichaud, and Ben Whatley.

Thank you to the resident presenters, the Clinical Neuroscience Rounds co-chairs Dr. David Clarke, neurosurgery head, and Dr. Virender Bhan, neurology head, and their administrative and AV staff support for their collaboration. We will be working on a concise joint title for the next session in March 2018.

On April 19, Dr. Thomas Trappenberg, who teaches computer science at Dalhousie University, presented on the topic *Deep Learning*



Dr. Thomas Trappenberg

and Computational Psychiatry.

Thank you to our residents **Drs. Ali Manning** and **Abraham Nunes** for the recommendation to invite Dr. Trappenberg to present.

UPCOMING CPD EVENTS MAY/JUNE 2017

May 5 XXVIII W.O. McCormick Academic Day "Diversity in Mental Health" at the Marriott Harbourfront Hotel

University Rounds

May 17 Dr. Jill Chorney, Pediatric Pain Clinic, IWK. Title: *Making Research Matter: Engaging Stakeholders to Improve Outcomes*

R.O. Jones Memorial Lecture

Jun 7 Dr. Sanjeev Sockalingam, University of Toronto. Title: *Mental Health Capacity Building in Primary Care: Notable Trends and Innovations*

Child & Adolescent Psychiatry

May 3 **Dr. Jose Mejia & Dr. Penny Corkum**. Title: *Sleep Disorders and*

Forensic Psychiatry

Clinical Academic Rounds

May 10 **Dr. Margaret Rajda**.

May 24 Mental Health Day Treatment Program

May 31 Eating Disorders Program

Jun 14 Recovery & Integration Services

Jun 22 Facilitated by **Drs. Jacob Cookey & David Lovas**

CALL FOR 2017/18 UNIVERSITY ROUNDS SPEAKER SUGGESTIONS

We have already begun planning for the 2017-2018 academic year. We will be accepting suggestions until June 30, 2017.

Make your suggestions here: <https://surveys.dal.ca/opinio/s?s=38177>

At this time we are asking for suggestions for 2017-2018 University Rounds speakers, as well as a

suggested speaker for the R.O.

Jones Memorial Lecture, which will be held in June 2018 in conjunction with the Atlantic Provinces Psychiatric Association annual meeting.

University Rounds involve an invited non-local guest speaker who is recognized nationally/internationally in their field and also has excellent presentation skills.

You may make multiple submissions; the link will be accessible until June 30. Please contact **Tracy Fraser MacIsaac** (tracy.fraser@nshealth.ca, cc to heather.milliken@dal.ca) with any questions you may have. Thank you very much!

meet an educator: dr. herb orlik

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

My current education/teaching

interests: I have many really. The longest standing and still current one is in undergraduate medical education and I also love engagement with postgraduate trainees. I enjoy participating in and exploring continuing medical education including long-distance education for example through telehealth. Beyond this, I love the

inquiry into how education can be most effective and what benefits there are not just for the student, but also for the educator.

My preferred method of teaching

or curriculum delivery: I prefer very small group engagement; small group seminars and small group tutorials. This allows for constructive interaction.

A typical 'day in my work life':

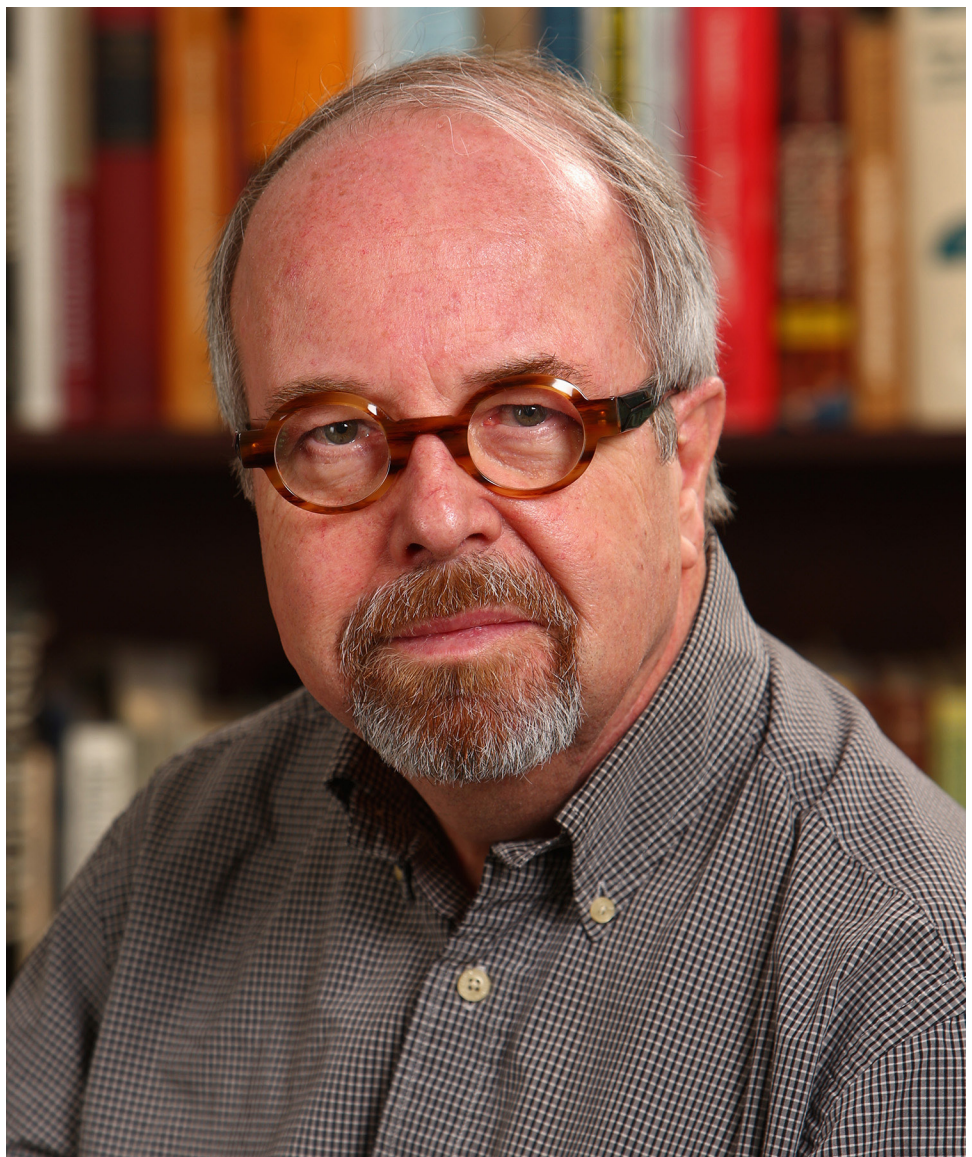
Each week is so different from one end to the other. Most of my workday is occupied by providing direct patient care. Woven into that is the interaction with trainees and allied professionals in providing that care. This extends to providing specialized care with people with eating disorders, and also to providing assessments for autism

spectrum disorders. There is always brainstorming with colleagues on possible answers for very difficult therapeutic questions for people with autism spectrum disorders and co-morbid conditions. Then in a week that has so many different facets, I try to maintain my role as a faculty member in an academic institution and remain inclusive with colleagues, students, and allied professionals, rather than isolate myself into my subspecialty areas.

The most satisfying and frustrating aspects of doing academic work:

The most satisfying is to have the privilege to see one's former students become accomplished clinicians and academics themselves, and still being able to work side-by-side with them. The most frustrating would be that there are clearly frictions between hospital-based practice and academic endeavours, and very different relationships between myself and administrators on the one hand, and colleagues and patients on the other hand. Frustrations have to do with lack of integration between these two sides, and perhaps my lack of understanding of what people in other fields, particularly administration, are up against.

My education mentor: My most memorable mentor was the head of child psychiatry at the Montréal children's hospital many years ago, Dr. Hy Caplan, who had enormous insights into the role of teacher and



Dr. Herb Orlik

made my child psychiatry fellowship focused on education possible.

My second career choice: There is not a single second one. I would have considered being an architect, but also to do reconstructive plastic

surgery. I actually did my MD thesis on a combination of psychiatry and reconstructive plastic surgery.

Child and Adolescent Psychiatry

BY MICHELLE LEBLANC, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

CIHR GRANT AWARD – IN THROUGH THE OUT DOOR

The Division of Child and Adolescent Psychiatry is pleased to announce that **Dr. Leslie Anne Campbell** has been successful in securing CIHR grant funding for her project on community level variation in emergency department (ED) use: *In Through the Out Door: Do Increasing Pediatric Emergency Mental Health Presentations Reflect Poorer Access to Primary and Outpatient Mental Health Care?* Along with co-investigator Dr. George Kephart, principal knowledge user **Dr. David Lovas** and co-knowledge users Dr. Susan McWilliam and **Dr. Patrick McGrath**, she hopes to discover the answer to several pressing questions, such as:

1. To what extent does repeat ED use contribute to increasing rates of ED mental health presentations among children and youth in Nova Scotia?
2. To what extent is the lack of a regular primary care provider associated with ED use and repeat use for pediatric mental health concerns?
3. To what extent are longer wait times for community-based mental health services associated with ED use and repeat use for pediatric mental health concerns?
4. To what extent do high rates of ED use and repeat use for pediatric mental health concerns vary by community in Nova Scotia? Which communities demonstrate higher and lower than anticipated use?

INNOVATION PANEL

In June 2016 the Nova Scotia Minister of Health and Wellness announced the appointment of an eight-person panel “to examine the province’s approaches to mental health and addictions.” Little detail was given about the work ahead except to say that the panel would look at early intervention and approaches to enhance community support. The panel was to report to the minister at least twice a year for the two-year term of its members.

Recently the Department of Health and Wellness released a list of recommendations of the panel and responses from government. The report can be accessed by visiting: http://novascotia.ca/dhw/publications/Minister_s_Advisory_Panel_on_Innovation_in_Mental_Health_and_Addictions.pdf

The IWK and the NSHA Mental Health and Addictions programs have not been directly involved in the work of the panel. Their suggestions have been separate from the health services planning we reported on in the spring and summer of 2016 and have continued to work on since that time. That said, we are always pleased to support government initiatives that focus on improving health outcomes for people with mental health disorders and/or those who are harmfully involved with substances or gambling.

We are pleased to tell you the work of the health services planning committee continues. We look forward to meeting to sharing the

next stage of our work soon. Your insight and experiences have already helped shape where we are.

C&A HIGHLIGHTS

Dr. Normand Carrey, along with Dr. Claud Bisailon (psychologist, Université de Sherbrooke a Longueuil), finished the English to French translation of the dyadic-attachment based intervention *Circle of Security*. The translation was ready and available for the four-day parental DVD training in Montreal, QC in early April given by Florida-based child psychiatrist Dr. Neil Boris.

Dr. Carrey completed his first teaching semester at Mount Saint Vincent University on April 3. This course was the first university level course on Infant Mental Health.



Dr. Normand Carrey

Dr. Lukas Propper, along with several child and adolescent faculty members (**Dr. Sabina Abidi**, **Dr. Alexa Bagnell**, and **Dr. David Lovas**) and the FORBOW team, has recently published an article, *Disruptive mood dysregulation*

disorder in offspring of parents with depression and bipolar disorder, in the prestigious British Journal of Psychiatry. This article explored the specificity of disruptive mood dysregulation disorder (DMDD) to family history by comparing offspring

of parents with bipolar disorder, major depressive disorder, and a control group with no mood disorders. The study concluded that DMDD is not specifically associated with a family history of bipolar disorder and may be associated with parental depression.

Report from the Sun Life Financial Chair in Adolescent Mental Health

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

NATIONAL CONFERENCE ON EDUCATION

Amy MacKay and Vanessa Bruce Little traveled to New Orleans in early March to attend the National Conference on Education hosted by The School Superintendents Association (AASA). The three-day conference brought together professionals in the education sector from all over the US and Canada. The team was able to showcase the Chair's evidence-based resources and discuss the importance of mental health literacy in schools. Last year the *Mental Health and High School Curriculum Guide* was updated for use in Washington State and more editions for other areas of the country are expected.

NEW BRUNSWICK TO JOIN POST-SECONDARY MENTAL HEALTH CARE INITIATIVE

This past fall the Medavie Health Foundation announced a \$600,000 grant to the Chair in support of the *Pathway Through Mental Health Care for Post Secondary Settings*. The model was developed by **Dr.**

Kutcher and is currently being implemented into five post-secondary institutions throughout the Maritimes. In March, Medavie held an event at Mount Allison University where they announced a new partnership with the New Brunswick Health Research Foundation (NBHRF) to help bring

the initiative to post-secondary schools in the province. The model will be field tested at Mount Allison University and the framework has the potential to expand to other New Brunswick campuses and will ideally be made available across Canada. Medavie CEO, Bernard Lord, was



Bernard Lord, CEO of Medavie Health Foundation announces new partnership with the New Brunswick Health Research Foundation.

in attendance along with Dr. Robert Campbell, the President of Mount Allison University, Monique Imbeault, Board Chair of the New Brunswick Health Research Foundation, and the Honourable Victor Boudreau, New Brunswick Minister of Health.

GLOBAL CONNECTIONS

Dr. Kutcher has spent a great deal of the year traveling and connecting with global partners on mental health literacy training. With ongoing work in Finland and Lisbon, he has also begun training in Romania ahead of the mental health literacy projects being implemented in the country. Dr. Kutcher also completed the first of three training sessions in Newfoundland that focus on the *Mental Health and High School Curriculum Guide* and the *Go-To Educator* training. He will return later this year to complete the sessions.

WORLD HEALTH DAY

April 7 was World Health Day. The World Health Organization designated this year's focus to be on depression, the largest burden of disease worldwide. The Chair partnered with several national and international organizations to share our original, evidence-based resources that focus on depression (<http://teenmentalhealth.org/blog/2017/03/24/world-health-day->

<http://www.mhinnovation.net/blog/2017/apr/5/whd2017-blog-series-inspiring-innovations-pathway-through-care>) and the *Integrated Approach to Addressing the Challenge of Depression among Youth in Malawi and Tanzania* (<http://www.mhinnovation.net/blog/2017/mar/31/whd2017-africa-blog-series-inspiring-african-innovations-integrated-approach-youth>). Both innovations have shown immense success towards improving effective care and early identification of mental illness in youth.

CONGRATULATIONS DR. WEI!

We want to take this time to congratulate Ms. Yifeng Wei on successfully defending her PhD this spring. Dr. Wei has been with the Chair for nine years and her contribution to the team's ongoing work is irreplaceable. Her defence primarily focused on synthesizing

and evaluating current mental health literacy measurement tools and addressing mental health knowledge, stigma against mental illness and help-seeking efficacy. Dr. Wei is currently working on several projects, but her main focus is collaborating with Alberta Health Services to design and evaluate school mental health literacy interventions, while providing consultancy to school boards regarding evidence-based school mental health programs and helping schools make informed decisions to benefit students and educators. We are extremely fortunate to have Dr. Wei as a member of our team and we look forward to all her future accomplishments.



Dr. Yifeng Wei after successfully defending her PhD.

Report from Community Mental Health and Addictions

BY DR. SONIA CHEHIL, DEPUTY CLINICAL DIRECTOR, COMMUNITY MENTAL HEALTH

Community Mental Health and Addictions (CMH&A) hosts learners from across the health professions each academic year. As specialty MH&A clinical teams, we have the opportunity to engage students in medicine, nursing, psychology, social work, occupational therapy, recreational therapy and other health professions in learning-rich clinical experiences that help shape their understanding of mental health across the spectrum of illness and levels of recovery from the context of the patient, the family, the community, the healthcare provider, and society as a whole.

CMH&A teams provide learners with exposure to a large volume and variety of clinical experiences in a supportive environment that can facilitate student development of appropriate knowledge, skills and attitudes; help learners become more effective communicators; and model collaborative practice through working within multidisciplinary teams.

For all of us working in our busy clinics, it is important to remember that we once were students too. We all recall the impact on our own professional development of the opportunities we had as learners to work with excellent teachers and

be immersed in enriching clinical rotations that challenged and stimulated us to learn and build our clinical competence as we soldiered our way through our training. Now, as clinical teachers, we have an important role in ensuring that our clinical teaching placements are planned and organized to meet student need, support learning, encourage reflection, and provide constructive and regular feedback.

Below, we feature an interview with Cassie Benjamin, a nursing student who completed her clinical placement at the Bayers Road CMH&A site.

interview with a nursing student: cassie benjamin

How do you feel your experience here went? I feel that this experience was invaluable. Mostly because it's completely changed how I look at mental health.

How did it change? What did you feel before you came to mental health? I had built mental health up to be this big scary thing. When you're in school, you learn about the most severe cases. You learn about the medications and how strong they are, and how you have to be so careful with them. It doesn't really put it on a personal level – it's just this big scary mental health beast. It doesn't make you believe there's an individual attached to it. Coming here, I was able to talk to these people and

realize that they're not big, they're not scary, and they're people - just like you and me. All you need to do is talk and listen to them. It's not anything to be scared of.

Before you came here, what did you think mental health/psychiatry was? I thought that it involved a lot of medicating people to get them stable. I knew that there were therapies, but I didn't realize that it was such an everyday thing. I thought mental health nursing was: you're on inpatient units and you're restraining people. I just thought the worst. Being here made me see that it's not always like that.

What were you taught about mental health in terms of your

course work? We were taught about the different conditions. We're given an overview of depression, an overview of schizophrenia, but it really focuses on the most severe cases. The videos that we watch are of severely ill people. A lot of them are on medications that really numb them and it doesn't put as much emphasis on living day to day with that. It's just when it's exacerbated; that's what you see. The worst of the worst.

How do you think your placement here will help you with your work on other units? Mental health is everywhere. These patients are not just confined to the mental health clinic or inpatient units. They

still have comorbidities, still need treatment, and I don't think that it's emphasized as much as it should be in school. It's so obvious when I say it now, but I didn't really make that connection before. I thought that I could just avoid mental health if I didn't want to do it. But these people are everywhere. They're just like you, just like me, they're just going through a rough time. I think the skills that I've gained through this placement are going to help me immensely with just having that background knowledge, what their conditions are, the different therapies, and just little things that I can do. I don't have to be a mental health professional to make a difference. I can just sit and listen, and I can help. That's what I didn't realize. I thought you had to have all this extra training and it was this big thing, but now I realize that I can help—right now.

Is there anything you wish, looking back on your training, that you had a chance to learn about in terms of mental, or different exposure or experience? I wish they had made it more personal. Mental health is everywhere. I think it's one in five people are affected with mental health. It's the person on the bus, or the person that gives you your coffee at Starbucks, it's just everywhere. I think that it's important to normalize it a bit more than it is.

How long was your placement on surgery? In surgery it was six week placements. We were there three days a week, for twelve-hour shifts.

How long was this placement? I've only had seven shifts here, and they were just eight hour days.

What are your thoughts on that? I would have liked to be here longer.



Cassie Benjamin, a nursing student who completed her clinical placement at the Bayers Road CMH&A site.

I actually enjoyed this placement a lot more than I thought I was going to. I feel like I've just scratched the surface of what I could learn here and I feel like I'm not going to get that opportunity now to get access to all the knowledge that you guys have. I'll have to pick this up on my own as I go, but it would have been nice to have just a little bit more time here.

Why do you think it's important to have mental health as a core rotation in nursing? Because mental health is everywhere. If you're on a medicine unit, out in the community, on the surgical floor, even if you're in the OR. These people still need care, and it's not like you can avoid it. I think it's important

that everyone has that basic understanding and that we all know we can help.

Do you think stigma exists? Definitely. There's a huge stigma with mental health. I've had experience with mental health, and there's stigma to it. How it's scary, dangerous and these people are unstable and to be feared. I think the fear was just from lack of understanding, and lack of knowledge. I think it's important to understand for people in healthcare on the front lines – we're the ones that care for people, and just because they're not here for a mental health issue it doesn't mean that we don't need that component within our care. We're supposed to provide holistic

care. You're not going to form a therapeutic relationship if you can't wrap your head around the mental piece.

Do you think the stigma is there within your nursing class?

Definitely. A lot of people that I've talked to want no part in mental health.

Why do you think that is? I think it's related to a lack of understanding and the stigma. When you watch movies and the media, mental health is scary. There are movies where all the "crazy" people are at the jails, and they're dangerous. Yes, there are extreme cases, but there are so many more people that live with mental health than I ever, ever thought.

How much didactic teaching do you get in mental health? I'm in my mental health course now and we are only a part way through the term. This is a condensed term, so it's in eight weeks rather than 12 but it's only for one term. Mental health is touched on in other courses, but not really in depth.

What do you think a nursing student would lose from dropping the mental health rotation? I think that there's already such a stigma for mental health issues and mental health nursing. I know that, for me,

without this placement, mental health would never have been a consideration for my future. Now it's a very real possibility for me. I never would have known that it was something I would be interested in, or that I could excel at until I did this placement. I never would have forced myself to learn it if I didn't have to. I think I would have just continued to avoid it, but because it was a component of getting my degree, I had to face it. And it was really important for me personally, just to be pushed into it, and forced to give it a shot, and then to realize that I actually really like it. I never would have had that door open to me before.

What's the stigma around mental health nurses? Just that it's dangerous. When I think an acute unit, I think that the nurses are always in danger; they're hardened and burned out. They care, but become desensitized and cold. That's just the mental picture that I've always had of mental health nurses. I never really thought of community mental health before.

Do you think your classmates share that impression of mental health nurses? Not all of them, but there definitely are some of them. It's not understood, that much, for

us. And I think that if they take away this component, it's just going to get worse.

What could we have done better here, in terms of improving your experience? I think it would have been beneficial for me to be more involved in the actual interviewing process, to pull me out of my shell and make me think more about what questions need to be asked to get the information. There would be a lot of times when I would be sitting in on appointments and I would hear someone ask a question and think, "Gee, that's a great question, I never would have thought of that." While I know that comes with experience, I think that to be pushed outside of my comfort zone a little bit more – while I wouldn't have liked it at the time – I would have benefitted from it in the long run. We get two communication courses, and it does touch on how to do a comprehensive interview, how to dig deeper for the information, but that doesn't mean that it comes naturally. I think more and more practice around that is good. I love that I got to do a lot of the reporting, and documentation. I think that was a good component for my development as a nurse.

news from the department

DR. CINDY CALKIN AWARDED NARSAD GRANT

Dr. Cindy Calkin was recently awarded a NARSAD Independent Investigator Award from the Brain and Behaviour Research Foundation. A NARSAD Grant is one of the highest distinctions in the field of mental health research. This year they awarded \$3.9 million to 40 mid-career scientists for basic research to understand what happens in the brain to cause mental illness; new technologies to advance or create new ways of studying and understanding the brain; diagnostic tools/early intervention to recognize early signs of mental illness and treat as early as possible; and next-generation therapies that reduce symptoms of mental illness and ultimately cure and prevent brain and behavior disorders. Dr. Calkin received her grant in the basic research category, focusing on bipolar disorder. She is studying the relationship between the progression of bipolar disorder and declining health of the blood-brain barrier, a thin web of small vessels that protect the brain from foreign molecules.



Dr. Cindy Calkin

She and her team will compare healthy controls and people with bipolar disorder, and also measure the corresponding brain electrical activity in both groups, while gauging the severity of individuals' bipolar

disorder.

This is Dr. Calkin's second NARSAD grant, having received the Young Investigator Award previously.

staff and faculty changes

Dr. Olugbenga Alabi has joined the department as a lecturer, effective March 15, 2017. Dr. Alabi will be working as a psychiatrist at Saint John Community Mental Health Services and can be reached at Olugbenga.alabi@gnb.ca or by phone at 506-333-1572.

Dr. Jeffrey Buttle has joined the department as an assistant professor, effective April 6, 2017. Dr. Buttle will be working as a psychiatrist in the

Operational Stress Injury Clinic. He can be reached at Jeffrey.buttle@nshealth.ca or by phone at 902-460-6225.

Dr. Nadine Halawa has joined the department as an assistant professor, effective March 1, 2017. Dr. Halawa will be working as a pharmacist at the IWK. She can be reached at Nadine.halawa@iwk.nshealth.ca or by phone at 902-470-8044.

Dr. Ashwin Varghese has joined the department as an assistant professor, effective Feb. 1, 2017. Dr. Varghese will be working in Amherst as a psychiatrist in mental health and addictions. He can be reached at avarghes@dal.ca or by phone at 902-667-3879.

announcements

DR. PENNY CORKUM RECRUITING FOR STUDY

Dr. Penny Corkum and her research team at Dalhousie University have developed an online tool, titled the *ABCs of SLEEPING* tool, to assist healthcare providers in assessing and treating behavioural sleep problems among children. The purpose of this tool is to provide healthcare providers with a quick and accessible way to assess pediatric sleep problems, as well as guide treatment using evidence-based recommendations, thereby lessening the burden on healthcare providers when parents

and children report sleep concerns.

They are currently recruiting healthcare providers to participate in a usability study for the *ABCs of SLEEPING* tool. Participants will be asked to refer one to five families who report behaviourally-based sleep concerns to complete the *ABCs of SLEEPING* questionnaire online, review the feedback provided, and complete an online usability questionnaire about their experience using the tool.

Healthcare providers of any professional area are eligible to participate if they see generally healthy one-to-12-year old children as part of their regular practice, are currently practicing in Nova Scotia, and do not identify as a sleep specialist.

Healthcare providers interested in hearing more about this study or participating can contact sleepABCs@dal.ca

MENTAL HEALTH ACADEMY

TeenMentalHealth.Org is excited to announce that registration for the fifth Mental Health Academy is now open! Please join them on July 20-21, 2017 in Halifax at the Bella Rose Theatre for a two-day, professional development opportunity focusing on adolescent mental health, highlighting evidence-based research and programs.

This signature TeenMentalHealth.Org event will feature dynamic leaders in the field of adolescent mental health. The keynotes and break-out sessions will cover the latest information on adolescent brain development, school staff self-care, what to do after a tragic death, anxiety, depression, eating disorders, ADHD and more. The Academy provides the knowledge, understanding and

tools you need to better support students dealing with mental health challenges.

Please visit their website: <https://www.mentalhealthacademy.ca/> to find out how you can register and for more information on this year's program.

Meet a Staff Member

Meet a Staff Member allows you to be introduced to all the members of our administrative staff. It was brought to our attention that some faculty don't know who we are or what we do to support them and we'd like to change that! In this issue we introduce you to **Linda Ford**, human resources coordinator.

Linda Ford is one of our longest standing staff members in the Department of Psychiatry, with 24 years under her belt. In her position as human resources coordinator, she assists new faculty members in facilitating their faculty appointments through the Faculty of Medicine. She also looks after the NSHA new medical staff appointments, ensuring that all the proper documents are sent off to physician services and new physicians are ready to practice on their start date.

Linda assists the chair of the HR Committee and the chair of the Promotions and Tenure Committee, coordinating meetings and other committee work as required.

If you are a faculty member interested in applying for a promotion, Linda is also the contact person for that and will guide you through the process from start to finish.

Each year Linda books more than 100 individual practice profile meetings and coordinates the accompanying paperwork for the faculty members involved.

If you would like to contact Linda you can reach her at 902-473-6214 or by email at Linda.ford@nshealth.ca.



Linda Ford

Humanities Corner

BY DR. JOANNE MACDONALD, HUMANITIES COORDINATOR, DEPARTMENT OF PSYCHIATRY, DALHOUSIE UNIVERSITY

highlights from the 2nd annual celebration of the humanities conference

The Dalhousie Faculty of Medicine Humanities-HEALS Program sponsored the 2nd Spring interdisciplinary conference April 1 & 2, 2017, with a focus on Fostering Resilience.

Dr. Adriana Wilson, assistant professor in the Department of Psychiatry, was the first keynote speaker with an integrated presentation, *Building Resilience*, on the components necessary to develop resiliency and the evidence supporting how resiliency is linked to emotional wellness. She emphasized the dynamic aspects in the development of prosocial resiliency skills with core attachment as a critical base, but the many opportunities to experience adversity, resolve and recover to develop increased resistance of impact of stressful events and deepen one's skill set. While this ideally happens within the family and a supportive community in early life, adults are encouraged to see that resiliency can still be learned and pay rewards

in less distress and greater social competency.

Med 2 student Janet Green showed a window into the robust world of Instagram medical communities in her visual presentation. She highlighted the social connection that can be achieved from online communities and communications, in support of coping with a unique or chronic illness: #spoonie shows photos and brief commentary and responses for any chronic illness; #nocolonstillrollin is a wry take often on living with a colostomy; while #projectsemicolon is an Instagram community of photos and visual messages around living with chronic self-harming thoughts and behaviours, the name deriving from the idea that a writer 'could have chosen to end a sentence with a period but didn't by using a semicolon' paralleling the idea that sufferers are choosing not to self-harm.

Visiting professors from the Department of English, Drs. Marjorie

Stone and Sue Goyetter, along with three undergraduate English students, presented *Children, Mental Illness, Meds and Metaphors: Exploring Systemic Health Issues*. This included the reading of excerpts from Ms. Goyetter's poetic series *The Brief Reincarnation of a Girl*, a creative exploration of a real-life tragic death of a four-year-old New England girl, amidst controversies around her very early diagnosis of a mood disorder and ADHD, the competency of the treating psychiatrist, intergenerational trauma and the folly of attempting to medicate away behaviour that may be more the result of distress and dysfunction within a family. Themes emerged around the social determinants of health, gender, power and expertise, and the representation of the spirit of the vulnerable child through her toy bear, and the familiar debate for psychiatry of the relative weight of nature and nurture, and how interventions follow understanding of pathophysiology we still can't fundamentally 'see.'

Residents' Corner

BY DR. MAGHUL MALIK, RESIDENT, DEPARTMENT OF PSYCHIATRY

tastings with teeahan

Twice a year, department head Dr. Michael Teehan takes the residents out to dinner to enjoy gourmet food with great company and discuss psychiatry and other hot topics. We're happy to share some photos from the events this year.



Clockwise from left: Drs. Maghul Malik, Mirka Kolajova, Michael Teehan, Kathleen Singh, Jenni Ojiegbe, Ashley Crane, Justin Paradis, Joshua Smalley, Tyson Rizzardo, Michael Sapieha, and Omar Alwatban.



Clockwise from left: Drs. Maghul Malik, Tyson Rizzardo, Chelcie Soroka, Michael Sapieha, Daniel Toguri, Omar Alwatban, Terry McCarvill, Michael Teehan, Jenni Ojiegbe, and Olga Yashchuk.



Back row (L-R): Tyson Rizzardo, Michael Sapieha, Daniel Toguri, Terry McCarvill, Olga Yashchuk, Michael Teehan, and Omar Alwatban. Front row (L-R): Jenni Ojiegbe, Maghul Malik, and Chelcie Soroka.

Photo Feature

BY DR. SHABBIR AMANULLAH, PSYCHIATRIST AND
ASSISTANT PROFESSOR



Northern Lights, Yellowknife, NWT

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, 2017, with the deadline for submissions to be June 16, 2017.

Please send all submissions to 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 **Kate Rogers** at 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: **Jewish General Hospital (June 1)**

- Douglas Utting Award

Granting Body: **Canadian Academy of Child and Adolescent Psychiatry (June 30)**

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

Granting Body: **The Royal's Institute for Mental Health Research (July 15)**

- The Royal-Mach-Gaensslen Prize for Mental Health Research

If you have any questions please contact Kate Rogers at Kate.Rogers@nshealth.ca or by phone at 902-473-1677.