

Department of Psychiatry HEADLINES

 **DALHOUSIE
UNIVERSITY**
Inspiring Minds
Faculty of Medicine

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Department of Psychiatry welcomes Kathleen Pajer



The Dalhousie Department of Psychiatry welcomed a new leader this August. **Dr. Kathleen Pajer** joined the team as the Head of the Division of Child and Adolescent Psychiatry. Dr. Pajer is also the new Chief of the IWK Health Centre's Department of Psychiatry and Senior Physician and Co-Director of the IWK Mental Health and Addictions Program.

Dr. Pajer's arrival at Dalhousie did not happen by chance. A native of Connecticut, Dr. Pajer was accustomed to life in a coastal community. On a vacation to Nova Scotia six years ago she and her husband fell in love with the province. She recalls getting off the plane and thinking, "This smells like home."

"We both absolutely loved it here," she says. "I remember saying to my husband: Wouldn't it be cool if we could work here?"

After returning to Ohio, where Dr. Pajer was Associate Professor of Paediatrics, Epidemiology and Psychiatry at Ohio State University, Colleges of Medicine and Public Health, her husband began the search for a position that would bring them back to Nova Scotia.

After scouring the Dalhousie University website for several years, he discovered the position of Head of the Division of Child and Adolescent Psychiatry, a role perfect for Kathleen.

That was a year and a half ago.

The couple are now living in the Halifax area and both are working for Dalhousie. Dr. Pajer has been engaged in administrative tasks since her arrival.

"I'm getting to know the faculty at the IWK Department of Psychiatry and evaluating how the department fits in with the mental health and addictions program, the non-mental health faculty and how it fits into the community."

Dr. Pajer has also been working hard to make sure all the psychiatric services across mental health and addictions best meet the needs of the children, adolescents and their families.

An important part of Dr. Pajer's job will be the mentoring and training of junior faculty by providing them with an environment in which they will progress through the academic ranks.

"If in 10 years some of them are full professors, than I will have succeeded in a large part of my job," says Dr. Pajer, who has always loved teaching. Before she went to medical school she actually did a teaching degree and ran a learning disability program in the public school system. Through this work she developed a fascination with neuropsychiatry.

She's been busy since she got here in late August and has

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Message from the Head

Dr. Nick Delva

Our cover story introduces our readers to our new Professor and Division Head, Child and Adolescent Psychiatry, **Dr. Kathleen Pajer**, who took over the reins from **Dr. Herb Orlik** at the end of August. We are very fortunate to have been able to attract Dr. Pajer to our centre. Her management skills and strong background in both the clinical and academic areas of Child and Adolescent Psychiatry equip her well to lead the Division.

We welcome back **Dr. Normand Carrey**, who spent the past year working at McGill and will continue to work part-time with his colleagues there over the next year, and **Dr. Shannon MacDonald**, who returns to the Reproductive Mental Health Clinic after a maternity leave. **Dr. Terry Chisholm** has ended a period of work with the Reproductive Mental Health Clinic, and will be returning to work with the Consultation-Liaison Service in the New Year.

Congratulations are in order for: **Dr. Sonia Chehil**, who was elected to the Board of the World Federation of Mental Health; **Dr. Edward Yuzda**, who won our Departmental Clinician of the Year Award; **Drs. Rachel Morehouse** and **Pamela Forsythe**, who were elected as Fellows of the Canadian Psychiatric Association; and **Dr. Catalina Lopez de Lara**, who received the Dr. Oswald Avery Prize for Genetics Research. I shall look forward to visiting Saint John in the coming months to present Dr. Yuzda

with his award.

Looking through this issue of *Headlines*, it is wonderful to see the continued impact of our International Psychiatry Section in Guyana, and the enthusiastic uptake of the work of our Sun Life Financial Chair, **Dr. Stan Kutcher**, in China.

A significant event took place in early September: the announcement of the Ruth L. Wagner Memorial Endowed Fund, which will support work by a junior researcher in the field of Mood Disorders. This fund was established by Captain Earle Wagner in memory of his wife, who was successfully treated by our Mood Disorders Service until her death from leukemia in 2007. Captain Wagner was very grateful for the care provided by **Dr. Tomas Hajek** and the other members of the team, and wished to support research into mood disorders, which affect so many people, often with devastating impact.

A couple of very important reports will be released this fall: a mental health strategy for the Province of Nova Scotia; and a Provincial Physician Resource Plan. The Mental Health Strategy will guide the further development of what is currently an underfunded system of mental healthcare. The Department of Psychiatry has encouraged the creation of such a strategy and is very happy to see that mental health is one of the Government's top healthcare priorities. Many Department members have



provided input at the consultations run by the Nova Scotia Health Research Foundation, which was engaged to develop the strategy. We are very keen to see the recommendations!

The Department has also provided considerable input into another important Government initiative, the Provincial Physician Resource Plan. This plan is being prepared by Dr. David Peachey of Health Intelligence Inc., and Mr. Nicholas Tait of Social Sector Metrics Inc., and covers Family Medicine and all of the specialties and subspecialties. We will see recommendations for both numbers and distribution of physicians and surgeons. Again, the final report will be very important and influential, and we are very much looking forward to seeing the recommendations covering the three categories of Psychiatry: Geriatric Psychiatry, Forensic Psychiatry and Child and Adolescent Psychiatry.

Academic Funding Plans and the development of a new AFP "model" have been another area of great interest and activity over the last year. Working

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Department of Psychiatry HEADLINES

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Research Section

Submitted by: Janet Bardon
Research Administrator

Congratulations

Congratulations to the recent recipients of research fund grants:

June 2011 Psychiatry Research Fund

Dr. Kim Good: "Diffusion-tensor magnetic resonance imaging in patients Dementia of the Alzheimer's type"

March 2011 Capital Health Research Fund

Dr. Abigail Ortiz: "Time series analysis: an approach for quantifying abnormal mood regulation in bipolar disorder"

CIHR Café Scientifique program

Drs. Anne Sophie Champod, Gail Eskes and Yoko Ishigami: "Brain Fitness: Facts and Fiction"

Drs. Kim Good, Chris van Dyck, Gail Eskes and Don Weaver: "Early Intervention and Treatment in Alzheimer's Disease"

Education Methods in Psychiatry Grant 2011

The Research and Education Sections announce the availability of one grant annually to members of the Department to facilitate the development of new research

projects in the area of education methods. These funds are intended to serve as seed funding for new projects that require pilot data to assess feasibility, to determine specific outcome measures or to establish new methods of education delivery. The maximum amount for funding is \$5,000. For more information, please contact **Jennifer MacDonnell** at Jennifer.MacDonnell@cdha.nshealth.ca

Open Minds Across Canada Mental Health Symposia 2011

On October 1, 2011 the Department hosted "Open Minds Across Canada Mental Health Symposia 2011," sponsored by Healthy Minds Canada (previously the Canadian Psychiatric Research Foundation) and CIHR. Presenters included **Drs. Martin Alda, Lukas Propper** and **Abigail Ortiz** who spoke on various topics in psychiatric research. The Saturday morning event on Dalhousie's campus was well attended by educators, healthcare professionals, students and the general public who stayed late to have questions answered by the panel. This has become an annual fall event, organized by the Department research section in collaboration with Healthy Minds Canada.

Child and Adolescent Psychiatry Division

Submitted by: Dr. Lukas Propper
Psychiatrist, Child and Adolescent Psychiatry

Drs. Lukas Propper and Herb Orlik publish article in Child & Adolescent Psychopharmacology News

Congratulations to **Drs. Lukas Propper** and **Herb Orlik** who recently co-authored an article titled "Pharmacotherapy of Severe Disruptive Behavioural Symptoms Associated with Autism" in a recent edition of the Child & Adolescent Psychopharmacology News. Both authors are child and adolescent psychiatrists and recognized experts in autism, psychiatric comorbidity associated with autism, and pharmacotherapy of autism.

Disruptive behaviours are often present as additional psychopathology associated with autism and their review article focuses on pharmacological treatment options available. The use of psychotropic agents to target the behavioural symptoms appears to be common in clinical practice and a wide range of compounds have been considered for the treatment. Clinical trials however, have tended to be in small, inadequately characterized samples, impeding replication of findings and offering minimal guidance to clinicians, especially in children and adolescents with autism. Risperidone and Aripiprazole are currently the

only FDA-approved medications for treatment of irritability and agitation associated with autism in pediatric population and larger placebo-controlled studies are needed before definitive statements about the efficacy and safety of other psychotropic agents can be made.

In general, the decision to use medication must balance the benefits versus risks to the patient and requires careful monitoring to assess for the effectiveness and possible side effects of the treatment. Management of disruptive behavioural symptoms associated with autism should be multimodal and an assessment of symptoms needs to be quite comprehensive and consider the many factors that may contribute to maladaptive behaviours. Physical aggression and self-injurious behaviours are of the greatest concern and the use of medication often becomes necessary to decrease severity of these highly disruptive and



disabling symptoms before any behavioural intervention can be undertaken. A combination of medication, behavioural interventions and parent training results in greater reduction of

maladaptive behaviours and often allows the use of lower dose of medication in comparison to medication monotherapy.

Education Section

Submitted by: Annette Cossar
Education Administrator

Undergraduate News

We are into fall and the Education Section is in the full swing of the academic season. We welcomed the Class of 2013 in September when the Med 3 students began their two-year program. With the changes implemented from the UGME Curriculum Review, the departments are doing their best to meet the

recommendations to fulfill the mandate of its Accreditation. A cohort of Med 2 students have undertaken the Clinical Skills sessions with our faculty in various sites and clinics within the HRM. This has represented a logistical challenge to our resources in the areas of faculty, patient volunteers and locations. On behalf of our Section, I would like to

commend **Ms. Terra MacLean** for all her efforts in getting this transition off to a great start. Also a big “thank you” to our faculty who are participating in these teaching experiences. On the completion of this cohort, another group will begin with their introduction on October 27.

Postgraduate News



In postgraduate news, **Dr. Adriana Wilson** has completed her residency training—congratulations Adriana! Her future plan includes opening a private practice here in the Halifax area.

The Faculty of

Medicine will hold its annual Resident Career Options Evening on Thursday, November 3 in the Tupper Link from 5:00-8:00 pm. Please encourage all learners in your clinical areas, specifically the clinical clerks, to attend. If there are any faculty or residents who would like to be involved in this recruitment opportunity, please contact **Norma Thompson** at **Norma.Thompson@cdha.nshealth.ca**.

The 2012 CaRMS Match Process

is almost upon us. The Postgraduate Programme will be receiving candidate applications in November and the file reviews will begin December 1. The tentative CaRMS interview days are planned for January 21, February 2 and 11, 2012.

Fellowship applications are being accepted with February 1 deadline. Interested individuals can contact **Ms. Carrie Wipp** at **Carrie.Wipp@cdha.nshealth.ca**.

Dr. Adriana Wilson

Continuing Education Activities

Upcoming CE activities can be found on our Departmental website: www.psych.dal.ca. The combined clinical academic rounds information is highlighted. November University Rounds Speaker: Dr Susan McGurk, Department of Psychiatry, Dartmouth Medical School, Hanover, New Hampshire. Her presentation title will be announced when available.

Message from the Head

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groups on funding, governance and accountability have produced a number of documents, which will eventually be evaluated by the Department of Health and Wellness and other elements of the

Provincial Government. Discussions have at times been spirited, and it remains to be seen how our AFPs will be run in the future. Again, we should know more about this important area in the

coming months.

This year, our holiday party will be held on December 2nd and I hope that you will be able to attend. I wish all a happy holiday season.

Sun Life Financial Chair in Adolescent Mental Health

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

Dr. David Gardner, Professor with the Department of Psychiatry and College of Pharmacy, **Dr. Stan Kutcher**, Sun Life Financial Chair in Adolescent Mental Health and **Ms. Yifeng Wei**, research associate with the Sun Life Financial Chair in Adolescent Mental Health and PhD candidate were invited by the Mental Health Institute of Peking University in Beijing, China, to conduct the first ever Child and Adolescent Clinical Psychopharmacology training program this past September.

The institute is an integrated centre for teaching, research and psychiatric services and is a WHO Collaborating Centre for research and training in Mental Health. The training conference was chaired by Dr. Liu Jing and co-chaired by Dr. Wang Yufeng. Both Liu and Wang are child and adolescent psychiatrists and researchers in Pervasive Developmental Disorders and ADHD. In addition, the hosts provided their guests with a number of excellent translators who were junior faculty members both PhD and MD.

The four day conference covered several clinical topics: pharmacotherapy of schizophrenia, bipolar disorder, depression, anxiety, sleep problems, ADHD, autism, aggression, delirium, and tic disorders. General concepts and foundational skills were given priority in presentations and discussions covering therapeutic framework of prescribing psychotropic medicines in children and youth, social issues in child and youth psychopharmacology, pharmacodynamics and

pharmacokinetics, evidence-based practice and critical appraisal skill development. The focus of rational pharmacotherapy recurred throughout the program and was especially emphasized when treating treatment resistant and complex cases.

A number of local clinicians and researchers shared in the conduct of workshops for the more than 80 participants in the training program that were from all parts of China. The participants were comprised of child and adolescent psychiatrists, general psychiatrists and pediatricians. The program focused on practical orientation with direct impacts on patient care.

The four day program received resounding feedback, which included, "I can't imagine that science can be this interesting," "you turned science into an art show," and "I am eager to share this knowledge and ability with my local mental health physicians and clinicians."

The subspecialty field of child and adolescent psychiatry has not been formalized to date in China. The Ministry of Health of China and conference organizers indicated a great interest and willingness to begin this process and extended an invitation to the representatives from Dalhousie's Department of Psychiatry.

In addition to the session in Beijing, Dr. Kutcher and Ms. Wei continued on to Shanghai where they continued to collaborate with Shanghai Mental Health Centre of Shanghai Jiaotong University on the Community Model for ADHD.

The model is adapted from Kutcher and Wei's School Mental Health Pathways to Care model and has focused primarily on ADHD training for educators, health professionals and parents. The training session conducted during the trip in September was for educators and community practitioners to discuss classroom strategies for success.

The Community Model for ADHD is being launched in three districts within Shanghai. This project has received tremendous support from China Ministry of Health. The director of Mental Health Bureau, Dr. Jun Yan, asked for the team to launch a second pilot. The results of the two pilots will be compared and adapted for a national strategy to be launched.



Above (L to R): **Drs. David Gardner** and **Stan Kutcher**, Guo (translator), Liu Jing, Wang Yufeng, and **Yifeng Wei**.



Left: Participants of the Child and Adolescent Clinical Psychopharmacology training program in Beijing, China.



Dr. Paul Janssen Chair in Psychotic Disorders

Submitted by: Dr. Phil Tibbo

Dr. Paul Janssen Chair in Psychotic Disorders

The Janssen Chair continues to promote and create research opportunities in the field of Psychosis. Ongoing research projects that the Chair is either Principal Investigator (PI) or co-investigator include: pathways to care in first episode psychosis (FEP), effects of educational delivery modes on family members of FEP, feasibility of mindfulness-based support for family members, Magnetic Resonance Spectroscopy (MRS) imaging of the Superior Longitudinal Fasciculus (SLF) as it relates to cognition and symptoms in FEP, MRS imaging of NPAS3 genetic variants in schizophrenia, outcomes post FEP-clinic care, serial order memory in psychosis and the use of Niacin in psychosis and its biologic correlates. It is important to recognize not only the ongoing collaborations with researchers across

Canada, but also the successes the Chair has had in developing research collaborations in the province (e.g. expansion of pathways to care study to districts outside CDHA).

The Janssen Chair, along with a dedicated core working group, has been working hard with the provincial government over the last six months to revise the provincial standards for first episode psychosis. These standards were first developed in 2004 and the revisions in 2011 reflect not only the changes in the field of FEP, but additionally are improved with the inclusion of "indicators." These indicators will allow government auditors documentation that the standards are being met across the province. The final approved version should be made public soon, at which point a plan for

implementation will be rolled out.

The Janssen Chair presented some of his work on stimulant addictions and psychosis in an afternoon symposium with Dr. Ashok Malla and Dr. Martin LePage, both of McGill, in Buenos Aires in September. The opportunity to promote the department, Nova Scotia Early Psychosis Program (NSEPP) and NSEPP research was a highlight. Over 13,000 people attended the World Psychiatric Association event.

The Janssen Chair was recently named to the Board of Directors for the Schizophrenia Society of Canada (SSC) as well as the SSC Foundation. In this role the Janssen Chair will be able to further work nationally in the areas of advocacy, awareness, education and research.

International Psychiatry Section

Submitted by: Dr. Sonia Chehil

Director, International Psychiatry

Reflections of Guyana

Ms. Lisa Carol Richard, Student, School of Social Work, Dalhousie University

I would like to begin by briefly explaining how I ended up at the Ministry of Health office in Georgetown, Guyana. My background is in International Development and over the last six years I have been involved in studying, researching and participating in community development initiatives in Latin America. I am currently a student at the School of Social Work at Dalhousie University. I was initially interested in the program because of its focus on social justice and anti-oppressive practice. In choosing a career in Social Work I feel that I am actually making a life-long commitment to working towards social justice and social change. I remember visiting the International Psychiatry Section (IPS) website a few days before I applied for the summer student position and I was amazed that social justice was included in the section's mandate.

When I started with IPS I began working on the Psychosocial Support Program (PSP) modules for use in Caribbean countries, beginning with adapting the materials to be appropriate and relevant for Guyana. The PSP is

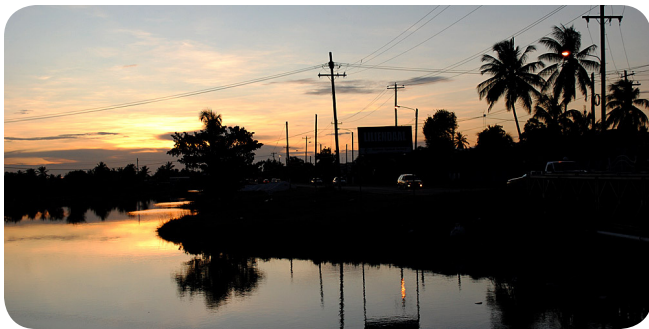
comprised of different modules on various topics including Introduction to Mental Health, Grief & Loss, Healthy Lifestyle, Substance Use, and Domestic Abuse. One of the leading ideas behind the PSP is to provide support and training to allied health workers, so that they in turn can provide support and training to other community leaders and community workers. Given the physical landscape of Guyana—a relatively



Project Dawn compound just before dusk.

small country with a relatively small population and many rural areas, and one where transportation is often a difficult obstacle to navigate—training community leaders to provide initial support to individuals going through difficult times or experiencing minor distress is an innovative way to try and reach out to those who need support.

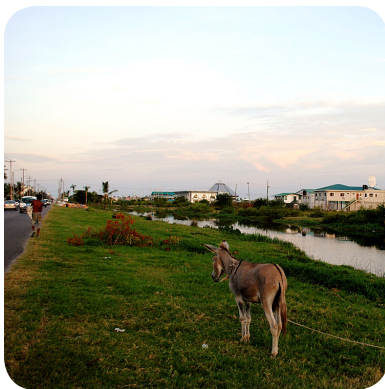
In the beginning I found this quite challenging as the information I was able to locate on Guyana was limited and the majority of it was not related to mental health. Through discussions with **Dr. Sonia Chehil** and other colleagues at IPS who had been involved in mental health care work in Guyana for several years, I was able to obtain a better awareness of the relevant issues. I soon found out that I would have the opportunity to travel to Guyana at the end of August to present the work that I had completed on the PSP to allied health workers and other individuals involved in the field of mental



Sunset near the Project Dawn compound

health.

The first thing I noticed upon arriving in Guyana was how incredibly hot and humid it was. As I walked down the stairs from the airplane and onto the tarmac I was overwhelmed



Project Dawn

by the humidity, even though it was nearly 11 p.m. The second thing I noticed was that the cars are right hand drive and thus are driven on the opposite side of the road to what we are used to here in Canada. The driver from the Ministry of Health that picked me up from the airport seemed to be somewhat amused by my confusion over the right hand drive as I kept trying to enter into

the car through the driver's side door thinking that it was the passenger seat.

I stayed at Project Dawn, a dormitory style facility for visiting allied health workers with a communal kitchen and living room during my time in Guyana. Standing on the balcony of Project Dawn the next morning I noticed how lush and vibrant all of

the colours of the plants, flowers and trees were. There were literally water lilies growing in the ditches.

On Monday morning we left the Ministry

of Health office in Georgetown, Guyana and traveled to the National Psychiatric Hospital in New Amsterdam. The visit caused me to reflect on the history of institutionalized mental health care, the overwhelming systemic impact of stigma related to mental illness, the significance of advocacy and collaboration in practice, and the importance of maintaining critical hope.

I spent the next two days at the Ministry of Health office meeting with social workers, nurses and other allied health workers and learning about the obstacles and challenges that they encountered throughout their practice in the mental health field. They also shared stories of success and different improvements in quality and accessibility of services for mental health care within the specific areas they worked in. The collaborative and supportive aspect of the meetings was very interesting to be involved in. Everyone was able to contribute their insights and suggestions for how to more appropriately address and challenge difficult circumstances in order to help provide more focused care and support for individuals living with mental illness.

I went to Guyana with the understanding that I would be presenting the work that I had completed on the PSP with a focus group. I entered into our meeting room with the intent on sharing, collaborating, and hopefully receiving helpful feedback. During the process we functioned as a working group and by the end of the last day I realized that we were actually a learning group.

The enthusiasm, dedication and willingness to share personal and professional insights and experiences related to the field of mental health care in Guyana by the members of our learning group was inspiring. The meaningful and informative discussions that evolved out of our workshop meetings were also incredibly valuable. In particular, the conversations we had about the stigma related to mental illness and how it impacts the lives of those who are living with mental illness in Guyana had a profound impact on me. This stigma can often seem overwhelming and can often prevent people from seeking support or treatment for the challenges and difficulties they experience as a result of mental illness. Due to the lack of existing general awareness of mental illness and the limited availability of resources and supports for individuals living with mental illness in Guyana, stigma seems to be one of the greatest obstacles that health care



Learning group

workers encounter on a regular basis. Having the opportunity to listen to other health care workers share their insights and experiences of working in the field of mental health and encountering stigma in all of its forms was a substantial

learning opportunity for me and I am quite grateful to have been included in those conversations. While my trip to Guyana was quite short—only six days long—it was an incredible learning experience that I will value for a lifetime.

Clinical Divisions of the Department of Psychiatry

A new feature for *Headlines!* Each month we will highlight one of the many services offered by the Department of Psychiatry. In this issue we feature information on the Child and Adolescent Autism Services.

Autism Services

Submitted by: Dr. Herb Orlik
Psychiatrist, Child and Adolescent Psychiatry

Services for youngsters with autism spectrum disorders are delivered in the IWK's Children's Services Program and in the Mental Health and Addictions Program. One integrated team, the IWK Autism Team, is responsible for this. Within that team there are four divisions: the Preschool Team, the Early Intensive Behavioural Intervention Team, the School-age Team and the Mental Health Team.

The Preschool Team does diagnostic assessments. A positive diagnosis leads to the child being referred to the Early Intensive Intervention Program. The School-Age Team also does diagnostic assessments, and then follows a select number of these children. The Mental Health Team takes referrals for youngsters with an already diagnosed autism spectrum disorder who have co-morbidities, such as ADHD or other

severe disruptive behaviour problems depression or anxiety, assesses them, makes recommendations or continues with management.

New referrals must be under age 16 years for the Children's Services Program but can be under 19 years for the Mental Health Program.

The Autism Team is currently working on an intensive review of its services and a strategic plan for these services.

News & Announcements

Staff / Faculty Changes

Dr. Normand Carrey has returned to the Department effective October 11.

Dr. Terry Chisholm has completed her term in Reproductive Mental Health. Thank you to Dr. Chisholm for her excellent work.

Dr. Shannon MacDonald has returned to work from Maternity leave. Welcome back Dr. MacDonald!

Congratulations

Dr. Sonia Chehil elected to Board of World Federation for Mental Health

Congratulations to **Dr. Sonia Chehil** who was elected to the Board of the World Federation for Mental Health for 2011-2013. She has now been formally elected to the position as vice president for Latin America. The news came to Dr. Chehil in late August. She has graciously accepted the position. Well done Dr. Chehil!

Department members elected fellows of the CPA

Congratulations to **Drs. Pamela J. Forsythe** and **Rachel L. Morehouse** who were chosen as fellows of the Canadian Psychiatric Association at the recent Presidential Dinner and Awards Gala. Election to Fellowship in the CPA is considered an honour that rewards members of the CPA for excellence in their specialty.

PGY4 Catalina Lopez de Lara awarded Dr. Oswald Avery Prize for Genetics Research

Congratulations to **Dr. Catalina Lopez de Lara** who was recently awarded the Dr. Oswald Avery Prize for Genetics Research. Excellent work Dr. Lopez de Lara!

Dr. Edward Yuzda awarded 2011 Outstanding Clinician Award

Congratulations to **Dr. Edward Yuzda** who has been awarded the Department of Psychiatry's Outstanding Clinician Award for 2011. The award recognizes members of the Department who have made outstanding contributions to the Department's mandate of providing excellence in clinical care.

Dr. Yuzda, a valued member of the Department of Psychiatry in Saint John since 2005, focuses his clinical duties in the outpatient area, primarily at the Mental Health Clinic (MHC) in uptown Saint John on the Acute Team, with a clinical focus on the outpatient program 'PILS' (Program of Intensive Life Skills). Dr. Yuzda has been very active in building and nurturing teams both within the PILS program and at the MHC.

Dr. Yuzda also works in a shared care model with family physicians at St. Joseph's Hospital Primary Care Clinic and is now working with Dr. V. Smith to develop a primary health care model at that clinic which will include a consulting psychiatrist.

In these two roles he has blended clinical care with teaching. He is responsible for the teaching and supervision of PGY1 Psychiatry Residents and Family Practice (PGY2 Residents) and he interacts with clinical clerks at the MHC and during on call periods in the emergency room.

For the past three years Dr. Yuzda has organized and led an annual conference "Psychotherapy Kitchen Party" to bring together local as well as national/international speakers for the purpose of ongoing education of staff, something he feels is necessary to ensure the delivery of evidence-based clinical care. He is now working with colleagues in Halifax to establish group therapy learning and teaching opportunities for clinicians and students.

Dr. Yuzda, through his clinical passion, empathy and energy, has served as a role model for many students (clinical clerks) completing rotations in Saint John. These students have confessed that although they had not previously considered psychiatry as a career, after meeting and working in a clinical setting with Dr. Yuzda, it has become a career option for them.

The Department congratulates Dr. Yuzda on his outstanding contributions. Well done!



Dr. Edward Yuzda

Department of Psychiatry welcomes Kathleen Pajer

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already begun reorganizing the education section of child and adolescent psychiatry. She and the new Director of Child and Adolescent Education, Lukas Propper, are working hard to prepare for the Royal College Accreditation visit in February. She is also preparing a fellowship application, as child and adolescent psychiatry was just recently approved as a new official sub-specialty, qualifying it for an official fellowship program.

An experienced and accomplished researcher, Dr. Pajer

is also involved in several major research projects. She is continuing her work on stress response system function and psychopathology and is also working on a diagnostic biomarker for early onset depression.

The combined role of Chief and Division Head requires a dynamic leadership, as is apparent from the varying tasks Dr. Pajer is currently involved in. She will no doubt be a vital member of both the IWK and Dalhousie Department of Psychiatry teams. Welcome Dr. Pajer!

News

Friends, family gather to remember Ruth Wagner and support memorial fund

Earle Wagner spoke candidly of his late wife's difficult childhood, battle with mental illness and unwavering kindness and generosity at an event for the Ruth L. Wagner Memorial Endowed Fund on September 10. Around 35 friends and family gathered at the Bethune Ballroom in the Victoria General Hospital to pay tribute to Ruth Wagner and her legacy.

Ruth Wagner passed away in 2007 from acute leukemia, but battled bipolar disorder for 37 years. Ruth found some relief from the disorder after beginning treatment with a psychiatrist at the Abbie J. Lane Memorial Hospital. She willed funds to the hospital when she passed away, but it was her husband Earle, who went on to establish the Ruth L. Wagner Memorial Endowment Fund with a donation of \$50,000. This donation was generously matched by the Dalhousie Department of Psychiatry. The fund will be used to support research in the field of mood disorders, with a particular emphasis on bipolar disorder. Each year residents, fellows or postgraduate students in psychiatry or a related field may apply for a disbursement from this fund to support their research.

Mr. Wagner hopes the fund will help alleviate the plague of mental illness that affects millions of Canadians every year.



In the photo (L to R): **Dr. Nicholas Delva**, Earle Wagner and **Dr. Tomas Hajek** at the Ruth Wagner event on September 10.

Dalhousie hosts “Beyond the Blues” Depression Screening Day

On October 6 Dalhousie hosted its first ever Depression Screening Clinic as part of Mental Health Awareness Week, an annual national public education campaign that aims to raise awareness about mental illness. **Dr. Simon Sherry** from the Departments of Psychology and Psychiatry gave a keynote talk entitled “Nobody’s Perfect.” The clinic itself was set up in the Student Union Building from 1:00 to 4:30 and was made available to the entire Dalhousie population: faculty, staff and students. Those interested had the opportunity to take a free, informal depression screening. They then had the choice to have a brief consultation with a psychologist and/or access to a variety of resources run by the Dalhousie Department of Psychiatry and Capital District Health Authority’s Mood Disorders Program. People could be directed to various services as necessary, including Dalhousie Student Health, their own family physicians or EAP program or could self-refer to the newly minted First Visit Clinics at each of the community mental health centres.

This event aimed to de-stigmatize mental illness and depression, raise awareness of depression as an issue affecting many people, encourage good mental health practices and promote early detection and intervention.



In the photo (L to R): Mood disorders nurse Sheena Moran-Tynski, **Drs. Abigail Ortiz** and **Marie Claire Bourque**.

Community joins together to celebrate health, healing and happiness

On October 6 the mental health community joined together for the 4th annual Festival of Hope to celebrate hope, healing and happiness. Organized by the Canadian Mental Health Association's Nova Scotia Division and the Halifax-Dartmouth branch, in partnership with CDHA, the IWK Mental Health and Addictions program and the Dalhousie Department of Psychiatry, among others, the Festival of Hope allowed for a day of candid discussion, entertainment and learning about mental health. Doctors, mental health patients, family, friends and community members enjoyed food and entertainment during the five-hour event at the Olympic Hall in Halifax.

Representatives from the Department of Psychiatry were on hand promoting OneinFive.ca, which was created by the Department in hopes of creating awareness of the prevalence of mental illness and providing information and resources for individuals and their families.

The festival was a great success, with more than 300 people participating. The event took place during Mental Health Awareness Week.



In photos (L to R): Musician Graham Hooper performs during the Festival of Hope; The Dalhousie Department of Psychiatry booth; Department promotional materials; and One in Five information cards.

Dr. Allan Abbass holds immersion course for oversold crowd

Dr. Allan Abbass held his 6th Annual Immersion course in Intensive Short-term Dynamic Psychotherapy to an oversold audience from around the globe. Invited presenters included Dr. Steve Arthey from Melbourne, Australia, Dr. Roger Hansen from University of Oslo, Norway, Dr. Susan Hajkowski and Dr. Steve Buller from Derby UK, and our own **Dr. Joel Town**. Guests were treated to a sunset reception at Citadel Hill complete with a Ghost Story Tour and a Harbour Cruise on the Tall Ship Mar.

Group members from around the globe join Dr. Abbass on the Tall Ship Mar.



New awards pages on Dalhousie Department of Psychiatry website

There are many awards that Department of Psychiatry faculty, fellows, residents and staff are eligible to win each year. The Department would like to encourage its members to make nominations for the various awards available, as listed on the new awards pages on the Psychiatry website. These pages list all relevant awards sorted both alphabetically and by due date.

Please send any nominations to **Kate Rogers** at Kate.Rogers@cdha.nshealth.ca by the internal nomination deadline listed, in order for the nominee to be considered.

Announcements

Art and brain exhibit at Art Gallery of Nova Scotia

On Friday, Sept. 23 the Art Gallery of Nova Scotia unveiled 'Synaptic Connections: Art and the Brain – a dynamic exhibition where art and science come together. The exhibit features the work of Artist in Residence Stella Ducklow. Stella's display is showcasing the impact of mental illness and features images from many of Nova Scotia's mental health facilities.

Stella is a mental health consumer and has been an incredible advocate for youth engagement in the healthcare system through her volunteer work with IWK 4 South hosting photography clinics, as well as working with Laing House on a project to help other youth mental health consumers share their story. Stella is a student at NSCAD and is just 25, but has a lifetime of stories and experiences to share.

The exhibit runs until the end of January with lots of events happening to help engage and inform the public, including some public lectures by Dr. Ivar Mendez and **Dr. Stan Kutcher**.

For more information please visit the Art Gallery of Nova Scotia website at www.artgalleryofnovascotia.ca.

Dalhousie Department of Psychiatry annual holiday party

Mark your calendars! The annual Department holiday party will be held on Friday, December 2 at the Atlantica Hotel on the corner of Quinpool and Robie Streets. Bring your appetites and dancing shoes for an evening of food and entertainment. Festivities begin at 6:30 pm.

Humanities Corner

October 11 was the deadline for the 2nd Annual Dalhousie Department of Psychiatry Student Writing Competition and interest and awareness continues to grow. Last year, the 2010 winner was Ms. Sarah Fraser of Dalhousie Medical School, who was awarded first place for her poem 'Casey's Slope' which drew on her experiences as a Med I elective student to explore the stages of Alzheimer's disease. Head to http://psychiatry.medicine.dal.ca/education/humanities/caseys_slope.htm to read 'Casey's Slope.'

This year, word of the contest was spread to medical students at other Canadian medical schools through the Canadian Organization for Undergraduate Psychiatric Education (COUPE) and the Canadian Association of Medical Education's Arts, Humanities and Social Sciences in Medicine (CAME – HSSM) network. As a result, entries have come from medical schools right across Canada, outnumbering the entries by Dalhousie students! The winners will be announced in December 2011 and the winning entry will be published in a future issue of "Headlines."

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 January 6, 2012, with the deadline for submissions to be December 16, 2011.

Please send all submissions to **Kate.Rogers@cdha.nshealth.ca**