

headlines

news from the department of psychiatry at dalhousie university

FEATURE

A STEP CLOSER TO PREVENTING MENTAL ILLNESS



Members of the FORBOW team from L-R: Alim Awadia, Niamh Campbell, Alyson Zwicker, Vlad Drobinin, Aja Greve, Jill Cumby, Dr. Rudolf Uher, Victoria Patterson, Emily Vallis, Holly Van Gestel, and Flint Schwartz. (photo: Vlad Drobinin)

FORBOW reaches 400 participants

Schizophrenia, bipolar disorders and major depressive disorders are some of the most difficult to treat chronic conditions and present a huge challenge to the affected individuals, their families and society. When a disease is difficult to treat, it may be best to prevent it. A group of researchers at the Dalhousie University

Department of Psychiatry believe that mental illness can be prevented. One challenge is to find enough young people who may be at risk and keep in touch with them long enough to evaluate what helps them remain healthy.

Families Overcoming Risks and Building

Opportunities (FORBOW) is a long-term research project that aims to prevent severe forms of mental illness. FORBOW, hosted by the Dalhousie University and the Nova Scotia Health Authority, was launched in March 2013. On its 5th anniversary in March 2018, FOBROW reached the milestones of recruiting 400

continued on page 4



**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry

IN THIS ISSUE

- 1** PREVENTING MENTAL ILLNESS
- 3** MESSAGE FROM THE HEAD
- 4** RESEARCH REPORT
- 6** EDUCATION REPORT
- 10** CHILD & ADOLESCENT PSYCHIATRY REPORT
- 11** SUN LIFE CHAIR IN ADOLESCENT MENTAL HEALTH REPORT
- 12** NEWS AND ANNOUNCEMENTS
- 15** FEATURE
- 16** PHOTO FEATURE

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MESSAGE FROM THE HEAD

As we welcome the first strong signals of spring, this issue of Headlines again highlights the extraordinary level of productivity of our department, in clinical practice, education and in research.

Firstly, let us welcome our new PGY1s, eight physicians who will be joining us in July. You will find their names and medical schools of graduation in this issue. We will provide a profile of each in later editions. Once again the match was completed in the first round and we are delighted with the outcome. For the third year in a row we have matched fully in the first round, a tribute to all of you teachers and role models, who inspire learners to follow in your footsteps. Also thank you to **Drs. Mark Bosma** and **Sherry James** for the quality of our program and their unceasing efforts to enhance it. Well done all.

In mid- April we hosted a visit from **Dr. Sandra Meier**, newly confirmed Tier 2 Chair in Developmental Psychopathology and Youth Mental Health. We expect Dr. Meier to arrive to take up her position in July and look forward to her contributions.

Our colleagues in eastern and northern zones of NSHA continue to struggle with lack of resources, and continuing difficulty with recruitment and retention of psychiatrists. A new tele-psychiatry service has been initiated through Community Mental Health in Bayers Road to assist with wait times, and provide expert consultation to those zones. Although still early days, the service has worked smoothly and is much appreciated.

In this issue we highlight the remarkable success of the FORBOW project, headed by **Dr. Rudolf Uher**, which draws national and international attention to our department. Congratulations to all of the many contributors to this important project, and also for the recent outstanding publication in Nature



Dr. Michael Teehan

Scientific Reports. Also kudos to our faculty who have recently published books, **Dr. Joseph Sadek** and **Dr. Allan Abbass**.

We have just concluded the W.O McCormick Academic Day, and it was a resounding success. The subject matter was topical and speakers explored the many scientific, clinical and societal issues that legalization of cannabis poses for this country. Our thanks to **Dr. Lara Hazelton** and CPD staff for putting together this enjoyable and enlightening day.

This is the final year of our AFP agreement, and preparations are underway to tackle the next round of negotiations. Representatives of Doctors NS will be attending the spring faculty

meeting, outlining the issues they have heard from their visits to all AFP departments, including ours. They will be eliciting from our membership, the issues of foremost importance to us, and seeking direction on our priorities. Four members at large will be added to the committee of AFP department heads, which acts as the advisory body to the formal negotiation team.

Let me close with a plug for a very special meeting coming up in June: the Atlantic Provinces Psychiatric Association, at Brudenell Resort in P.E.I., June 7-9. R.O. Jones speaker James Coyne, and key note speakers Sid Kennedy and Selene Etches will provide nourishment for the mind amid relaxing surroundings. I strongly encourage you to consider attending.

youth participants and completing 1,200 annual assessments. After an average of three years, more than 90 per cent of participants are still coming for their yearly follow-ups with the FORBOW staff. The scale of recruitment and completeness of follow up make this the most important study in the prevention of mental illness in the world today.

In March, FORBOW researchers communicated these findings at the American Association of Psychopathology in New York. These early results suggest that the onset of mental illness can be predicted from

early manifestations called antecedents, and accurate prediction is the first step towards prevention.

FORBOW presently evaluates two early interventions designed to prevent mental illness. **Dr. Rudolf Uher**, the Canada Research Chair in Early Intervention, and his colleagues at Dalhousie launched the Skills for Wellness (SWELL) intervention in 2015 and it has been tested in 54 FORBOW youth participants. **Dr. Barbara Pavlova** designed the Courageous Parents Courageous Children (COACH) intervention, which extends prevention into the preschool

years and enrolled the first participants in 2018. Other interventions are in the early stages of development. It may take another decade to find out if SWELL and COACH prevent severe mental illness, but the early success in recruitment and retention mean that FORBOW can give a meaningful and conclusive answer to the century-old question whether mental illness can be prevented.

To learn more about FORBOW please visit www.forbow.org.

RESEARCH REPORT

Recently Awarded Grant Funding

October 2017 Psychiatry Research Fund Competition

Dr. Amy Bombay

Exploring the cumulative effects of familial IRS attendance in relation to age of onset for suicidal ideation and suicide attempts among Indigenous youth living on-reserve and off-reserve (\$14,150).

Psychiatry Summer Studentships

Delainey Westcott/Drs. Benjamin Rusak & Rudolf Uher

Sleep in children and youth at familial risk for severe mental illness

Zoe Lazar-Kurz/Dr. Gail Eskes

Brain plasticity in older adults: an ERP analysis

Catrina MacPhee/Dr. Phil Tibbo

An investigation of sex as a mediating factor of the auditory mismatch negativity's utility as a biomarker in early-phase psychosis

Laura Dixon/Dr. Aaron Keshen

A feasibility study to evaluate lisdexamfetamine dimesylate (Vyvanse) in adults with bulimia nervosa

Andrea Sandstrom/Dr. Barbara Pavlova

Inter-rater reliability of behavioural inhibition measurement in children

Research Day 2018

Research Day 2018 will be held on Monday, Nov. 19 at the Lord Nelson Hotel. Applications to present will be distributed in May with registration starting in August.

meet a researcher: dr. candice crocker

This issue profiles Dalhousie researcher **Dr. Candice Crocker**. *Meet a Researcher* is a recurring article in the research section of *Headlines*. If you are interested in being profiled in an upcoming publication, please contact **Jen Brown** at Jen.Brown@nshealth.ca.

My current research interests: My current research interests are focused around gender and substance abuse in first episode psychosis, primarily using magnetic resonance imaging (MRI). I am also actively involved in research on psychiatric co-morbidities, seizure recurrence modeling and cannabis use in the first seizure patient population.

Research projects I'm currently participating in: This is where I always have to pause and say "so there are not many clinical scientists at NSHA, so get involved in a variety of projects." My psychiatry research projects with **Dr. Phil Tibbo** and the Nova Scotia psychosis research unit, are focused on MRI methodologies and gender. These are fairly similar technically with my epilepsy research with Dr. Matthias Schmidt (Neuroradiologist and Director of Radiology Research), being brain and MRI focused. On the radiology side, however, I am involved in a variety of projects. I try to be more involved in the research design and launch side, then step away to keep from dividing myself too much, such as working with Dr. David Barnes (Chair of Radiology) on a nationwide survey on PET-CT utilization. When I stay involved, the focus tends to be on healthcare delivery. I am quite actively involved however, in several lung cancer research projects with Dr. Daria Manos (Chest CT division head). These projects range from surveying informed consent knowledge for lung cancer screening, appropriateness of patient referral for lung cancer screening, emergency department (ED) versus non-ED routes to lung cancer referral examining the diagnostic pathway for every patient diagnosed with lung cancer in NS in 2014 and a related health economics analysis. I am also beginning a survey and quantitative computed tomography project on patients presenting for low dose chest CT around cannabis use. Finally, I am involved



Dr. Candice Crocker

in an appropriateness of imaging for appendicitis project with Dr. Andreu Costa.

What I wish I knew, but didn't, when I first contemplated becoming a researcher: The extent to which salesmanship is involved in a scientific career.

The most satisfying and frustrating aspects of doing research: I find research to be like solving a giant logic puzzle and who doesn't like logic puzzles? Problem solving to gather another piece of the possible cause of a disorder or a way to effectively treat a disorder is very satisfying. On the other end of the spectrum, multi-site studies can be extremely frustrating. What is a perfectly acceptable test or approach at one institution may be absolutely forbidden or take forever to get approval for at another.

The experience that best prepared me for my position: I was on a research and development committee at a small American pharmaceutical company for two years. You had to justify your existence once a month and stick to your timelines. If you said it would be done in six weeks, it had to be done in six weeks or you better have a darn good reason why not. This timeline driven approach is very useful for being productive with papers and grants in a clinical research environment.

My research mentor: I have had the good fortune to work with some excellent scientists. The ones that gave me the best tools for what I do now would have to be Dr. Michel Rathbone, Dr. Phil Tibbo and Dr. Matthias Schmidt. Dr. Tibbo and Dr. Schmidt will probably be familiar names

to many in the Department of Psychiatry. Dr. Rathbone is a neurologist and clinician scientist at McMaster University. I worked for him between my Master's and my PhD. He had taken a number of management courses and was wonderful with passing on advice about how to supervise students and projects. He was

not as good with deadlines and every time we had a big grant due, four to six people of the research team would be at the lab all night the day before it was due. There was always food and a cab ride home the next day, but I also learned that this was not my favorite approach to grant deadlines. Another lesson learned.

My second career choice: Forensics was my second choice, but the work hours did not look so attractive.

EDUCATION REPORT

undergraduate education news

Observerships

As a follow-up to the January *Headlines* announcement regarding acceptance of Dalhousie Med 1 observerships, the Psychiatry Undergraduate Education Committee approved the decision to accept medical students from other Canadian medical schools for observerships in the department. Students interested in an observership are to contact **Mandy Esliger** and are responsible for applying to The College of Physicians and Surgeons of Nova Scotia (CPSNS) to obtain an observership permit. Observerships are considered non-credit experience and can only be accepted if they do not interfere with core programming and Dalhousie Med 4 electives.

New Med 3 exam

A new comprehensive Med 3 exam will be implemented in 2018/2019 using the Licentiate of the Medical Council of Canada (LMCC) blueprint. The exam will be summative and held at the end of Med 3. The formative end of unit exams will continue in their current format and timing.

Psychiatry Interest Group

In April, the Psychiatry Interest Group held a geriatric psychiatry movie night

with **Drs. Cheryl Murphy** and **Mark Bosma**. They watched the movie "Still Alice" and a discussion followed. Students asked about medical assistance in dying related to dementia and other practical and ethical issues related to aging in mental health. The evening was interest group-led as students requested insight into geriatric psychiatry.

Clinical Clerks

In May, Dr. Cheryl Murphy will be conducting exit interviews with our clinical clerks at the end of their six week psychiatry block to gain a deeper understanding of our learner's experiences.

In June, we will receive our annual cohort of students from the International Medical University (IMU) in Malaysia to participate in the psychiatry block of the Link Program administered by the Global Health Office. Several of our faculty and residents will be involved in preparing the six students for entry into clerkship in September.

Recruitment

In collaboration with our postgraduate program, a patient recruitment information card has been developed to assist in the recruitment of patients from our mental health services for the various undergraduate interviewing skills

sessions and postgraduate examinations. The cards will be circulated to our clinics and information provided to faculty in the coming weeks.

The 2018/2019 undergraduate teaching recruitment continues. If there are additional activities you are interested in participating in and have not added them to your IPP, there is still an opportunity to sign up by visiting the sign-up page on the faculty database <https://dalpsychiatry.ca/education/faculty-ipp-education-activity-signup>. Please contact Mandy Esliger at mandy.esliger@nshealth.ca if you have any questions.

postgraduate education news

Orals and Exams

The postgraduate program has begun planning the 2018 annual departmental orals and STACER exams for the residents. The orals will be held on June 7 and 12, and STACER exams will be May 24, 25 and 29. Invitations have already been sent to faculty to act as examiners.

Graduation Exercises

We have also begun planning the end of year graduation exercise. The party will be held on June 1 at The Halifax Marriott Waterfront Hotel. Entertainment will be provided by True North DJ Service. Reception begins at 6:30. Formal invitations will be sent out in May.

CaRMS Success

Thank you to all of the faculty and residents who made our CaRMS 2018 recruitment activities such a tremendous success this year. We 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, 2018 are as follows:

Mackenzie Armstrong, Dalhousie University

Patricia Celan, University of British Columbia

Courtney Handford, University of Alberta

Katherine Lines, Dalhousie University

Michelle MacDonald, University of Calgary

Shiloh Ricciotti, Western University

Cody Sherren, Queen's University

Kate Stymiest, Dalhousie University

continuing professional development news

Recent Highlights

University Rounds

On March 21 Dr. André Fenton, professor of neural science at New York University, presented "Can cognition-associated neural coordination abnormalities distinguish between cognitive states and mental illness?"

On April 19 Dr. Jeffrey Swanson, professor in psychiatry and behavioral sciences at Duke University School of Medicine, presented "Preventing gun violence and suicide at the intersection with mental illness: A public health law perspective."



Dr. André Fenton



Dr. Jeffrey Swanson

Joint Clinical Psychiatry and Neuroscience Rounds

On March 28 Department of Psychiatry residents **Drs. Laura Downing** and **Olga Yashchuk**, along with neuroscience resident, **Dr. Caitlin Jackson-Tarltan**, presented on the topic “The Hallucinating Brain.” This was the second 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. Thank you to everyone who continues to make this joint event happen.

10th Psychiatry Debate

On April 4 the 10th Psychiatry Debate, “Teaching psychodynamic psychotherapy: an unethical relic from the past?” was held and was moderated by **Dr. Michael Teehan**. Many thanks to our debaters, residents **Drs. Josh Smalley** and **Justin Paradis**, and faculty members **Drs. Mark Bosma** and **Andrew Harris**, for an excellent, interactive debate on an important and controversial topic. Watch for the 11th debate coming up on May 30, 2018.

XXIX W.O. McCormick Academic Day

Held at the Halifax Marriott Harbourfront Hotel on April 27, this year’s Academic Day, on the theme “Psychiatric Aspects of Cannabis,” was another highly successful, sold out conference. There were 280 participants, consisting of physicians, multidisciplinary mental health professionals, educators, mental health court staff, residents and students, in attendance. Educationally co-sponsored by Dalhousie Faculty of Medicine Continuing Professional Development, the conference was designated for up to 6.0 credit hours for MAINPRO+ of the College of Family Physicians of Canada and as an accredited group learning Section 1 Royal College of Physicians and Surgeons of Canada Maintenance of Certification activity.

Chaired by **Dr. Lara Hazelton**, the day



10th Psychiatry Debate. (L-R) Drs. Michael Teehan, Josh Smalley, Mark Bosma, Justin Paradis, and Andrew Harris.



Top: Academic Day speakers and organizers clockwise from left: Drs. Daniel Rasic, Selene Etches, Phil Tibbo, Eileen Denovan-Wright, Lara Hazelton, David Hammond, Anne McLellan, and Michael Teehan; Bottom left: Dr. Anne McLellan; Right: Dr. Neil Petrie

began with **Dr. David Gardner** providing a short introductory presentation titled “ABC’s of Cannabis” where he aimed to introduce, and make familiar, common terms and issues that were routinely used throughout the day. The plenary speakers consisted of **Dr. Phil Tibbo**, presenting on “Cannabis and Psychosis – What’s the buzz?”; **Dr. Anne McLellan** on the “Legalization of Cannabis”; and **Dr. David Hammond** on “Cannabis Advertising and Public Education: Promotion and Risk Communication in a Legal Market.” For the first time this year attendees could attend two of four concurrent sessions.

The concurrent speakers and their topics were: **Dr. Eileen Denovan-Wright**, “THC and Cannabidiol Affect CB1 Receptor Function,” **Dr. Selene Etches**, “The Effects of Cannabis Use in Adolescents,” **Dr. Neil Petrie**, “Cannabis and Cannabinoids: Use, Abuse, and Misuse in ED Patients,” and, **Dr. Daniel Rasic**, “Weeding through the Haze: A Review of Cannabis Use in PTSD.” The evaluations submitted by participants were very positive and planning is already underway for the XXX W.O. McCormick Day to be held in the spring of 2019.

Upcoming CPD Events

May 2, 2018

C&A Psychiatry

Corkum, Penny

"Better Nights, Better Days"

May 9, 2018

University Rounds

Conn, David

"Geriatric Psychiatry"

May 16, 2018

Clinical Academic Rounds

Chisholm, Terry; Kaiser, Archie;

Neilson, Grainne

"New Legislation to Replace the
Incompetent Persons Act"

May 23, 2018

Clinical Academic Rounds

Bhangoo, Daljit;

Geriatric Psychiatry Subspecialty

Resident

May 30, 2018

11th Psychiatry Debate

Kirkpatrick, Leslie (R5), Abidi, Sabina;

Emms, Mandy (R5), Ursuliak, Zenovia

"Reefer madness! The highs and lows of
cannabis legalization"

June 6, 2018

R.O. Jones Memorial Lecture

Coyne, James

June 13, 2018

Neuroscience Jeopardy

Facilitated by: **Robichaud, Celia; Cookey,
Jacob; Lovas, David;**

Announcement

Rounds will be on hiatus from June 13
until September 12, when we will be
joined by local speaker **Dr. Ian Weaver**.

Call for 2018/19 university rounds speaker suggestions

We have already begun planning for
the 2018-2019 academic year. We will
be accepting suggestions until June
30, 2018. Please contact **Tracy Fraser
MacIsaac** (tracy.fraser@nshealth.ca) with
suggestions.

education kudos corner

Kudos Corner

One of the pillars of our mission is to provide excellence in education by developing and maintaining high calibre educational programs. In turn, part of ensuring our department members are promoting the highest standards of mental health care is continual learning. Our department is committed to providing leadership in mental health education for psychiatrists, other mental health professionals, family physicians and the community. This might include attending an educational conference or session, or similarly, providing a learning opportunity to other faculty members. We want to recognize those members of the department who are engaging in continual learning through faculty development activities and who have shown a keen interest in teaching. See who's been involved recently!

Master's students

We are pleased to report all six of our Master's in Psychiatry Research students have successfully defended their thesis proposals. Congratulations!

Undergrad coordinator

Mandy Esliger, undergraduate education coordinator, recently completed her Diploma in Medical Education. She will be embarking on her dissertation in May, working towards her Masters in Medical Education. Mandy also completed Storyline 360 training, a leading e-learning development and course authoring software under the Articulate 360 banner to advance our delivery of educational content.



Undergraduate coordinator, Mandy Esliger.

CHILD & ADOLESCENT PSYCHIATRY REPORT

Congratulations Dr. Hickey!

The Division of Child and Adolescent Psychiatry would like to extend their sincere congratulations to **Dr. Anita Hickey**, who started her maternity leave on March 26, 2018. Dr. Hickey welcomed her first child, a baby boy, in early May. We would like to wish her all the best in the coming months during this exciting new chapter in her life.

Canadian Research Chair Update

It is our pleasure to welcome **Dr. Sandra Meier** to our faculty in the coming months in her role as the Canada Research Chair in Developmental Psychopathology and Youth Mental Health. We are excited to work with Dr. Meier during her tenure at Dalhousie.

Faculty Presentation Highlights

As part of their monthly in-house educational program, the team at Adolescent Intensive Services (AIS) hosted **Dr. Jose Mejia** for a presentation, "Epigenetics of Psychopathy," on April 4, 2018. The team at AIS thanks Dr. Mejia for his informative and thought-provoking inter-professional educational session. The attendees have universally complimented his knowledge, delivery and interactive style.

Dr. David Lovas was the keynote speaker at the Provincial Psychiatry Conference in Banff, Alberta on Friday, March 23, 2018. His presentation, "Brain to Mind to Mindfulness: A Clinician's Guide to Neural Development," was a highly rated session at the conference.

Dr. Ahmed Alwazeer was joined by colleagues Dr. Rosie Woodworth, Dr. Heather Durdle, Dr. Heather MacLatchy,

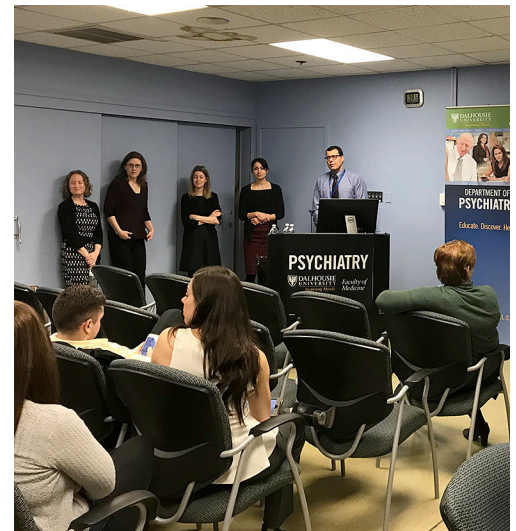


Baby Shower Celebrations for Dr. Hickey! (L-R): Drs. Jose Mejia, Suzanne Zinck, Anett Besseneyi, Herb Orlik, Selene Etches, Jonathan Brake, Anita Hickey, Lukas Propper, Sabina Abidi, Aidan Stokes, Alexa Bagnell, Normand Carrey, Patrick McGrath, and Ahmed Alwazeer

and Dr. April Sullivan, to present at clinical academic rounds on Feb. 28, 2018. Their presentation, "Dancing with Teenagers: The Work of Adolescent Intensive Services (AIS)," was well received by those in attendance both online and in person.

Media Highlight

Dr. Stan Kutcher was featured on the online journal, *The Conversation*, on March 26. The article focuses on childhood depression and is titled, "Is my child depressed? Being moody isn't a mental illness." To read it in its entirety please visit <https://theconversation.com/is-my-child-depressed-being-moody-isnt-a-mental-illness-92789>.



The team from AIS presenting at clinical academic rounds in February.

SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT

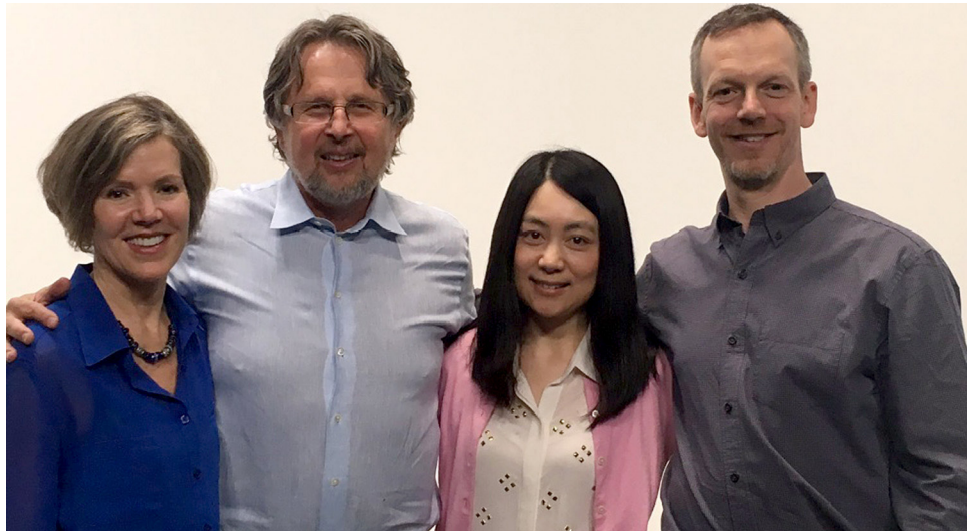
Teach Mental Health

In addition to the existing online mental health literacy course being offered at the University of British Columbia (UBC), the Chair is currently developing another online learning platform. In collaboration with St. Francis Xavier University, Western University and Dalhousie University, a modular curriculum, which is being made into an online professional development course for pre-service teachers, will be hosted at the Faculty of Education at UBC. The course, “Teach Mental Health,” is intended to be used by university pre-service teacher programs across Canada. The online course will be self-guided and easily accessible to any pre-service educators or current teachers.

In March, **Dr. Stan Kutcher**, **Dr. Yifeng Wei** and Amy MacKay travelled to Vancouver along with partners, Dr. Chris Gilham of St. Francis Xavier University and Dr. Wendy Carr of the University of British Columbia. The purpose of the trip was to film module videos while providing input and feedback to the on-site team at UBC in charge of course development. “Teach Mental Health” is expected to launch in June.

BC training and course implementation

In May, Dr. Kutcher will be returning to British Columbia to conduct blended professional development sessions with educators from 16 school districts in the province. The three-day training allows participants to become master trainers, providing them with the tools they need to conduct professional learning for staff in their jurisdictions. This training comes on the heels of the recent success in North and West Vancouver school districts who



Collaborators for the online learning platform, Teach Mental Health (L-R): Drs. Wendy Carr (UBC), Stan Kutcher, Yifeng Wei, and Chris Gilham (St. FX).



Members of the team helping develop online content for the professional development course at UBC.

began implementing the Mental Health and High School Curriculum resource in all grade nine classrooms last fall. For more on the districts implementation, see this Global news story: (<https://globalnews.ca/video/3876531/north-shore-school-districts-introduce-mental-health-classes>).

Mental Health Academy

Following the success of last year's Mental Health Academy, the Chair team is currently working on planning a similar event in partnership with the Department of Education and Early Childhood Development, tailored specifically for educators in Nova Scotia. There was positive feedback from last year's attendees, who also expressed interest to attend a similar event in the future with particular focus on the tangible tools and resources that can be implemented in the classroom. With this in mind, the upcoming professional development session will include keynotes, breakouts, and a panel discussion with experts from various backgrounds in the field of adolescent mental health and education, providing evidence-based resources and tools that apply to educator's specific needs. Stay tuned for more details to be released on our website, including speakers, dates and location: <https://www.mentalhealthacademy.ca/>.

NEWS & ANNOUNCEMENTS

news from the department

Dr. Phil Tibbo featured in article in MacLean's magazine website

Dr. Phil Tibbo and his work with the Nova Scotia Early Psychosis Program (NSEPP) was featured in an article on the MacLean's magazine website. The

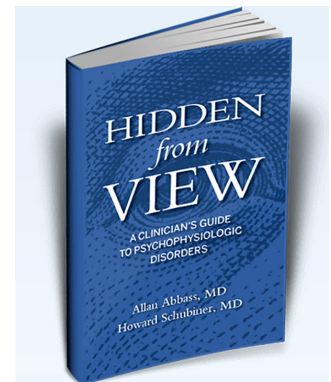
article, Schizophrenia: an evolution of understanding, explores the challenges of the illness, the realization of the illness made in the last 20 years, and the

opportunities for new treatment methods that have come as a result. If you would like to read the article please visit: <http://bit.ly/evolution-macleans>.

Dr. Allan Abbass publishes new book

Dr. Allan Abbass, along with Dr. Howard Schubiner, recently published a book, *Hidden from View: A Clinician's Guide to Psychosocial Disorders*. The book explores the world of medically unexplained symptoms and explains how the brain develops neural pathways that cause symptoms, such as headaches, irritable bowel and bladder syndromes, fibromyalgia, fatigue, insomnia, and

neck and back pain. It discusses how interview techniques can detect and treat these symptoms. If you are interested in purchasing the book please visit: https://www.unlearnyourpain.com/hidden_from_view_book.



Dr. Rudolf Uher has important results published in Nature Scientific Reports

After many years, **Dr. Rudolf Uher** and his colleagues have published a paper that shows how combination of a relatively small number of clinical and genetic variables can predict remission with

antidepressants among individuals with major depressive disorder. You can read the article in its entirety here: <https://www.nature.com/articles/s41598-018-23584-z>.

Dr. Joe Sadek publishes third book on ADHD

Congratulations to **Dr. Joe Sadek**, who recently published his third book on ADHD, *Clinician's Guide to ADHD comorbidities in Children*

and Adolescents. The book contains contributions from faculty members **Drs. Alexa Bagnell, Suzanne Zinck, Anita Hickey, Normand Carrey** and **Gerald**

Gray. The book is published by Springer and will be available soon at <http://www.springer.com/us/>.

Dr. Phil Tibbo appears before Canadian Senate

On April 18, psychiatrist and mental health researcher **Dr. Phil Tibbo** appeared before the Senate Committee on Social Affairs, Science and Technology examining Bill C-45, the act that will set the course for cannabis legalization by the summer of 2018. Representing the CPA, Dr. Tibbo made several recommendations to the committee, most notably that Canadians should not be legally allowed to use marijuana until the age of 21, and that legislation should restrict the quantity and potency of the drug until they are 25. Dr. Tibbo was the principal author on CPA's 2017 position statement, "Implications of Cannabis Legalization on Youth and Young Adults." He also underscored the need for public education targeting youth and young adults around the effects early cannabis use can have on brain development. Dr. Robert Milin was also present speaking on behalf of the Canadian Academy of Child and Adolescent Psychiatry. Other witnesses included representatives from the Canadian Medical Association, the Canadian Nurses Association and the Canadian Research Initiative on



(L-R) Drs. Phil Tibbo and Robert Milin appearing before the Canadian Senate.
(photo: Jadaranka Bacic)

Substance Misuse. To see the full list of recommendations, read Dr. Tibbo's presentation by visiting <https://www.cpa-apc.org/wp-content/uploads/CPA-Bill-C-45-Presentation-April-18-2018-Final-w-Appendix.pdf>.

(reprinted with permission from PsychExpress)

awards & honours

Dr. Abraham Nunes awarded Killam Postgraduate Award

Congratulations to resident **Dr. Abraham Nunes** who was awarded a Killam Postgraduate Award from the Faculty of Medicine. These scholarships, funded through the Killam Trusts established by Izaak Walton Killam and his wife Dorothy J. Killam in 1965, are awarded to postgraduate students in their third,

fourth or fifth year of training in one of Dalhousie Medical School's clinical departments. Selection by the Faculty Awards Committee is based on the recommendation of the department head that the candidate is likely to contribute to the advancement of learning or to win distinction in his/her specialty and

could be recommended for appointment to the faculty of a medical school on completion of training. Dr. Nunes will receive his scholarship during the 2018-2019 academic year. Congratulations once again, Dr. Nunes! You are most deserving.

Dr. Kutcher named Champion of Mental Health

Dr. Stan Kutcher was named one of this year's Champions of Mental Health (researcher or clinician) by the Canadian Alliance on Mental Illness and

Mental Health. He is recognized for the significant impact his work has had on improving mental health care for youth and families along with his innovative

achievements, such as *Transitions: Making the most of your campus experience* and the *Mental Health and High School Curriculum Guide*.

Dr. Calkin receives poster award

The 26th European Congress of Psychiatry was held in March in Nice, France, and included 4173 participants from 93 countries. It hosted 51 e-Poster walks (with over 700 posters). Each e-Poster walk focused on a different area of psychiatry and was chaired by an expert in the field. Each e-Poster was evaluated by the chair based on scientific quality, accuracy and precision of methodology, originality, novelty, and poster design.

Dr. Cindy Calkin presented a poster titled “Blood-brain Barrier (BBB) Dysfunction May Be Predictive of Neuroprogression in Bipolar Disorder (BD),” and discussed preliminary results from a study using a novel BBB permeability neuroimaging and analysis technique that revealed a specific brain network that may be predictive of BD neuroprogression. The study is funded by a NARSAD independent investigator



Dr. Cindy Calkin

grant. Her poster, coauthored by Lyn Kamintsky, Kathleen Cairns, Martina Ruzickova, Matthias Schmidt, Chris Bowen and Alon Friedman, was one of 10 to receive the highest scores and was

recognized by the European Psychiatric Association (EPA) LOC Committee for their outstanding contribution to the program in EPA 2018.

FORBOW graduate student awarded

Vlad Drobinin, a graduate student with the FORBOW project, has won the prestigious Banting Doctoral Scholarship from the CIHR, worth \$105,000, to study how brain scans improve prediction

and inform prevention of mental illness. This award is presented to high-calibre scholars who are engaged in eligible master's or, in some cases, doctoral programs in Canada. This support

allows these scholars to fully concentrate on their studies in their chosen fields. Congratulations Vlad!

FEATURE

celebrating DalMed 150

2018 marks Dalhousie's 200th anniversary, and Faculty of Medicine's 150th anniversary. To mark this milestone, we will be featuring a short quiz on an eminent figure from the Department of Psychiatry in each issue of *Headlines* between now and the end of the year. This month's subject: Dr. W.O. McCormick. Thank you to **Dr. Lara Hazelton** for the contribution.

1. A committed educator, Dr. McCormick was Program Director at Dalhousie for 12 years. What year did he start in this position?

- a. 1962
- b. 1972
- c. 1982
- d. 1992

2. Dr. McCormick often referenced his time at which famous psychiatric institution?

- a. Johns Hopkins University
- b. Maudsley Hospital
- c. Hôpital universitaire Pitié-Salpêtrière
- d. Menninger Clinic

3. When was Dr. McCormick President of the Canadian Psychiatric Association?

- a. 1994-1995
- b. 1998-1999
- c. 2002-2003
- d. 2011-2012

4. An annual award is given out by the department to honor Dr. McCormick. For what is this award given?

- a. Excellence in psychotherapy training
- b. Achievement in research by an MSc student



Dr. W.O. McCormick

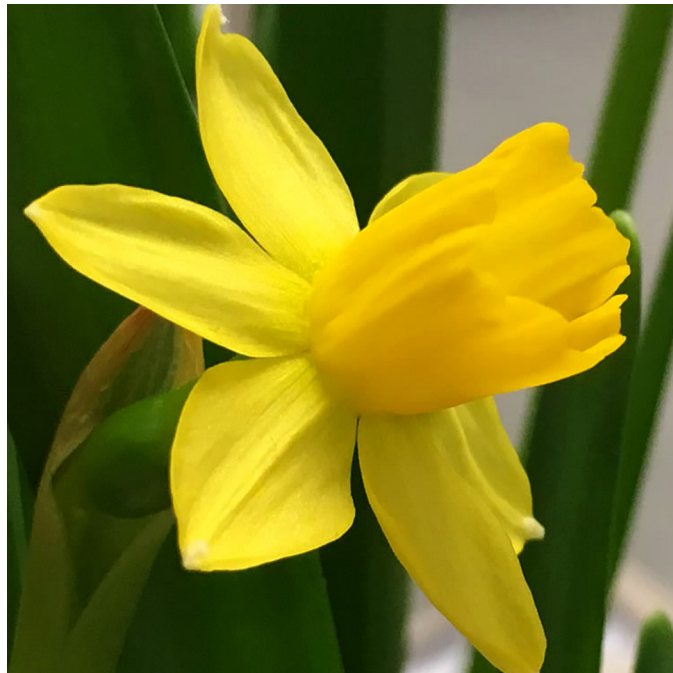
- c. Outstanding presentation by a trainee
- d. Highest mark obtained on the Royal College exams by a Dalhousie resident

5. What annual department event is named after W.O. McCormick?

- a. A lecture
- b. Academic Day
- c. A dinner
- d. A dance party

Answers: 1. C, 2. B, 3. A, 4. C, 5. B

PHOTO FEATURE



Here comes spring! (Photo by Dr. Shabbir Amanullah).

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, 2018, with the deadline for submissions to be June 15, 2018.

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