

Department of Psychiatry HEADLINES



A job well done! L-R: **Dr. Catalina Lopez de Lara**, **Dr. Ben Rusak**, **Dr. Denise Bernier**, Ms. Julie Garnham, **Dr. Phil Tibbo**, Ms. Nikola Hartling, **Dr. Nick Delva**, and Ms. Brittany Barnett.

Research Day 2009

Submitted by: Jennifer MacDonnell
Research Administrative Assistant

The 19th Annual Psychiatry Research Day was held October 16 at the Lord Nelson Hotel. The event was a success according to the many positive evaluations received from the 92 faculty, students, and staff who attended.

This year's guest speaker, Dr. Rémi Quirion, Professor and Scientific Director at the Douglas Mental Health University Institute, and his presentation "Characterization of novel genes involved in learning and memory in rodent models: possible relevance to Alzheimer's disease" were well received and a highlight of the event.

Thank you to the members of the Research Day Sub-committee: **Drs. Kimberley Good, Ron Leslie, Tomas Hajek, Daniel Rasic**, and Ms. Julie Garnham, **Ms. Janet Bardon**, and **Ms. Jennifer MacDonnell**.

This year's award winners were:

Jr. Faculty

Denise Bernier: "Investigation of 3T 1H-MRS and psychotic symptoms in unmedicated first episode psychosis"

Graduate Student

Brittany Barnett: "Comparing polysomnography (PSG) and actigraphy in children with ADHD"

Psychiatry Resident

Catalina Lopez de Lara: "Mapping susceptibility genes for bipolar disorder using linkage and gene expression analyses"

Undergraduate Student

Nikola Hartling: "The synergistic effect of anxious attachment and emotional instability on health anxiety: An extension of the interpersonal model of health anxiety"



Dr. Rémi Quirion gives his keynote address at Research Day 2009.

Psychiatry Staff

Julie Garnham: "Subject Exclusion Characteristics of a Phase II Randomized Controlled Trial in Major Affective Disorder"

Message from the Head

Dr. Nick Delva

Some 2,500 years ago, Heraclitus said, “You can not step twice into the same river.” We all know that we are always in the process of change, sometimes the extent and speed of the change can make it a challenge to determine what is happening, especially in those areas that are not closely associated with our day-to-day work.

The Department of Psychiatry saw many changes in 2009. We became much more engaged in the political process, and will continue to be. We wish to see a system of mental health care in Nova Scotia that is on a par with other developed jurisdictions and equivalent in quality to the rest of the health care system, and we will continue to advocate strongly for this. If you have not done so already, please visit the website sponsored by the Department, www.oneinfive.ca, and express your support for mental health services by signing the petition, writing a letter to our elected representatives, or uploading some content.

As I mentioned in the September issue of *Headlines*, we are closer to the end of the AFP negotiations than to the beginning. After a delay of about five months, the Memorandum of Understanding signed by ourselves, the Department of Health, and Doctors Nova Scotia back in June, is now being implemented and we are currently attending regular meetings to hammer out the final details of the new AFP.

In 2009, the Emergency Assessment Service and the Short Stay Unit at the NSH were both closed. We saw the construction of a beautiful new Emergency Department

at the QEII and the establishment there of a dedicated psychiatric emergency service in much better facilities. Simpson Hall was razed, and new construction will soon begin on the same site to create attractive living units that will be one of the foci of our rehabilitation and recovery services. At the same time, a committee is examining the current array of rehabilitation and recovery services, with a view to making recommendations on how best to go forward. We put further effort into functional planning for the renovation of the Abbie J. Lane Building, and the functional plan (the first stage of a multi-year process) is due by the end of the year. We conducted reviews of our International Psychiatry Section and our Division of Child and Adolescent Psychiatry. The results of these endeavours will be used to support further positive change in already strong elements of the Department. A new Anxiety Disorders Network was formed this year and will be described in a future issue.

We also dealt with the challenges of the H1N1 pandemic, and were well prepared for much worse scenarios than we ended up being faced with. Members of the Department enjoyed success on many fronts. Worthy of special mention is the award given to the Department by the for the e-educational program on the approach to emotionally disturbed persons created by **Drs. Bianca Lauria-Horner, Scott Theriault and Brad Kelln** for the Canadian Police Knowledge Network. This program has been taken by many police officers across Canada — I am confident that this excellent program will result in a more



humane approach to people with mental problems who come into conflict with the law, and will save lives throughout the country.

The undergraduate curriculum was found wanting in the February accreditation visit by LCME and CACMS, and huge efforts are being made to address the problems that led to our Medical School being placed on probation. I am confident that Dalhousie will meet and exceed the standards required for full accreditation and encourage everyone to play their part; our Department has great strength in all levels of education (undergraduate, postgraduate, and continuing) and will be able to play a major role in the transformation of our undergraduate curriculum.

All in all, 2009 was packed with challenges and change, and we are a stronger and better Department for it. I would like to congratulate all faculty, staff and residents on a successful year of achievements. I hope to see many of you at our upcoming Holiday Celebration on December 11, and wish you all a well-deserved rest over the holidays.

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Department of Psychiatry HEADLINES

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Administration Section

Submitted by: Carolyn Sisley
Senior Administrator

Update on AFP Negotiations

The Memorandum of Understanding that the Department of Psychiatry, Doctors Nova Scotia, and the Department of Health signed in May has now been implemented. This temporary agreement increases our total funding envelope. Meetings to finalize the new AFP contract are currently underway. Ms. Eleanor Hubbard, Acting Executive Director Physician Services and Ms. Victoria Goldring, Acting Director Physician Services are the new representatives for the Department of Health in these discussions. We anticipate progress will be made over the next few weeks.

Questions regarding the ongoing negotiations can be directed to members of the Negotiating Team: **Dr. Nick Delva**, **Dr. Scott Theriault**, and **Ms. Carolyn Sisley**.

Faculty Development Funding

Faculty members are reminded that funding is available through the Departmental Faculty Development Grant to assist in offsetting registration fees, tuition, or travel costs associated with activities that are training-focused and will promote the Department's vision, reputation, and skills development. Please note that funding is not provided for attending conferences. Individuals wishing to apply for funding must complete the approved application form which is available from **Ms. Carolyn Sisley**, Senior Administrator.

Oneinfive.ca

One in five people — or roughly 200,000 Nova Scotians — will experience a mental illness each year. That statistic lends its namesake to a new website — www.oneinfive.ca — unveiled at a news conference at Province House in Halifax in September.

Oneinfive.ca is urging the provincial government to establish a comprehensive, fully funded mental health strategy, starting in the spring of 2010. Please take a moment to visit the site, sign the petition, and consider submitting a letter, story, or video to show your support for this initiative.

The campaign and website are sponsored by Dalhousie University Department of Psychiatry and partners include Laing House, Mental Health Foundation of Nova Scotia, Kids Help Phone, Nova Scotia Psychiatric Association, Mental Health Coalition of Nova Scotia, Schizophrenia Society of Nova Scotia, and the Healthy Minds Cooperative.

Annual Christmas Holiday Celebration

As the Christmas season is fast approaching, the Department mailed out invitations to this year's party the week of November 23. The festivities will take place at The Halifax Marriott Harbourfront, Halifax Ballroom on Friday, December 11. We look forward to seeing you there!

Research Section

Submitted by: Jennifer MacDonnell
Research Administrative Assistant

Psychiatry Public Forum 2009

The Department of Psychiatry held a public forum the evening of October 15 in the Royal Bank Theatre of the Halifax Infirmary entitled, "Genetics and Psychiatry". The event featured Dr. Rémi Quirion, our Research Day keynote speaker who spoke on "Genetics and Alzheimer's". Presentations were also made by **Drs. Phil Tibbo** and **Martin Alda** and the evening ended with a panel discussion with questions from the audience.

Dr. Phil Tibbo gives his presentation at the Psychiatry Public Forum 2009.



Education Section

Submitted by: Annette Cossar
Education Administrator

Undergraduate News

There was a recent visit to Moncton by **Drs. Cheryl Murphy, Malgorzata Rajda**, and **Ms. Martine McKay** to discuss undergraduate and postgraduate opportunities at their teaching hospital and allied sites. There was a strong interest on the part of the physicians in attendance to contribute and collaborate on educational activities. The area is able to provide excellent housing facilities for learners.

Dr. Murphy, Clerkship Coordinator, recently presented to the Fall Full Faculty Meeting the ongoing changes in the Faculty of Medicine in terms of preparation for the New Brunswick campus as well as curriculum renewal in the face of the recent accreditation results.

Many will have already heard that the results of the LCME appeal were not favourable and Dalhousie's Medical School has received a two-year probationary status as of October 15, 2009. The school remains accredited and despite these results our students have consistently performed well in matching to first choice residency spots and in performance on the LMCC.

Dr. Tom Marrie, the new Dean of the Faculty of Medicine, has been sending out regular updates and there has already been significant progress in working towards not only meeting but surpassing standards the school was cited on. Numerous working groups are in place and updated information can be found on the blog located at: <http://blogs.dal.ca/medcurriculum/>. There is currently a draft of new overarching objectives for the medical school called the "Tupper Trail" and a Curriculum Renewal Retreat was held on November 27–28. It is likely that in reviewing and renewing the curriculum, we can anticipate change over the next year in the way we teach and evaluate our students in Psychiatry across the four years of medical school. For the clerkship, the model for teaching is yet to be determined but has included ideas such as an integrated, longitudinal clerkship, for example. It is likely the direction we will be taking will become clearer in the coming months.

Postgraduate News

The Postgraduate Education Program will be undergoing the Royal College of Physicians and Surgeons Accreditation Internal Review Process on Wednesday, December 2. The final pre-survey documentation is being fine-tuned and the meetings with the reviewers are being organized. The final verdict of the Accreditation Committee will not be released until the spring.

With several residents absent from the program due to various leaves, there is a shortage of residents for call coverage. Residents are very appreciative of staff who volunteered to help cover first call spots in December.

Congratulations to **Dr. Catalina Lopez de Lara**, this year's winner of the Psychiatry Research Day award for Best Resident Presentation.

Plans are moving forward for expansion of the Medical School to New Brunswick and the first class will be admitted next fall. This means we will have until 2012 to prepare for those students to enter their clerkship. Of the four clinical sites, we already have well-established rotations in Saint John and Fredericton and are currently sending our first students to Moncton. We still need to work on developing a clinical rotation in Psychiatry in the Miramichi region.

This year we have further expanded our clinical placements in Nova Scotia to include New Glasgow. We are very pleased to continue to offer rotations outside the HRM in Sydney, Charlottetown, and Windsor. We are currently organizing clinical rotations at Stadacona for medical students who are in the military.

The academic year at the medical school is underway and the first group of clerks has recently completed their rotations. This year, one significant change is the use of One45 for evaluations in clerkship. We hope this will make the process of evaluating students more efficient. We have also developed a more comprehensive system for the students to evaluate the rotation, preceptors, and the didactic series in the system. This will enable us to provide feedback to teachers on a more regular basis, similar to what currently happens at the postgraduate level. Our clinical LOG has been expanded to include some basic skills in psychiatric assessment and has been circulated by e-mail to our entire teaching faculty. Any input would be greatly appreciated. The LOG will remain paper-based for now but will likely move to an electronic format as the UME moves toward a comprehensive clinical LOG that will be used for the third year, rather than using multiple rotation specific logs.

Many thanks to our clinical teachers, including faculty and residents, who continue to provide our students with excellent experiences in Psychiatry.

STACER exams are still in progress and a second set of exams has been planned for early December.

The next round of CaRMS interviews will be held in January and February. This year we will have six positions for Canadian graduates and one dedicated position for an international medical graduate.

Continuing Education Activities

Clinical Academic Rounds at the QEII

December 2: Dr. Sonia Chehil
 December 9: Dr. Nicholas Delva
 January 6: Dr. Lara Hazelton
 January 13: Dr. Ian Slayter
 January 27: Dr. Wade Junek,
 "Attachment Studies and Models in
 Medicine"

Clinical Academic Rounds at the IWK

December 2: Dr. Anne Duffy
 December 9: CRP
 January 6: TBA
 January 13: TBA
 January 27: TBA

Clinical Academic Rounds at the NSH

December 4: Dr. Ron Fraser
 December 11: Dartmouth City Team
 December 18: "Jeopardy" with the
 Residents and Faculty
 January 8: TBA
 January 15: TBA
 January 22: TBA
 January 29: TBA

University Rounds QEII

December 16: Dr. Les Greenberg,
 Professor, Department of Psychology,
 York University

January 20: Dr. Richard Swinson,
 Medical Director of the Anxiety
 Treatment and Research Centre,
 St. Joseph's Healthcare, Hamilton
 and Professor Emeritus, Department
 of Psychiatry and Behavioural
 Neurosciences, McMaster University

Upcoming Workshops

Mark your calendars! The 2nd Annual
 Mental Health Collaborative Care
 Workshop will be held on March 27,
 2010.

Child and Adolescent Psychiatry Division

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

Chief, Department of Psychiatry, IWK Health Centre and Head, Division of Child and Adolescent Psychiatry, Dalhousie University

The IWK Health Centre and the Department of Psychiatry in Dalhousie University are jointly recruiting a leader for the Health Centre Department of Psychiatry and the Dalhousie University Division of Child and Adolescent Psychiatry. This is an outstanding opportunity for an experienced and accomplished individual with demonstrated leadership, clinical and academic credibility and strategic vision to direct and manage clinical and academic affairs in the Department of Psychiatry/ Division of Child and Adolescent Psychiatry within an integrated health system.

The combined role of Chief and Division Head requires dynamic leadership and vision in clinical and academic domains, together with management skill to effect excellence in care, education and research within available resources, and to align strategically and operationally within an integrated health system. The incumbent must negotiate, nurture and leverage opportunities to maximize productivity through collaboration, partnership and integration of academic and clinical practice. The successful candidate will have an MD, hold or be eligible for medical licensure in Nova Scotia, hold or be eligible to sit for Royal College of Physicians and Surgeons of Canada certification in psychiatry and should have qualifications that fulfill criteria for full membership in the Canadian Academy for Child and Adolescent Psychiatry.

As Chief, IWK Department Psychiatry, you will be responsible to the CEO through the Vice-President Medicine

for all medical administration and functioning of the Department, and will work in partnership with the Directors of the Health Centre's Mental Health and Addictions Program to ensure the effective provision of mental health services for our child and adolescent population. As Head, Dalhousie University Division of Child and Adolescent Psychiatry, you will be responsible to the Head of the Dalhousie University Department of Psychiatry for all academic activities of the Department and its members.

Dalhousie University's Medical School serves Maritime Canada: the provinces of Nova Scotia, New Brunswick and Prince Edward Island. The IWK Health Centre provides quality care to women, children, youth and families in the Maritimes and beyond. It is engaged in leading-edge research; works to promote healthy lifestyles for families; and supports education opportunities for health professionals and other learners. Services provided by the Health Centre are delivered through three programs: Children's Health; Mental Health and Addictions; and Women's and Newborn Health. The Department of Psychiatry/ Division of Child and Adolescent Psychiatry encompasses a full range of child and adolescent psychiatry and has active teaching and research programs.

The Department works closely with colleagues at the Capital District Health Authority (CDHA), which includes the academic health sciences centre for the adult population. CDHA's main campus, the Queen Elizabeth Health Sciences

Centre, and the Dalhousie University Faculty of Medicine are both located adjacent to the IWK, greatly facilitating clinical and research collaboration.

Halifax is the largest city in Atlantic Canada and serves as its cultural, entertainment and recreational centre. Located on the Atlantic Ocean, the city combines great natural beauty, an enviable lifestyle and a climate that is unusually mild for Canada! The IWK is located close to the downtown core and within a few minutes walk of many city amenities as well as parks and the ocean. Many desirable living areas are within walking distance of the hospital, or within a few minutes driving time.

All qualified candidates are encouraged to apply; however, Canadians and permanent residents will be given priority. Dalhousie University and the IWK Health Centre are Employment Equity/Affirmative Action employers. The Health Centre and University encourage applications from qualified Aboriginal people, persons with a disability, racially visible persons and women.

To apply for this exceptional opportunity, applications should include a curriculum vitae and a summary statement of clinical, teaching and research interests. Applicants are asked also to name three referees, who will be contacted later for letters of reference should the applicant be named to the short list for this position. Applications are due no later than February 15th, 2010 and should be sent to the attention of:

Dr. C. Robin Walker
Vice-President Medicine
IWK Health Centre

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Halifax, NS B3K 6R8

Tel: +1 (902) 470-7144

E-mail: robin.walker@iwk.nshealth.ca

Dalhousie web site: www.medicine.dal.ca

IWK Health Centre web site: <http://www.iwk.nshealth.ca>

International Psychiatry Section

Reflections from Dr. Scott Theriault, International Diploma in Mental Health and the Law

Submitted by: Scott Theriault
Faculty, International Psychiatry

It is a long way from Halifax to Pune, India but the distance is measured in more than mere miles. There is a vast distance not only in the services provided in the developing world compared to those in Canada but in the attention (or inattention) given to the human rights of those suffering from mental illness. I have had the great privilege to have completed my second trip to India in the past year to complete the International Diploma in Mental Health and the Law offered by the Indian Law Society (ILS) in collaboration with the WHO.

The course focused on the nexus between human rights, mental illness, and law, taught by an outstanding international faculty from a variety of disciplines and perspectives. The course was enhanced by the interaction and friendships forged among the group of international students as we waded through course material and supported one another in the development and presentation of our projects.

The course, and India, provided an unparalleled in vivo learning experience. It is one thing to read about the injustices against those with mental illness in some psychiatric facilities, but to hear from those who have lived these experiences and to hear from those who fight these injustices is both inspiring and humbling.

It is unfair of course to assume that injustice only occurs somewhere "over there". Canada and Nova Scotia need to remain diligent in observing, promoting, and protecting the rights of individuals with mental illness and working towards



Dr. Scott Theriault, complete with snappy hat, with colleagues from Egypt, Chile, Brazil, Ireland, and Canada (Calgary)

a balance between those rights and the imposition of restrictions on those rights that we in psychiatry are sometimes tasked to perform.

My trip to India, my course, and my experiences in the International Section have expanded my horizons and invigorated my practice. I hope that my learnings will continue to benefit not only my international work but the work in my own back yard.

Dr. Patel visits Halifax

On October 14th **Dr. Vikram Patel** presented rounds to a packed audience on the topic of “Closing the Gap for Mental Disorders”. Dr. Patel received an adjunct faculty appointment from Dalhousie’s Faculty of Medicine and the Department of Psychiatry and this was his first visit to Halifax. We look forward to Dr. Patel’s future contributions to the Department of Psychiatry.



Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher

Sun Life Financial Chair in Adolescent Mental Health

It’s been a whirlwind of activity with the Sun Life Financial Chair’s team. We’ve been active locally, nationally, and internationally, sharing our programs and ideas, collaborating with partners, and aiding in increasing knowledge and understanding of adolescent mental health.

In Our Community

In HRM, we’ve hosted a number of Junior High Talks to have an informal discussion on adolescent mental health.

In Digby County and the South Shore Region, the team is piloting a mental health care model for students that integrates mental health promotion, case identification, and care facilitation and continuation within the secondary school context.

On December 3, the SLFC team will be leading a Nova Scotia provincial stakeholders’ summit. The goal of the summit is to garner support and recommendations from key provincial stakeholders into developing a unified

provincial approach to mental health in junior high and secondary schools.

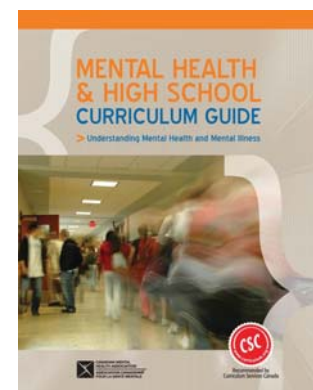
Across Canada

We are in the final stages of testing with the Mental Health & High School Curriculum Guide developed in partnership with the Canadian Mental Health Association. The curriculum is currently being assessed in Digby County as well as Hamilton, ON. The official national launch of the program is anticipated for 2010. **Dr. Stan Kutcher** sits on the national survey of school mental health advisory board funded by the Mental Health Commission of Canada. The national youth depression treatment program is still undergoing final electronic teaching applications but should be ready for national launch in the next few months.

We’ve been electronically collecting opinions and thoughts from Canadians on Child and Youth Mental Health. The work is being compiled for the EverGreen project, which has the SLFC

team leading the development of a national framework for Child and Youth Mental Health in Canada.

In November, the team presented the framework, as well as conducted focus group sessions at the National Invitational Symposium on Child and Youth Mental Health in Ottawa.



Internationally

Dr. Kutcher travelled to Turkey and Berlin this fall to speak on adolescent mental health. The team has also been conducting research on in partnership with the Pan American Health Organization to develop a guide to Mental Health in Emergencies. We have participated in the first USA-Canada bilateral discussions pertaining to the development of a joint school mental health direction.

Publications

The team continues to publish in peer reviewed journals. Recent publications have addressed issues pertaining to youth suicide and the effectiveness of school based mental health interventions.

Ones to Watch

The team is in the later stages of developing a teen transitions guide to aid transition from junior high to high

school, as well as finalized a series of videos and animations that should aid in opening the conversation of mental health and mental illness with youth. These projects should be released in early 2010.

Building a Holistic Mental Health Framework for Youth

Mental disorders are the single largest health problem affecting young people. Globally, the lifetime prevalence of any mental disorder is 46.4% with over 2/3 of all cases onset prior to age 25. In Canada, approximately 15 to 20% of children and adolescents suffer from some form of mental disorder which translates to one in five in the average classroom.

Schools are an ideal place to disseminate and discuss health. Schools provide students with a safe environment for open conversation. In this environment, the discussion of mental health is to be linked with other aspects of health, including physical health, sexual health, and nutrition.

The use of a school-based integrated pathway to care model is required. The model, developed by the SLFC team, combines areas of promotion, early identification and prevention, triage, treatment, and continuing care.

The foundational component of the model is the development and implementation of mental health literacy and training programs not only for students, educators, and student service providers in schools, but also for primary health care providers, parents, and other community outreaches. This training aids in promoting mental health, and reducing stigma by increasing knowledge.

Once mental health literacy is attained in a community, the ability for a wide variety of influencers to aid in early identification, triage, and mental health interventions is dramatically improved. The model also works to develop formal linkages between schools and both primary and specialty healthcare providers.

This model is presently undergoing feasibility testing in two pilot sites (South Shore Region and Digby County) in Nova Scotia, in partnership with local and provincial education and health agencies and community services. Stay tuned for further updates.

Psychological Debriefing in Schools: To Use or Not to Use

It's often a matter of opinion (and in some cases policy) on how schools handle information dissemination after a traumatic event or experience. Often in these instances it is natural to let emotions take over. However, it should be a matter of science. Through research, evaluations, and scientific evidence, we should develop an approach that creates the greatest good for those impacted. We need to think before we act, and react.

Psychological debriefing (PD), critical incident stress debriefing (CISD), and critical incident stress management (CISM) are three commonly employed approaches in schools following incidents such as suicide or accidental death.

Ms. Magda Szumilas, a member of the SLFC team, has worked to gather information on these approaches to help determine their effectiveness and impact. In a commentary to be published in an upcoming edition of the *Canadian Association Medical Journal*, Ms. Szumilas analyzes the evidence for the effectiveness and safety of these types of interventions, as well as showcases alternative models which appear to be increasingly impactful when employed in such situations.

If you would like more information on the activities of the Chair, please contact **Christina Biluk** or **Tracy MacKenzie** at (902) 470-6598 or visit us online at www.teenmentalhealth.org.

Killam Chair in Mood Disorders

Submitted by: Dr. Martin Alda
Killam Chair in Mood Disorders

The International Symposium on Mood Disorders

The International Symposium on Mood Disorders took place on Friday, October 2 at the Lord Nelson Hotel and Suites in Halifax. This symposium was organized by **Dr. Martin Alda**, **Anne Duffy**, and **Claire O'Donovan** as a part of the annual working meeting of the International Group for Study of Lithium Treated

Patients (see www.igsli.org).

Prominent, internationally renowned researchers in various aspects of bipolar disorders, from both Europe and North America, came to Halifax to give talks about topics including pharmacotherapy, antisuicidal properties of lithium, neurocognitive findings in mood disorders, molecular basis of bipolar disorders, as well as conceptual

issues surrounding diagnostic controversies and definitions of mood disorders.

The speakers included Dr. Michael Bauer, Chair of Psychiatry, Technische Universität Dresden; Dr. Bruno Müller-Oerlinghausen, Professor Emeritus, Freie Universität, Berlin; Dr. Glenda MacQueen, Head, Department of Psychiatry, University of Calgary; Dr. Trevor Young, Head, Department of Psychiatry, University of British Columbia; Dr. Nassir Ghaemi, Director, Mood Disorders and Psychopharmacology Programs, Tufts Medical Center, Boston; and Dr. Paul Grof, Professor, University of Toronto. The clients were represented by Ms. Marylou Selo, a vocal mental health advocate.

The symposium was well attended, with over 160 participants from Nova Scotia and other Atlantic Provinces. Dr. Alda was interviewed on CBC Radio on the morning of the symposium about the event and the need for more research into mood disorders. The symposium was an exciting and inspirational prelude to the IGSLI meeting, where ongoing multicenter international projects regarding neuroprotective effects of lithium and genetics of lithium response were discussed and new projects focusing on adverse nephrological effects of lithium were initiated.



Dr. Claire O'Donovan and Dr. Nassir Ghaemi at the International Symposium on Mood Disorders

Open Minds Across Canada

On November 6, in a number of sites across Canada, the general public had the opportunity to learn more about psychiatric research in Canada. Open Minds Across Canada was an event sponsored by the Canadian Psychiatric Research Foundation, Canadian Mental Health Commission, Royal Bank of Canada Foundation, and the Canadian Institutes of Health Research. Other sites included Vancouver, Winnipeg,

Hamilton, Kingston, Ottawa, and Montreal. In Halifax, we had the opportunity to hear from **Dr. Normand Carrey** on attention deficit hyperactivity disorder, **Dr. Tomas Hajek** on risk factors for bipolar disorder, and from **Dr. Phil Tibbo** on research in early psychosis. **Professor Archie Kaiser** spoke on behalf of the Canadian Mental Health Commission and graciously hosted the meeting at the Law School at Dalhousie University. **Dr. Martin Alda**, member of

the CPRF professional advisory board, moderated the meeting.

Overall, the symposium was well attended and showed how much need there is for information about psychiatric illness and what is being done in laboratories and clinical departments to better understand these disorders and alleviate their burden.



Dr. Paul Janssen Chair in Psychotic Disorders

Submitted by: Dr. Phil Tibbo

Dr. Paul Janssen Chair in Psychotic Disorders

Nova Scotia is one of the few provinces in Canada to have Provincial Standards in first episode psychosis (FEP). The Nova Scotia Early Psychosis Program (NSEPP) is thus the vehicle and the responsible agent for accountability to these standards. In a recent review of the standards, it was a pleasure to see that NSEPP is doing a remarkable job with respect to compliance to these standards with the resources available.

There is always need to improve though, with one standard needing the most work, that being the formal province-wide FEP network. The basic motivation for this network is that all young adults in Nova Scotia should have access to the same assessment and care for FEP as that received for those individuals who reside in HRM. The Janssen Chair has led this discussion during existing face-to-face network meetings (the last meeting was held in June 2009), and more recently has been visiting regions to

carry this discussion further at the local level. Visits to the Annapolis Valley (including the local SSNS chapter), and Colchester/Hants Health Authorities has helped to further stimulate these regions to not only reflect on their services to FEP patients to ensure the best recovery with decreased long term disability, but has fostered a collaborative working relationship with the Janssen Chair and NSEPP. The Janssen Chair is continuing these important discussions with the other regions of the province to ensure that this provincial standard in FEP can be met.

Public lectures and linking with the community to facilitate increased knowledge in psychosis and to highlight psychosis research in the Department has been a focus of recent months. These have included talks by the Janssen Chair at the recent Pichione Lecture, CPRF public forum, and the public forum that is part of the Department of Psychiatry Research Day.

Additionally, organization for a 2010 Atlantic Psychosis Conference has been stimulated with more details to follow in future reports.

Psychosis research continues, and is expanding, in areas of genetics, neuroimaging, education, outcomes, treatments, and comorbidities. Congratulations to Psychiatry Resident **Dr. Ava Muir**, who recently received funding to examine the benefits of cognitive remediation training in FEP under the Janssen Chair and **Dr. Kim Good**. Another exciting project in early phases is the collaborative project with the Schizophrenia Society of Canada to gain an enhanced understanding of the reasons why young people with psychosis use cannabis, using a youth participation model (peer-to-peer). Youth participation is key in the overall project design, implementation, and evaluation and is a novel and refreshing approach to this issue.

News & Announcements

Staff / Faculty Changes

Dr. Tom MacKay has joined the faculty as an Assistant Professor and Staff Psychiatrist working in general outpatients and with the Supportive Community Outreach Team (SCOT), effective November 1.

News

Second Annual Dr. Alexander Leighton Memorial Lecture

The second annual Dr. Alexander Leighton Memorial Lecture was delivered on October 15, following Mental Illness Awareness Week from October 4–10. This was a joint venture between the Department of Psychiatry in Saint John and Mindcare NB and our contribution to the annual national public education campaign designed to help open the eyes of Canadians to the reality of mental illness. Members of the public and the local legal community were specifically invited to attend.

Presenting this year was Dr. Shona Sturgeon, a clinical Social Worker and Past President of the World Federation for Mental Health, with the topic: “Partnerships – A Recipe for Advocacy”. This presentation discussed why mental health advocacy has not been effective in the past and suggested possible ways to move forward with the creation and use of advocacy partnerships. Dr. Sturgeon has been most successful using her country’s human rights legislation and working in conjunction with South Africa’s legal community to advocate for the rights of those suffering with mental illness.

Dr. Sturgeon’s talk in the main amphitheatre was followed by a question period and reception in the adjoining Light Court. We continue to fight stigma by raising awareness about mental illness in our community.



Saint John Faculty Cruise

The department of Psychiatry in Saint John thought that it would be wonderful to start the new academic year off with a splash! We decided to take a cruise together.

As everyone knows, cruises are relaxing, fun, have good food, and lots of conversation and relaxation.

We hired the MV Voyageur and took a Saint John River cruise on September 9.

It was a lovely warm and clear evening. Department members and spouses left from the Saint John Marina, in Ketepec, just upriver from the Centracare site in South Bay. We cruised around Grand Bay and went upriver past Westfield and Harding's Point and then back down to South Bay and where the Kennebecasis river meets the Saint John River.

The food was tasty and plentiful. It was a great opportunity to meet new faculty members and reconnect with others. We felt ready and energized to begin a new academic year. We are now planning the "Second Annual".

The new Department of Psychiatry Awards Committee is made up of **Drs. Aidan Stokes** (Chair), **Nick Delva**, **Joseph Sadek**, **Mark Bosma**, **Sabina Abidi**, and **Deborah Parker**. The Committee met has met twice and will be compiling a list of all external awards applicable to our faculty, residents, Fellows, and staff. Please forward a list of all awards that you are aware of to **Ms. Christy MacDonald** at Christy.MacDonald@cdha.nshealth.ca.

Congratulations

Awards to Dalhousie/IWK Staff — CACAP 2009, Toronto

At the 2009 annual scientific conference of the Canadian Academy of Child and Adolescent Psychiatry (CACAP), two awards were presented to psychiatrists with connections to Dalhousie and the IWK Health Centre.

A Certificate of Special Recognition was presented to honour the outstanding contributions of **Dr. Vivek Kusumakar** to the Academy. Although his death on January 13, 2009 brought a loss to all of the staff associated with the mental health services of the IWK, his work was remembered well by colleagues across the country. With the Academy, Dr. Kusumakar took over the Editorship of the publication now known as the Journal of the Canadian Academy of Child and Adolescent Psychiatry. In so doing, he raised the standard for the quality of the publication itself and the quality of the papers published within. The publication moved from a small Bulletin to the beginnings of a professional journal. His contributions to the functioning of the Board of the CACAP were always respectful, thoughtful, and helped advance the overall cause of child and adolescent psychiatry in Canada. **Dr. John Aspin** accepted the award on behalf of Dr. Kusumakar's wife, Shalini Kusumakar who was unable to attend. Dr. Aspin, a long time close friend of Dr. Kusumakar reminded the Academy members of the many ways Dr. Kusumakar contributed to his newly adopted home after leaving Scotland. Dr. Kusumakar quickly established a reputation as an excellent teacher and researcher. More than that, he was a very warm hearted friend and colleague who gave unsparingly of his time for students and the community (e.g. the Metropolitan Immigrant Settlement Association). Prior to leaving Halifax, he also served as Chair and Head of the Division of Child and Adolescent Psychiatry. The award ensured that Dr. Kusumakar's legacy will remain forever with the Academy as such honours are listed in perpetuity on the Academy website.

Dr. Wade Junek was presented with the award for Best Poster by a Full Member for the 2009 scientific meeting of the Canadian Academy of Child and Adolescent Psychiatry. The poster "Government Monitoring of the Mental Health of Children: 2002–2008 Five Evolving Surveys", reported on the previously expressed goal of all federal, provincial, and territorial governments to monitor the mental health of children, as part of their accountability for the billions of dollars spent yearly in attempts to improve the mental, emotional, behavioural, and social functioning. Over the five surveys only one small government did not reply and all that did continued to support the goal of regular monitoring. Only one, Canada, could be said to publish regular progress reports. Despite this, the governments have now identified the challenges they face, the definition of regular progress reports, the contents of such reports, the lead indicators they wish to have, and a variety of additional comments. In particular, governments expressed a strong independent desire to have a national strategy for the mental health of infants, children and youth, a national framework for indicators, and an agreed upon agency for doing the measuring. The governments

recommended that non-government agencies can support this work with advocacy, research on indicators, and support for the development of a national child mental health strategy.

An earlier report on this project also won Best Poster by a Full Member at the meeting of the Canadian Psychiatric Association annual scientific conference. Dr. Junek serves as the current President of the Canadian Academy of Child and Adolescent Psychiatry (2008–2010).



Dr. Allan Abbass is presented a scroll by Professor David Chalcraft at his conferment as Visiting Professor at Derby University

Dr. Allan Abbass receives Visiting Professorship at University of Derby, Derby, UK via *Simon Redfern, University of Derby media*

“It’s an emerging psychotherapy technique becoming popular in America and Canada – and Derbyshire is spearheading its growth in the UK.”

Intensive Short-Term Dynamic Psychotherapy (ISTDP), pioneered by Habib Davanloo, is a specific form of therapy for people with personality disorders, anxiety, depression, and psychosomatic disorders which aims to resolve emotional problems as rapidly as possible.

International expert **Dr. Allan Abbass**, has just become a Visiting Professor at the University of Derby, and has vowed to impart his knowledge to students and to practitioners working at its partner agency, Derbyshire Mental Health Services NHS Trust.

Dr. Abbass said, “It is a great honour to receive the Visiting Professor title from the University of Derby and, working with the Derbyshire Mental Health Trust, it signals the start of an important UK partnership to raise the profile of ISTDP.

“Research indicates ISTDP is a useful technique treating people with personality disorders and should prove a cost-effective process for health services to tackle a range of issues such as physical stress-linked disorders, panic attacks, and depression.”

Department Members Honoured by Canadian Police Knowledge Network

The Department received a plaque from Canadian Police Knowledge Network (CPKN) on November 12 in recognition of its involvement in the development of the “First Responders’ Recognition of Emotionally Disturbed Persons” e-learning course. CPKN extended particular appreciation to **Drs. Bianca Lauria-Horner, Brad Kelln, and Scott Theriault**, for their contribution towards this initiative. A full story will appear in the January issue of *Headlines*.

Humanities Corner

Humanities Days, put on by the Dalhousie Medical Humanities Program, will take place from December 1–5. Watch for more information on speakers and presentations, or contact **Dr. Lara Hazelton** at Lara.Hazelton@cdha.nshealth.ca for details..

Phrenology

Phrenology professes to point out a connexion between certain manifestations of the mind and particular conditions and developments of the brain... and vice versa, that the relative developments and various conditions of given portions of the brain, manifest and indicate the character and talents of individuals, so that the one can be always ascertained by an observance of the other.

O.S. Fowler, *Phrenology Proved, Illustrated and Applied*

Phrenology, the first attempt by medical science to map aspects of character to regions of the brain, began in 1809 with the publication of a neurological textbook by the German physician Franz Joseph Gall. In this work, Gall speculated that contours of the skull (corresponding to contours of the underlying cerebral cortex) might be correlated to observable human behaviours and personality traits, thus allowing the identification of “organs” of the brain. This early effort to apply a scientific understanding to human nature was immensely popular and influential, and the ideas of Gall were developed and disseminated by other authors. Contemporary novels, such as those by Herman Melville and the Brönte sisters, make reference to phrenology.

Unfortunately, later writers on phrenology, especially in the United States, were not scientists or academics. Some, such as the Fowler family, were mildly eccentric social reformers. Phrenology, never widely accepted by the scientific community, was increasingly regarded as quackery. Today, phrenology is remembered as a dubious pseudoscience. Nonetheless, many of the phrenologists’ theories about cerebral localization, and the dimensional rather than categorical nature of personality, remain relevant today.