

Department of Psychiatry HEADLINES



Dr. Paul Janssen Chair in Psychotic Disorders

By: Allison Gerrard
Communications Manager, Dalhousie Faculty of Medicine

Maritimers suffering from psychoses are offered new hope as Dalhousie University installed **Dr. Phil Tibbo** as the Dr. Paul Janssen Chair in Psychotic Disorders. A celebration of appointment was held on October 7 at the Tupper Building Foyer.

Dr. Tibbo was the keynote speaker, and was preceded by Dr. Harold Cook, Dean of Medicine, Dalhousie University, Dr. Raymond LeBlanc, VP Research and Academic Affairs, Capital Health, Mr. Chris Halyk, President of Janssen-Ortho Inc., Mr. Robert Hunt, Chair, Board of Directors, Mental Health Foundation of Nova Scotia, and **Dr. Nick Delva**, Head and Chief, Department of Psychiatry.

Dr. Tibbo, a renowned psychiatrist from the University of Alberta, will lead a major research team into the causes and treatments of psychotic disorders. His focus will be on early detection and intervention and in improving public awareness of the needs of patients with

psychotic disorders.

“Helping someone as soon as they’ve experienced their first episode of psychosis is critical to improving their outcome,” said Dr. Tibbo. “One of my goals is to attract research associates and students from a variety of disciplines to Halifax so that through our collaborative work, we can better understand psychoses and how to manage them.”

“Having a research chair dedicated to the study and treatment of psychotic disorders will help recruit other researchers and physicians with special expertise in this field to our region,” said Dr. Raymond LeBlanc, Capital Health’s vice-president of research and academic affairs. “This position has a Maritime mandate and will certainly be of great benefit to those living with mental illness in our communities.”

Janssen-Ortho Inc. provided \$1 million in funding for the chair and the Mental Health Foundation of Nova

Scotia donated \$500,000. The fund’s market value today is worth \$2.3 million.

“This is an investment in the future of mental health care in Nova Scotia, as Dr. Tibbo’s work on early detection, intervention, and improving public awareness of the needs of patients with psychotic disorders will also make a difference in the lives of generations to come,” said Robert Hunt, the Mental Health Foundation of Nova Scotia’s board of directors chair. “Imagine the difference it will make for our children and grandchildren if they can benefit from early detection and treatment—and go through life without the stigma of a mental illness.”

The Dr. Paul Janssen Chair in Psychotic Disorders is named for the late Dr. Paul Janssen, one of the 20th century’s most innovative and inspiring pharmaceutical researchers. His work is responsible for many important treatment breakthroughs, including in the field of psychiatry.

Message from the Head

Dr. Nick Delva

It has been a banner year for the Department of Psychiatry in more ways than one! We literally have a beautiful new banner for use at Departmental functions (see page 3) and, metaphorically speaking, the Department has enjoyed much success in 2008.

Our rich environment for learning, together with hard work by all involved, has produced excellent results for our students. As mentioned previously in *Headlines*, our residents distinguished themselves in the 2008 Canadian Organization of Psychiatry Educators (COPE) examination and then went on to achieve a 100% pass rate in the Royal College examinations. The latest news in undergraduate education is equally impressive: building on a steady improvement over previous years in the psychiatry portion of the Medical Council of Canada Part 1 examination, the Dalhousie medical class of 2008 achieved the top marks in the country. Congratulations to all those involved in the provision of undergraduate education in our Department, and special thanks to **Drs. Allan Cook, Lara Hazelton, and Cheryl Murphy, Ms. Martine McKay, and Ms. Annette Cossar**. In general, consistency in these educational outcomes is not surprising – these results make it clear that our undergraduate and postgraduate students are receiving a first-class education. Our challenge now is to

maintain this level of excellence and not rest on our laurels!

The past year saw a number of other achievements, including an important upgrading of the Psychiatric Emergency facilities at the QEII and the strengthening of the staffing of the Psychiatric Emergency Service. Functional Planning for renovations to the Abbie J. Lane Building is in full swing. Our research activities are proceeding well. As announced on the cover, **Dr. Phil Tibbo** was installed as the first Dr. Paul Janssen Chair in Psychotic Disorders, and is getting settled in his new facilities and establishing his research team. We also warmly welcome two other new psychiatrists to the Department: **Drs. Sameh Hassan** to the Seniors Mental Health Team and **Dr. Tanya Pellow** to the re-established Acute Psychiatry Inpatient Unit on 6 Lane.

Progress has been made toward negotiating our new Academic Funding Plan (AFP). A number of all-party and bilateral meetings have been held this fall with the Department of Health, Doctors Nova Scotia, CDHA, IWK, and the Faculty of Medicine. The funding template has evolved considerably, and there has been a growing focus on accountability and clinical and academic “deliverables”. This has meant much work to gather and analyze data in preparation for the negotiations. While it had been our hope that these



negotiations would be concluded prior to the end of this calendar year, I am sorry to say that this will not occur, but we do expect to have a new contract for the start of the next fiscal year. If you have any questions regarding the AFP negotiations, please contact a member of the Departmental negotiating team: myself, **Dr. Scott Theriault** or **Ms. Carolyn Sisley**.

Thanks again to all for making our Department a leader in clinical care, education, and research. I look forward to seeing many of you at the Department of Psychiatry year-end party on December 12 and wish you all a happy 2009.

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Department of Psychiatry HEADLINES

Dalhousie University
5909 Veterans' Memorial Lane
Halifax, NS B3H 2E2
Phone: 902-473-1677
Fax: 902-473-4887

Editor: Dr. Aidan Stokes

Compilation, Layout, and Design:
Christy MacDonald

Submissions should be sent to:
Christy.MacDonald@cdha.nshealth.ca

Administration Section

Submitted by: Carolyn Sisley
Senior Administrator

Department Communications

The Department is the proud owner of a new banner.

After many photo shoots and design proofs, the Department now has a banner that can be used at a wide variety of events.

The collage featured in the banner will be the new “image” for the Department, will become the front page photo for the website, and will also be used in other promotional materials.

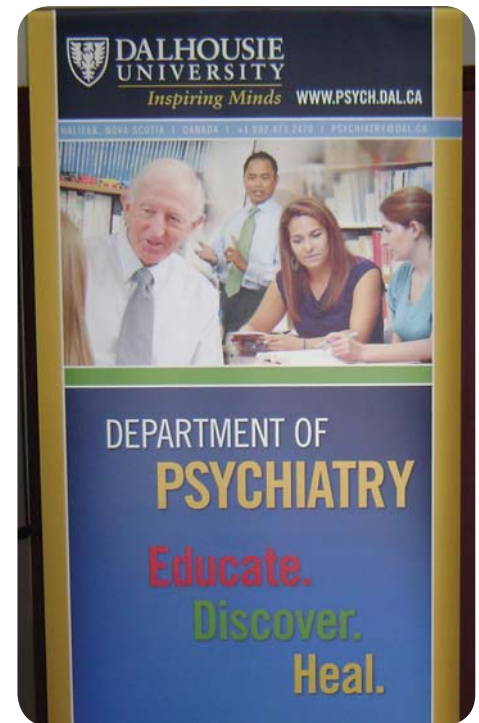
Thanks to **Drs. Aidan Stokes, Carlo Carandang, Deborah Parker, and Emily Maxan** for agreeing to pose for these pictures. Another thanks goes to Annette Cossar’s daughter Danielle, who posed as Dr. Stokes’ patient.

A series of photographs have been taken by one of Dalhousie’s staff photographers, Nick Pearce, and

include images that will be used in future section-specific promotional materials. Thanks to David MacDonald at Dalhousie’s Design Services for the layout and design.

The banner is also the first instance where the Department’s new motto appears. **Sandra Millar** contributed the winning motto in the contest, which was “Educate, Discover, Heal”. The motto will also appear in future promotional materials. Congratulations Sandra!

If you are attending an event and would like to book the banner, please contact Christy MacDonald at 473-1677 or Christy.MacDonald@cdha.nshealth.ca.



Education Section

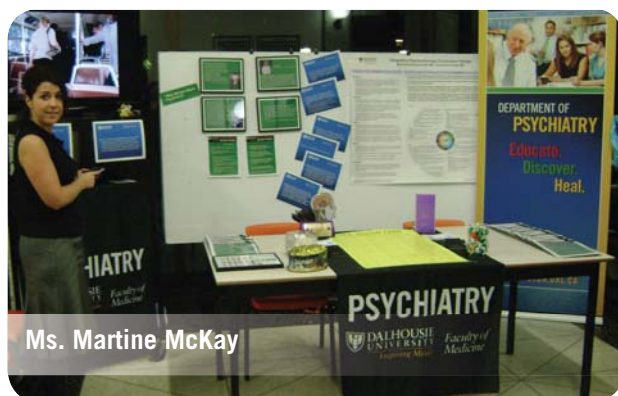
Submitted by: Annette Cossar
Education Administrator

With the change of the seasons and the cold weather approaching, exciting events are taking place in the Department of Psychiatry. The recruitment drive for the Residency Programme is underway. The CaRMS season will be upon us. The national interview period will be January 24 through to February 15, 2009—Interviewers: please mark your

calendars!

The Dalhousie Medical School held its 2008 Career Evening for Medical Students on November 18. Traditionally the Department of Psychiatry sets up shop with a booth complete with displays and programme information. This year was no exception. The Postgraduate Education programme led by **Dr. Malgorzata Rajda** and

Ms. Norma Thompson rallied the faculty and resident participants to work the student crowd in attendance at the Tupper Link. The Undergraduate Programme was represented by **Dr. Allan Cook** and **Ms. Martine McKay**. There was a great turn out by the medical students.



This winter the Education Section plans to host a “Psychiatry Fair” as a further recruitment effort aimed at encouraging medical students to consider our specialty as a career choice. During the Career Evening, the students were each asked if they would be interested in participating in another Psychiatry information event, which received a great response. This event will be planned for January or February 2009.

We would also like to thank Dr. Rajda, N. Thompson, Dr. Cook, and M. McKay for their efforts, as well as our faculty and resident volunteers who helped promote psychiatry as a positive career choice: **Drs. Emily Maxan, Jennifer Slater, Daniel Rasic, Nick Delva, Phil Tibbo, Joanne MacDonald, Ian Slayter, Mira Stingu-Baxter, Ewelina Zaremba, and Suzanne Zinck**. Well done!

Continuing Education Activity Dates

Clinical Conference at the QEII

December 3, 2008
December 10, 2008

University Rounds at the QEII

December 17, 2008

Clinical Academic Rounds at the IWK

December 3, 2008
December 10, 2008

Clinical Conference at The NSH

December 5, 2008
December 12, 2008
December 19, 2008 – Jeopardy!

Upcoming Workshops

Psychotherapy Workshop January 21-22, 2009

Topic: Difficult Personalities: How you can understand and work with them

Speaker: Dr. Vann Joines, Psychologist and President of the Southeast Institute, Chapel Hill, NC

Location: The Lord Nelson Hotel, Halifax, NS

Clinical Evaluation Workshop March 5, 2009

Speaker: Dr. Nancy Dudek, Medical Educator, Physical Medicine and Rehabilitation, University of Ottawa

Location: To be determined

Research Section

Submitted by: Jennifer MacDonnell
Research Administrative Assistant

Psychiatry Research Day 2008

The 18th Annual Psychiatry Research Day was held October 3 at the Lord Nelson Hotel. The event was a success according to the many positive evaluations received and good attendance by the faculty, students, and staff. There were 117 attendees, a 13% increase in attendance over 2007.

This year's guest speaker, Dr. Karen Bierman of Pennsylvania State

University, and her presentation "Intervening early to reduce disruptive behaviour disorders and related maladjustment" were well received and a highlight of the event.

Awards were presented to a Jr. Faculty Member, Graduate Student, Psychiatry Resident, and two awards for a tie in the Undergraduate Student category.

The winners were:

Jr. Faculty

Christine Darredeau
"Pharmacology and expectancy factors in the effects of nicotine on smoking reinforcement"

Graduate Student

Fiona Davidson
"The role of memory in math disabilities"

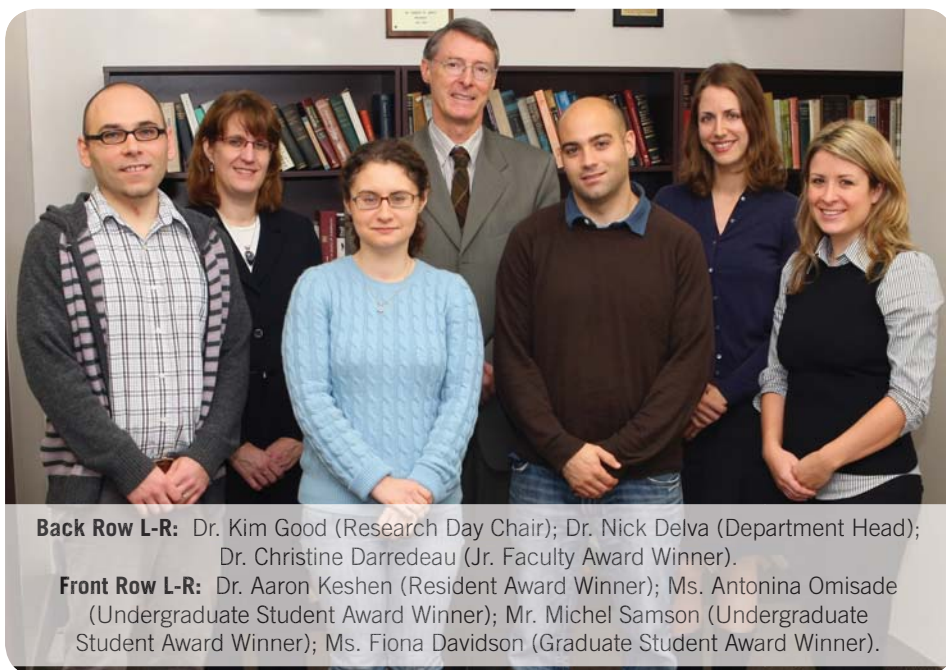
Psychiatry Resident

Aaron Keshen
"Prevalence of cannabis use in adolescent psychosis: Retrospective analysis of an inpatient population between 1997-2007"

Undergraduate Student

Antonina Omisade
"MRI indices of brain pathology in multiple sclerosis predict executive control deficits"

Michel Samson
"Cognitive function after transient forebrain ischemia: Preliminary assessment of reversal by darbepoetin alfa"



Back Row L-R: Dr. Kim Good (Research Day Chair); Dr. Nick Delva (Department Head); Dr. Christine Darredeau (Jr. Faculty Award Winner).

Front Row L-R: Dr. Aaron Keshen (Resident Award Winner); Ms. Antonina Omisade (Undergraduate Student Award Winner); Mr. Michel Samson (Undergraduate Student Award Winner); Ms. Fiona Davidson (Graduate Student Award Winner).

Psychiatry Research Public Forum

The Department of Psychiatry held a public forum the evening of October 2 in the Royal Bank Theatre of the Halifax Infirmary entitled, "Promoting the Mental Health of Nova Scotia's Children and Youth".

The aim of the event was to develop an open dialogue between the public and researchers in child mental health to discuss how to promote healthy

psychological development and prevent mental illness in youth. The evening featured Dr. Michael Ungar of the Dalhousie School of Social Work who gave an overview of the importance of understanding and promoting resilience in youth. Presentations were also given by **Drs. John LeBlanc, Sabina Abidi, Alexa Bagnell**, and **Stan Kutcher** who spoke on prevention and early detection of

mental illnesses that can arise during adolescence such as schizophrenia, anxiety disorders, mood disorders, and criminal behaviour. Seventy people attended the presentations and with such a great turnout and positive feedback, this will hopefully become an annual event.

International Psychiatry Section

Submitted by: Ricardo Salcedo
Administrator, International Psychiatry

Dr. Leslie Ramsammy Visits Halifax

The Department of Psychiatry was pleased to welcome Dr. Leslie Ramsammy, Minister of Health of Guyana and President of the 61st World Health Assembly to Halifax in November.



Drs. Sonia Chehil and Leslie Ramsammy

Dr. Ramsammy visited Halifax for several days and met with various partners and stakeholders while he was here. He also gave a public lecture on global health issues entitled "Health for All in Resource Poor Settings" on November 20.

In an impassioned and poignant lecture, Dr. Ramsammy focused on the concept of "Health for All" and challenged the audience to be a part of the fight for global health equity.

Dr. Ramsammy believes that health for all should mean health for all of the world's people, regardless of where they were born. For example, it only costs \$1 to buy a mosquito net to protect a child from malaria. But children are still dying of easily preventable causes, including malaria, in resource poor countries.

Although there has been an impressive reduction in the number of annual child deaths over the past 30 years, approximately 9.7 million children

still die every year. Many of those lives could have been saved with very little financial resources.

"If we build our health systems to minimize infant and maternal mortality, then we will have systems that can address other human health challenges," he said recently.

The lecture was co-sponsored by the Nova Scotia Department of Health, Dalhousie University Department of Psychiatry, Dalhousie University Health Law Institute, Dalhousie University International Health Office, the IWK Health Centre and the Capital District Health Authority.

Dr. Ramsammy was hosted by **Dr. Sonia Chehil**, Director, International Psychiatry. Other meetings with Dr. Ramsammy included members of the Department (with a lunch at Connections Clubhouse), the Faculty of Medicine, the Health Law Institute, and the Department of Health.

Dr. Scott Theriault Participates in WHO Course

The International Diploma on Mental Health Law and Human Rights is a program of the Indian Law Society, organized in collaboration with the World Health Organization (WHO). **Dr. Scott Theriault** is a member of the inaugural group of students to take the course.

The course, taught by ILS faculty and WHO staff and consultants, is aimed

at preparing students to assist in the development of mental health legislation in keeping with human rights principles, in their own countries and abroad. It is delivered by a combination of onsite lectures and web-based learning.

Dr. Theriault recently completed the initial onsite program in October in Pune, India. The most exciting part of the course was the opportunity to interact with staff and students from

around the globe, who represented 23 different countries and came from diverse backgrounds as clinicians, lawyers, consumers, advocates, and policy makers.

Dr. Theriault looks forward to completing the course and returning to India at the end of the program in October 2009 to reconnect with new found friends and to welcome new students to the program.

Child and Adolescent Psychiatry Division

Submitted by: Julie O'Grady
Administrator, Child and Adolescent Psychiatry

The IWK Youth Psychosis Team, consisting of **Dr. Sabina Abidi**, **Dr. Alissa Pencer**, and Ms. Cathie Keeler attended the International Early Psychosis Association Biannual Conference in Melbourne, Australia in October. The Team presented two posters: "Development and Implementation of an Integrated Prodrome/First Episode Psychosis Youth Clinic in Nova Scotia, Canada: 1st Year Outcomes and

Revelations" and "Achieving Integrated Service Delivery: Development and Implementation of a Youth Prodrome/First Episode Psychosis Clinic".

Congratulations to **Dr. Normand Carrey** and the Editorial Staff of the Journal of the Canadian Academy of Child and Adolescent Psychiatry (JCACAP) for the release of their first issue. The journal can be accessed at the following link:

<http://www.cacap-acpea.org/onottaca/doc.nsf/doc/JournalNov2008.cm>

Dr. Joanne Gusella, Team Leader, IWK Eating Disorders Clinic presented a full day workshop for the Ontario Community Outreach Program for Eating Disorders in Toronto in November on the Maudsley Family Therapy approach for treating Anorexia in children. The workshop was well received.

Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher
Sun Life Financial Chair in Adolescent Mental Health

Dr. Stan Kutcher Launches Teen Mental Health Blog

In a greater effort to advance the understanding of youth mental health **Dr. Stan Kutcher**, Sun Life Financial Chair in Adolescent Mental Health, has started writing a blog on teen mental health. The blog will focus on topics such as mental disorders, medications, neuroscience, health care, and teen development.

Blogs are a powerful way to share information. In the health sector, blogs are being increasingly used by tech-

savvy health professionals as a way to interact online, exchange ideas, and to share knowledge. Blogs are also being used as part of Health 2.0 – an emerging concept of health care that uses web 2.0 technologies to promote collaboration between patients, physicians, health care professionals, and other members of the health community.

"The Teen Mental Health Blog is an exciting new way for me to

share information about the Chair's programs," says Dr. Kutcher. "It's also an opportunity to contribute to the growing Health 2.0 community by providing evidence-based information on adolescent mental health to youth, parents, patients, health professionals, and anyone else who reads the blog and visits our website."

Visit the Teen Mental Health Blog at <http://blog.teenmentalhealth.org>.

Celebrating Two Years

In October, **Dr. Stan Kutcher** celebrated the second anniversary of the Sun Life Financial Chair in Adolescent Mental Health with a presentation to mental health stakeholders at the IWK Health Centre. The event highlighted the work of the Chair to date, and outlined the Chair's vision for the future to help improve the mental health of youth by the effective translation and transfer of scientific knowledge.

Over the past two years the Chair has collaborated on many mental health projects and programs, some of which

include: Transitions: Student Reality Check, a mental health resource for post-secondary students; a mental health and high school curriculum guide; a youth depression and suicide education training program for educators and health professionals; a booklet for young people who may have a sibling living with a mental illness; and an evidence-based medicine guide for patients.

A major upcoming focus for the Chair will be school mental health. Schools are an ideal place to introduce

mental health promotion activities, mental health care delivery, mental health education and combat stigma associated with mental illness. Working with government partners and the education community, the Chair will be developing programs to meet the mental health needs of schools and educators.

For more information about the Chair's projects or to learn more about youth mental health visit www.teenmentalhealth.org.

News & Announcements

Staff / Faculty Changes

The Department of Psychiatry is pleased to welcome **Dr. Tanya Pellow** to her new role as a member of faculty effective September 22. She will carry out the roles of Assistant Professor and Staff Psychiatrist in Adult General Psychiatric Services.

Dr. Pellow received her BSc (Biology), BSc (Occupational Therapy), and MD from Dalhousie. She also completed her Residency Training Program here in Halifax.

Most recently Dr. Pellow completed a Child and Adolescent Psychiatry Fellowship with the Department, working at the IWK Health Centre, East Coast Forensic Hospital, and with the IWK Youth Justice Service.

During her residency training in Child and Adolescent Psychiatry and her fellowship, Dr. Pellow completed two research projects: creating educational modules for the YOO Magazine website with Dr. Alexa Bagnell; and a literature review of Child and Adolescent Depression.

Dr. Pellow's office is located in Rm. 6436 of the Abbie J. Lane Memorial Building. She can be reached at 473-4634 or Tanya.Pellow@cdha.nshealth.ca.

The Department of Psychiatry is pleased to welcome **Dr. Sameh Hassan** to the faculty effective November 3, as an Assistant Professor and a Staff Psychiatrist in Adult Specialty Psychiatric Services.

Dr. Hassan received his MB, BCh, and MSc (Psychiatry and Neurology) from the Faculty of Medicine at Cairo University. He earned his MRCPsych in 2002 from the UK Royal College of Psychiatrists. He is near completion of an MSc in Clinical Neuropsychiatry with the University of Birmingham and is also studying for an MSc in Medical Education from the University of Warwick.

Until his recent move to Nova Scotia, Dr. Hassan was a Consultant Psychiatrist in Old Age Psychiatry at St. Cross Hospital in Rugby, England, serving a population of 850,000.

Dr. Hassan's office is located at Rm. 1115 in Mount Hope. He can be reached at 464-6064 or Sameh.Hassan@cdha.nshealth.ca.



The Department of Psychiatry bids a partial farewell to **Dr. Terry Chisholm** who has resigned from her clinical position in Consult Liaison (Cancer Care) effective November 21. Dr. Chisholm has opened a private practice in the Halifax and remains a faculty member with the Department and will continue her association with academic psychiatry.

News

Centre for Addictions Research at Dalhousie's 1st Addictions Mini-Conference

On October 31, over 27 researchers and trainees in the field of addictions attended the Centre for Addictions Research at Dalhousie's (CARD's) 1st Addictions Mini-Conference. CARD was founded last year with funding from the university with the purpose of building capacity and innovation by bringing together Dalhousie addiction scientists/researchers to encourage a transdisciplinary view and approach to the problem of addictions at Dalhousie.

Dr. Sherry Stewart (psychiatry and psychology) is CARD's founding director.

The mini-conference was a day-long event held at the Great Hall in the University Club at Dalhousie. CARD steering committee members including **Dr. Javad Alaghband-rad** (psychiatry), **Dr. Ronald Fraser** (psychiatry), **Dr. Alissa Pencer** (IWK; adjunct in psychiatry), **Dr. Sean Barrett** (psychology; cross-appointment in psychiatry), **Dr. Harold Robertson** (pharmacology; cross-appointment in psychiatry), and **Tom Payette** (Addiction Prevention and Treatment Services; lecturer in psychiatry), came together to share their exciting research in the field of addictions. Attendees also included Dalhousie faculty from other disciplines, graduate students, and post-doctoral trainees, as well as staff involved in addictions research at Choices. The event ended with a colloquium presented by gambling research expert, Dr. Tony Schellinck (Dalhousie School of Business Administration).



L-R: Dr. Sherry Stewart (CARD founding director); Pamela Collins (CARD administrator); Dr. Sean Barrett, Tom Payette, Dr. Alissa Pencer, Dr. Mark Asbridge, and Dr. Jennifer Stamp (CARD steering committee members).



Thirty-two psychotherapists and educators from as far away as New Zealand attended the 2nd Halifax Immersion Course in ISTDP in September, hosted by **Dr. Allan Abbass** with Dr. Jon Fredericksen from Washington School of Psychiatry. In addition to an intensive videotape training block, attendees were treated to a harbour cruise, waterfront dinner, and a reception at the Art Gallery of Nova Scotia.

Congratulations

Congratulations to **Dr. Joseph Sadek** who successfully passed the American Board of Psychiatry and Neurology's Initial Certification Examination in Psychiatry in September. In becoming Board certified, Dr. Sadek has completed rigorous training and achieved the gold standard in each of the six core competencies of patient care, medical knowledge, interpersonal and communication skills, professionalism, systems-based practice, and practice-based learning and improvement to practice quality specialized medicine in psychiatry.

Congratulations to **Dr. Bobbi French** who was appointed Physician Leader for Mental Health and Addictions, IWK Health Centre effective November 1. Thanks go to **Dr. John Aspin**, who had served in this role for several years, for his dedication and leadership to the program.

Dalhousie Medical Graduates Place First in Psychiatry Exam

Congratulations to Dalhousie's medical graduates who performed very well in the recent Medical Council of Canada Qualifying Examinations (MCC QE), Part 1. The Medical Council of Canada Qualifying Exams assess the competency of candidates who have obtained their medical degree for entry into supervised clinical practice in postgraduate training programs.

Among all Canadian medical school graduates, Dalhousie students placed fifth overall in their total scores and third overall in pass rate. They scored in the top half of all medical graduates in nine discipline areas, in the top quartile in three areas, and first in Psychiatry. This is an outstanding achievement and congratulations are offered to **Drs. Allan Cook, Lara Hazelton, Cheryl Murphy, Ms. Martine McKay**, and all of the teachers and staff who have worked so hard to make this happen. Well done!

Congratulations to **Dr. Katherine Warren** and her partner Chris on the birth of their son, William Cestmir Larder. Baby William arrived on November 14 at 10:50 am weighing 8 lb., 5 oz. Katherine is currently on maternity leave and will be returning to the Department later in the new year.

Announcements

The Department of Psychiatry will be hosting their annual Holiday Celebration party on Friday, December 12. Invitations have been mailed with RSVPs due on December 8. For further information, please contact **Annette Cossar** at 473-2507 or Annette.Cossar@cdha.nshealth.ca.