

Department of Psychiatry HEADLINES

Michael Teehan named 2014 President of the CPA

Dr. Michael Teehan, Deputy Head of the Department of Psychiatry, has been named the 2014 president of the Canadian Psychiatric Association (CPA). The news came to Dr. Teehan in late July after results were received from a CPA members of the Nova Scotia Psychiatric Association vote, earlier that month. Dr. Teehan will hold the position of 'president-elect' for the 2013 year and will officially become the CPA President in 2014.

"There is a rotation plan so that each region has an opportunity to have a member from every province hold the title," says Dr. Teehan. The nomination commits him to three years of work with the CPA: president-elect, president and past-president, though the majority of the work falls within the first two.

Dr. Teehan will now be part of the CPA Executive and will have regular involvement in all CPA business. There are meetings three or four times a year, as well as regular teleconferences that include the Chairman of the Board, President, President-Elect, Past-President, Executive Director and the Secretary Treasurer.

Though there is a sort of hierarchical structure to the CPA, decisions are made, in general, by consensus and based on a strategic plan that governs the direction of CPA. During his year as President, Dr. Teehan will be very much a part of the decision-making process.

There will also be a significant amount of travel during this time, with visits made to each of the 10

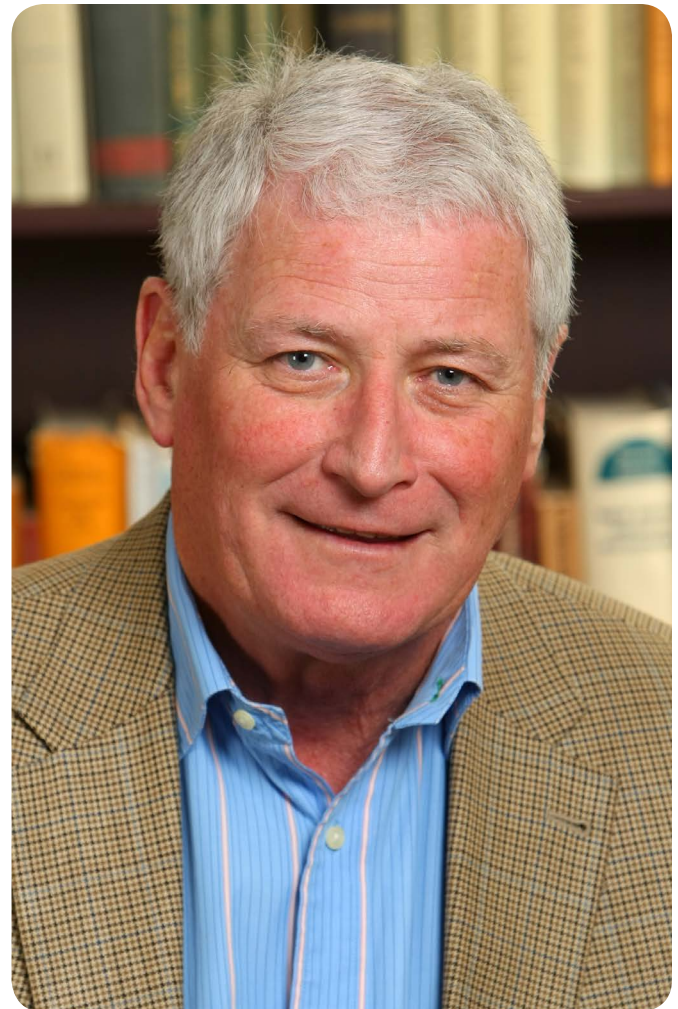
provincial associations. The President also represents the CPA at meetings in the United States and the United Kingdom and is the spokesperson for the Association.

"Representations are sometimes made to Parliament for example, and the President would be the one to put forward the views of CPA," says Dr. Teehan. In recent years CPA has had a much more active advocacy role, and the role of the President is to lead that.

As the President-Elect, Dr. Teehan will be understudying the President and occasionally filling in for some functions, if required. He doesn't foresee his new commitment interfering greatly with his work here in Halifax in the coming year, but during the Presidential year he may have to make some adjustments.

Dr. Teehan previously served two terms on the CPA board and a three-year term on the executive. He also served on the educational council. While Postgraduate Training Director, he also served on COPE (Coordinators of Postgraduate Education in Psychiatry), a CPA affiliate.

"I want to express gratitude to my colleagues for placing their trust in me," says Dr. Teehan. He will be officially inducted as President of the CPA in September of 2013.



"I want to express gratitude
to my colleagues for placing their
trust in me."

Message from the Head

Dr. Nick Delva

Congratulations to **Dr. Michael Teehan**, President-Elect of the Canadian Psychiatric Association (CPA)! The CPA has a key role in advocating for good mental health services for Canadians and in ensuring high standards of practice, and we can be confident that our national organization will fare well under Dr. Teehan's leadership in 2013-14. Another senior role at the CPA is occupied by **Dr. Glendon Tait**, who has been the CPA Annual Conference Program Committee Co-Chair, and who will continue as the Chair of the Annual Conference Committee over the next couple of years. I was also very happy to see that a number of other Dalhousie faculty members gave presentations at this year's CPA meeting in Montreal.

Congratulations also to: **Dr. Stan Kutcher** for being awarded the CPA's Paul Patterson Education Award, and the Goodwill Ambassador Award; Drs. Roxanne Sterniczuk, Olga Theou, **Ben Rusak** and Ken Rockwood for being featured in a recent issue of *Nature*; **Dr. Gail Eskes'** students, Dr. Anne Sophie Champod, Dr. Yoki Ishigama-Doyle and Mr. Ryan Wilson for being the recipients of BrightRed Graduate Research Awards; the newly elected Distinguished Fellows of the CPA, Drs. **Shabbir Amanullah, Simon Brooks, Pamela Forsythe, Stan Kutcher, Rachel Morehouse, Pippa Moss and Aidan Stokes**; **Dr. Katie Manders**, for receiving the Michel Louvain Client of the Year Award; **Dr. Katherine Matheson** for

receiving the CFAK Junior Scholar Award; and **Dr. Joe Sadek** for receiving CDHA Quality Awards for his excellent work on the Suicide Risk Task Force and as chair of the Morbidity and Mortality Committee. A number of members of the CDHA Mental Health Program and the Department of Psychiatry received awards from the Mental Health Commission of Canada - altogether three of the six awards were made to people working in Nova Scotia, including **Drs. Phil Tibbo and Patrick McGrath**.

For the details, please see http://www.mentalhealthcommission.ca/English/Pages/Awards__Eng.aspx.

It is wonderful to read about the graduates of the nascent mental health nursing program in Guyana, and to learn that the program will soon have enhanced local administrative support. The graduates of this program are involved in teaching the mental health curriculum in nursing programs throughout Guyana, and using and thus demonstrating newly learned skills at the National Psychiatric Hospital. Thus the positive effects of this aspect of the activities of Dalhousie Global Psychiatry (DGP) will be far-reaching. Another large benefit can also be anticipated from the provision of training in non-violent crisis intervention in Tobago. The newest addition to DGP's activities is the partnership with the Northwest Territories, first described in Headlines in the September issue. **Dr. Arlene MacDougall** provides an update on



page 8 of the current issue. During my second visit to the NWT in the latter half of October, the temperature never went below freezing, Frame Lake, around which Yellowknife is built, froze over completely and the snow accumulated gradually so that there were several inches on the ground by the time I left! This represented quite a change in comparison with September's weather, and made me realize just how far south we are in Halifax! In addition to providing general psychiatric clinical services in NWT, DGP has been working on a description and analysis of the mental health and addictions services there, with a view to making recommendations on how best to build on the existing strengths and develop the system of mental healthcare.

On page 9, **Dr. Ron Fraser** outlines the major changes taking place in the provision of addictions prevention and treatment in CDHA. All of our mental health and addictions services are in

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Research Section

Submitted by: Janet Bardon
Research Administrator

Upcoming Internal Funding opportunities

Education Methods in Psychiatry Grant 2012

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. The deadline for proposals is December 1, 2012. For more information, please contact **Jennifer Brown** at Jen.Brown@dal.ca.

Psychiatry Summer Studentship Program 2013

The Psychiatry Summer Studentship Program is designed to provide a number of qualified undergraduate students with an opportunity to become involved in research in the Department of Psychiatry over a period in the summer. Although this program in effect provides summer employment for students, faculty supervisors are expected not to treat summer students in this program as technicians, but rather to involve them fully in discussion and the design of experiments. This program offers students an opportunity to learn new research techniques as they acquire hands-on experience in running experiments and analyzing data.

Please note:

1. Applicants must be faculty members with a primary or joint appointment in the Department of Psychiatry at Dalhousie University.
2. Students must be in an undergraduate program or be an undergraduate medical student at Dalhousie or another university at the time of application.
3. Only one application will be considered from each faculty member.
4. The value of the award from the Department is \$4,000 and students will be working a 35 hour week for a full 14 week period and will be paid a minimum of \$10.30/hour (total: \$5047 in salary). Supervisors are required to supplement the amount of the award up to the full salary and fringe benefits for the student using other funding sources.
5. If you are interested in hiring an undergraduate medical student from Dalhousie, your first route should be the FoM Summer Student Research Program. More information can be found at: <http://research.medicine.dal.ca/ssrp.htm>.
6. If you hold an NSERC grant, you can also apply for a summer NSERC research award (USRA).

For an application or more information, please contact the Psychiatry Research Office at (902) 473-7358.

Research events

Open Minds Across Canada Mental Health Symposia 2012

On Oct. 4, 2012 the Department of Psychiatry hosted "Open Minds Across Canada Mental Health Symposia 2012" sponsored by Healthy Minds Canada and CIHR. This year's presentation was titled "The Human Pain Experience: Perspectives of mind and pain from different disciplines" and featured presentations by **Drs. Mary Lynch**, Jason MacDougall, and Jill Chorney and was moderated by Dr. Christine Chambers. The evening event was well attended by educators, healthcare professionals, students, and the general public who stayed late to have questions answered by the panel. This is an annual fall event, organized by the Department's Research Section in collaboration with Healthy Minds Canada.

Education Section

Submitted by: Annette Cossar
Education Administrator

Postgraduate News

MARK YOUR CALENDARS – CaRMS Interview Dates have been confirmed for January 19, 26 and February 4, 2013. Faculty and residents are encouraged to contact **Ms. Norma Thompson** at Norma.Thompson@cdha.nshealth.ca to confirm your participation in this year's recruitment.

We would like to congratulate **Dr. Katie Manders** on completing her residency as of Oct. 28, 2012. A job well-done, Dr. Manders!

Undergraduate News

The undergraduate activities are in full fall splendour, like the leaves on the trees. The Med 2 Clinical Skills will be completed as of November 8. Also in second year, the Foundations 2/Neurosciences unit wraps up November 16. We have faculty continuing in ProComp1 (Sept. 4 – May 9, Tuesdays) and ProComp2 (Aug. 28 - May 2, Tuesdays) units. Various faculty members are precepting the Med 1 Rotating Elective, Mondays Sept 24 - Dec 12. The annual December elective (Dec. 3-16) period will be available in Psychiatry as several of our faculty have offered to be a Med 3 preceptor. There have also been plenty of Med 4 elective students with us this fall, both from Dalhousie and visiting. A big THANK YOU to our faculty who have or are providing the valuable undergraduate experiences!

At September's Undergraduate Medical Education

Committee Meeting, it was reported Dr. Simon Field is now officially the Assistant Dean (to Dr. Marie Matte) for the Clerkship (Med 3 and 4). There will be two evaluation committees, one to review the process of evaluations, and one to review students performance on exams. Preceptors will continue to do ITERS (they will be modified slightly), which will be formative. The Clerkship Directors will have to create summative ITERS. The process will be tightened up and clerks can get three days off per year, i.e., they will be allowed to take off only one day per rotation (in psychiatry, one day per six weeks rotation). Anything beyond that requires special permission from the Assistant Dean for Student Affairs or the Associate Dean. This is designed to prevent students from extending a long weekend by an additional three days so that they would be absent for six days at a time.

Continuing Education Activities

Announcements

In recognition of **Dr. W.O. (Bill) McCormick's** longstanding and exceptional contributions to the success of the NSH Academic Day, this will now be known as the W.O. McCormick Academic Day. Please mark your calendars for the first W.O. McCormick Academic Day to be held April 26, 2013 at the Lord Nelson Hotel. Program details will be available in the near future on the Department of Psychiatry website www.psychiatry.medicine.dal.ca.

There has also been a change in the organizational structure overseeing continuing education activities in the Department of Psychiatry and Capital District Mental Health Program. Given the ongoing relocation of NSH-based programs and services to the community and in keeping with the goal of enhancing interprofessional education and promoting continuing professional development, the former Department of Psychiatry Continuing Education Committee and the Capital District Mental Health Program Education Committee have been merged into the Joint Department of Psychiatry, Capital District Mental Health Program Continuing Professional Development Committee. Representatives on this committee include faculty members, psychiatry residents, nursing educators, professional practice leaders and representatives from addictions prevention and treatment services. The committee is chaired by **Dr. Heather Milliken**, Director of Continuing Medical Education and will meet quarterly.

Recent Highlights

We had two excellent University Rounds presentations.

On September 21 Dr. Ari Zaretsky, Associate Professor of Psychiatry, University of Toronto and Psychiatrist in Chief Sunnybrook Health Sciences Centre presented on the topic "CBT in the New Millennium."

On October 10, Dr. Janet Treasure, Professor, King's College London and Director of the Eating Disorders Unit, Maudsley Hospital, presented on the topic "Anorexia, Symptom or Disease: Implications for Treatment."



Dr. Ari Zaretsky speaks at University Rounds on Sept. 21.



Dr. Janet Treasure speaks at University Rounds on Oct. 10.

Upcoming Events

Clinical Academic Rounds
November 7: Psychiatry Debate

November 14: **Dr. Kathleen Pajer**, IWK

November 28: Special Lecture: Dr. Andrea Waddell, University of Toronto

December 5: **Drs. Deborah Parker** and **Jacque Cohen**

December 12: **Dr. David Lovas**, IWK

Inter Professional Education Series
November 6: Jenn Mason "ECT"

November 13: Recovery and Integration Services

November 20: Spiritual Care

November 27: Community Mental Health

December 4: **Dr. Sameh Hassan** "TMS"

December 11: JEOPARDY

December 18: **Dr. Ron Fraser**, Addiction Prevention and Treatment Services: "Concurrent Disorders"

University Rounds

November 21: Dr. Elliot Gardner Chief, Neuropsychopharmacology Section, Intramural Research Program, National Institute on Drug Abuse, National Institutes of Health, Biomedical Research Center "Neurobiology of Addictions"

December 12: Dr. Brian Iwata Professor of Psychology and Psychiatry at the University of Florida, Director, Florida Center on Self-Injury; Director of Prader-Willi Syndrome Program

Child and Adolescent Psychiatry Division

Submitted by: Michelle Patenaude

Administrative Manager, Child and Adolescent Psychiatry

News

Dr. Wade Junek was invited to do two presentations in Australia, but in the end he presented five on "Embedding the experience of childhood into the lives of adults." The presentations took place in Brisbane and Melbourne, Australia.

Dr. Normand Carrey presented at the IASA (International

Association for Study of Attachment) in Frankfurt Germany. He was appointed as "Founder," Child Psychiatry by the Royal College of Physicians and Surgeons of Canada.

Drs. Kathleen Pajer and **Sherry Stewart** received CIHR (Canadian Institute of Health Research) funding for Café Scientifique which will be held on Nov. 1.

Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher

Sun Life Financial Chair in Adolescent Mental Health

Depression program receives accreditation

Identification, Diagnosis and Treatment of Adolescent Depression, an educational program created by **Dr. Stan Kutcher**, **Dr. Sonia Chehil** and Dr. Iliana Garcia-Ortega, has recently gained new accreditation for Mainpro-M1 credits towards continued medical education from the College of Family Physicians of Canada. This program aims to improve the skills of family doctors and other primary health care providers in identifying, diagnosing and treating youth depression and managing suicide risk.

The educational program's new accreditation will encourage primary health providers to complete the course, and in turn, increase knowledge in early identification, assessment, diagnosis and treatment of adolescent depression. The hope is that when depressed teenagers receive appropriate treatment through their family physicians, this will help them get well and concurrently should help to decrease the pressure on specialty mental health services. Additionally, integration of mental health with general healthcare can be expected to help decrease the stigma currently associated with mental health treatments. The short and long term outcomes for youth living with depression and their families may improve substantially and we may see a decrease in other medical conditions.

The course will be available free

of charge on TeenMentalHealth.org's eLearning Centre in near future. Users will be able to take the course online to receive the credits towards continued medical education requirements.

Child and youth mental health program set to roll-out across British Columbia

In collaboration with the British Columbia Medical Association, **Dr. Stan Kutcher** and Dr. Iliana Garcia-Ortega created an education program to support family doctors and other primary care providers in the identification, diagnosis and treatment of the most common mental disorders in children and youth that can be appropriately addressed in primary care. The program not only aims to improve competencies in the identification, diagnosis and delivery of best evidence based treatment for youth exhibiting common mental disorder, but helps integrate the entire community of care (including schools) to help young people successfully overcome their mental disorders. The program has both Mainpro C accreditation for family physicians and Maincert Section 1 for specialists.

"Train the Trainer" sessions for family physicians took place in Vancouver, B.C. on October 4-5, 2011 and January 25, 2012. A program evaluation has been conducted, and the findings demonstrate substantial improvement in family physicians' child and youth mental health knowledge and self-

related clinical confidence in addressing common mental disorders as a result of the training program. The program is currently being rolled out across much of the province of British Columbia.

If the program demonstrates continued positive outcomes in further field tests it could provide a nationally applicable approach that would contribute to the improvement of child and youth mental health across the country. To view a brief report of the program evaluation please visit <http://teenmentalhealth.org/resources/entries/summary-of-family-physicians-evaluation-of-a-child-and-youth-mental-health>.



Dr. Kutcher and Dr. Garcia-Ortega during primary care training in BC.

Announcements

The Sun Life Financial Chair in Adolescent Mental Health would like to welcome the newest member to the team, Faten Alshazly. Coming from a strong communications and academic background, Faten will serve as the Advisor to the Chair. She can be reached at Faten.Alshazly@iwwk.nshealth.ca

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the process of rapid evolution, which requires constant attention and effort on behalf of leadership and staff. One big upcoming structural change is represented by the appointment of Mr. Trevor Briggs, until now Director of the CHDA Addictions Prevention and

Treatment Services (APTS), and thus co-leading APTS with Dr. Fraser, as the Director of the new combined CDHA Addictions and Mental Health Program, effective December 1st.

In closing, on behalf of the Department, I'd like to express our

condolences to the family and friends of **Dr. Lawrence Buffett**, who died at the end of September. Larry's good friend, **Dr. Bill McCormick**, has written a tribute to him, the final piece in this issue. We will all remember Larry with affection.



Dr. Paul Janssen Chair in Psychotic Disorders

Submitted by: Dr. Phil Tibbo

Dr. Paul Janssen Chair in Psychotic Disorders

NSEPP presents in San Francisco

The Nova Scotia Early Psychosis Program (NSEPP) had a strong presence at the 8th International Conference on Early Psychosis held October 11-13 in San Francisco. This conference, held every two years, provides a forum for the exchange of new data and for sharing of innovative strategies to help improve the lives of young people with psychotic illness. The theme of the meeting was "From Neurobiology to Public Policy," with the NSEPP research staffs five posters presented truly embracing that theme. NSEPP presented research on neuroimaging, mindfulness therapy in family members, family education, cannabis treatment programs in Canada, and ultra-high risk states for psychosis. Details of the meeting can be found at <http://www.iepaconference.org/program/conference-programme/>.

Paul Janssen Chair public lecture

In celebration of **Dr. David Whitehorn's** receipt of the 2012 Michael Smith Award (Clinician/Researcher) and Ms. Donna Methot's (SSNS) receipt of the 2012 Bill Jefferies Family Award (Family Award) from the Schizophrenia Society of Canada (SSC), the Dr Paul Janssen Chair in Psychotic Disorders will be hosting a public lecture and discussion on Monday, Nov. 19 in the Admiral Room of the Lord Nelson

Hotel. In addition to acknowledgement of these national awards, Dr Whitehorn will give a talk on: "The Changing Meaning of Recovery from Mental Disorders."



The NSEPP presenting authors at the 8th International Conference on Early Psychosis:

Dr. Philip Tibbo, Dr. Crystina Aydin, Dr. Alissa Pencer, Ms. Margie Crown and Dr. David Whitehorn.

Dalhousie Global Psychiatry

Mental Health Nursing in Guyana

Submitted by: Ms. Sandra Hennigar
Special Projects, Global Psychiatry

Ms. Sandra Hennigar was able to meet with several of the nursing graduates during the July trip to Georgetown. Three of the six graduates attended the training session for police and mental health staff that was provided by Ms. Mary Pyche and Ms. Angela Balcom. They will hopefully help form some of the working committees that will continue to pursue a different way of working with their local law enforcement detachments. Two of the graduates have been involved with teaching mental health curriculum in a number of the nursing programs in Guyana. Another of the graduates is very busy using her new skills to improve the quality of the

care provided at the National Psychiatric Hospital (NPH). A recent staffing change has resulted in no program activities for the patients at the NPH. As a result, she has been engaging with all levels of hospital administration as well as patients and families to develop new programming components for them as part of their daily activities and care. She continues to run a group and has also been talking with a patient who is willing to use his previous teaching skills to talk about mental illness. This could be the beginning of some peer support! Stay tuned. We continue to be very proud of their efforts as they develop their practice and expertise.

Dr. Sonia Chehil and Ms. Sandra Hennigar met with Chief Nursing Officer for Guyana during the July trip. Some funding has been allocated for the remainder of this year and next year to run a second psychiatric mental health nursing program. Following preliminary planning and discussions we are pleased to announce that a second class is possible, provided it officially starts prior to the end of this calendar year. Plans are currently underway to make this happen. The Ministry of Health has agreed to hire a coordinator for the program. The coordinator will oversee the students, assist in resolving on-site issues, work

collaboratively with the Acting Director of Health Sciences Education, the official seat of the Psychiatric Mental Health Nursing Program, as well as work with the Dalhousie nursing team when they are on-site. This year's program will be located in Georgetown. Classroom space is being negotiated at this time. We will need to find appropriate clinical spaces so the students can meet the objectives of their program.



Ms. Sandra Hennigar (middle) with some graduates of the mental health nursing program.

Tobago

We have continued to work on maintaining communication with our partners in Tobago. A major need that they identify is skill building in the area of non-violent crisis intervention. We have located a program that can be adapted for Tobago. A special thanks to Mr. John Campbell, Director of the Mental Health Program in Annapolis Valley Health District, for granting permission to Ms. Kelti Donnellan, an experienced RN trained in non-violent crisis intervention from the Canadian Training Institute, to teach this program when the funding is secured. The Terms of Reference for the project have been prepared and will be submitted to PAHO.

Establishment of the NWT-Dalhousie Psychiatry Collaborative Care Partnership

Submitted by: Dr. Arlene MacDougall
Fellow, Global Psychiatry

Members of the Department travelled to Yellowknife, Northwest Territories, over August and September 2012, with the goal of establishing a new partnership between Dalhousie Psychiatry and the NWT focused on enhancing and developing the mental health and addictions services for NWT and western Nunavut. **Dr. Arlene MacDougall** was in Yellowknife from August 19 - September 30, 2012, and was joined for part of this time by **Dr. Nick Delva** (September 9 - 19, 2012) and **Mr. Peter Croxall** (September 15 - 19, 2012). Their visit involved meetings with a variety of stakeholders including senior administrators, policy-makers and planners, managers and clinical staff from a number of governmental and non-governmental organizations. The Dalhousie team toured a number of mental health and addictions programs in Yellowknife as part of the site visit. In addition, Drs. MacDougall and Delva

provided direct clinical care at the territorial psychiatric inpatient unit and the psychiatric outpatient services, both based in Yellowknife.

The official partners will be Stanton Territorial Health Authority (delivery of specialist services to residents of the NWT and the Kitikmeot region of Nunavut), Yellowknife Health and Social Service Authority (delivery of regional health and social services for the city of Yellowknife and surrounding communities) and the Government of NWT's Department of Health and Social Services. A memorandum of understanding was formalized between Dalhousie Psychiatry and our NWT partners on September 18, 2012.

Over the course of the visit, members of the Dalhousie team gained an in-



Dr. Jim Corkal sends greetings from NWT, September 2012.

depth view of the mental health and addictions system including what have been some of its historical and ongoing challenges. The Dalhousie team also had an opportunity to provide our official partners and other stakeholders, including the CEOs of the six other regional health and social service

authorities, with an overview of the Global Psychiatry Section's strategic approaches, past and ongoing projects, and areas of expertise. Preliminary discussions regarding potential areas of collaboration for system development took place over the course of the visit. There were a number of innovative ideas shared by the various partners and stakeholders, who also expressed enthusiasm and support for bringing about system improvements.

A central aspect of the partnership will be regular clinical service delivery both on-site and off-site by Dalhousie psychiatrists with the plan of including residents as part of their training. Off-site service will be performed in Halifax through the use of secure video conferencing and real-time access to the NWT's electronic medical records and

care provider communication system. Other components of the partnership will include collaborating and supporting the NWT partners on system design and development initiatives, capacity building and skills training, as well as research.

The Dalhousie team is currently completing a site visit report which will include specific recommendations for system improvement that builds upon the NWT's current strategic plans and initiatives in mental health and addictions. Next steps will include a meeting of the official partners to set priorities for the NWT-Dalhousie partnership for this inaugural year and beyond. Dr. Delva was in Yellowknife at



Frame Lake, Yellowknife, late October 2012.

the end of October, and Dr. MacDougall in mid-November, both for approximate two week long visits. It is estimated that the initial telepsychiatry clinical sessions will start by mid-December.

Clinical Divisions of the Department of Psychiatry

Each month we highlight one of the many services offered by the Department of Psychiatry. In this issue we feature information on Addiction Prevention and Treatment Services at CDHA.

Addiction Prevention and Treatment Services

Submitted by: Dr. Ron Fraser

Clinical Academic Leader, Psychiatrist, CDHA

Addiction Prevention and Treatment Services (APTS) is a professional healthcare service offering confidential treatment and support for individuals affected by their own, or a loved one's, harmful involvement with alcohol, other drugs and/or gambling. Types of support offered include counseling, recovery and educational groups, withdrawal management inpatient and day programs, as well as a structured treatment program.

Over the past year, APTS has begun to transform services to a new clinical model founded on evidence-based best practices. In Community-Based Services, this has required clinical staff training for the delivery of new best-practice interventions, including Brief Intervention (BI) therapy, Structured Relapse Prevention (SRP) therapy and Cognitive Behavioural Therapy (CBT). The new treatment model in Community-Based Services will involve clients attending six individual counseling sessions based on the BI model, followed by 12 weeks of group therapy, based on the SRP model. After this initial involvement, clients will be encouraged to join one of our CBS recovery groups in order to support ongoing recovery.

APTS' Withdrawal Management Inpatient and Day Programs are also undergoing major transformations. Redirecting resources made available by the discontinuation of the Compass Structured Residential Treatment Program, APTS is enhancing its Withdrawal Management programs (inpatient and day) and its Methadone Treatment Services.

In the community, APTS' approach has been to focus on capacity building to enhance the skills of their partners in dealing with addiction-related issues. APTS' one-day Addictions 101, customized training programs and two-day Beyond the Label Workshops have provided crucial training for hundreds of service providers, health professionals and community workers. A partnership with Halifax's largest homeless shelter, Metro Turning Point, is being launched this year to provide on-site service to shelter clients and special training for shelter staff, who estimate that 80 per cent of their clients are struggling with addictions and mental illness.

News & Announcements

Congratulations

CPA recognizes "Distinguished Fellows"

The first Distinguished Fellows of the Canadian Psychiatric Association were conferred at the CPA annual conference in Montréal, QC in September 2012. Congratulations to the Department members who were honoured: **Drs. Shabbir Amanullah, Simon Brooks, Pamela Forsythe, Stan Kutcher, Bill McCormick, Rachel Morehouse, Phillippa Moss and Aidan Stokes.**

Killam Postdoctoral Fellow has work featured in *Nature*

A story was published in an October edition of *Nature*, an international weekly journal of science, about work presented by Dr. Roxanne Sterniczuk at this year's Society for Neuroscience meeting in New Orleans. Dr. Sterniczuk is a Killam Postdoctoral Fellow in Psychiatry supervised jointly by **Drs. Ben Rusak** and Ken Rockwood (Geriatric Medicine). The article discusses the potential of disrupted sleep patterns predicting Alzheimer's disease. To read the article please visit: <http://www.nature.com/news/disrupted-sleep-may-predict-alzheimer-s-1.11620>

Resident Dr. Katie Manders recipient of Michel Louvain Client of the Year Award

Congratulations to **Dr. Katie Manders** who was the recipient of the Michel Louvain Client of the Year Award. The award is presented to an individual with a neuromuscular disorder who has made an outstanding contribution to Muscular Dystrophy Canada in fundraising, public relations, and/or services. Dr. Manders is the Halifax Chapter Vice President, a very active member of the Halifax Walk for Muscular Dystrophy Committee and sits on the National Board of Muscular Dystrophy Canada. She is very active in the Chapter and has been instrumental in raising awareness, event planning and encouraging others to get involved. She is a tremendous fundraiser who continues to inspire others by sharing her personal story. A frequent public speaker on behalf of Muscular Dystrophy Canada, Katie is an enthusiastic supporter of the Hop for Muscular Dystrophy and captivates audiences with her message of overcoming obstacles to achieve great things.



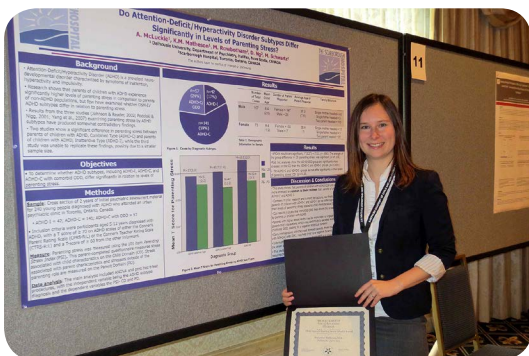
Dr. Katie Manders

Capital Health's Mental Health Program and Dalhousie Department of Psychiatry awarded at National Mental Health Awards

The Capital Health Mental Health Program was the recipient of two awards at the 5th Anniversary National Mental Health Awards in Ottawa on October 16. The Program won a National Mental Health Award in the Community Capacity Category for its work with Consumer, Family and Provider Collaboration to improve planning and delivery of mental health services. This initiative involves people with lived experience, their families and service providers working together to support recovery and to ultimately improve the mental health care system as a whole, collaborating in treatment planning, program and policy planning, and evaluation.

The Nova Scotia Early Psychosis Program also received an award. Partnering with the Schizophrenia Society of Canada they won an award in the Research category for their work in cannabis use and psychosis.

Distance Mental Health Services, for which **Dr. Patrick McGrath** is CEO, and their Strongest Families Institute also picked up an award. Strongest Families Institute is a proven evidence-based distance mental health intervention program designed to help families in the comfort and privacy of their home at convenient times. Timely services are delivered to families with children who exhibit mild to moderate mental health problems, such as behaviour and anxiety disorders.



PGY-4 Dr. Katherine Matheson awarded CFAK Award

Congratulations to **Dr. Katherine Matheson** who was awarded the Campaign for America's Kids (CFAK) Junior Scholar Award from the American Academy of Child and Adolescent Psychiatry, in recognition of an outstanding research poster by a resident at the AACAP annual conference in San Francisco. She was presented with the award at the American Academy of Child and Adolescent Psychiatry 59th Annual Meeting in San Francisco October 23-28, 2012.

(Left) **Dr. Katherine Matheson** stands by her poster and displays her award at the American Academy of Child and Adolescent Psychiatry meeting in San Francisco.

Postdoctoral researchers selected for Heart and Stroke Foundation award

Postdoctoral researchers working with **Dr. Gail Eskes** in her lab have been selected to receive the Heart and Stroke Foundation's 2012 BrightRed Graduate Research Awards. Dr. Anne Sophie Champod, Dr. Yoko Ishigami-Doyle and Mr. Kenneth "Ryan" Wilson were each selected for one of the awards. The BrightRed Graduate Research Awards Program grants graduate researchers studying at universities in Nova Scotia financial support for their work.

Dr. Joe Sadek recipient of two Quality Council awards

Congratulations to **Dr. Joe Sadek** who recently received two awards from the CDHA Quality Council. The first award was for leading the Suicide Risk Task Force and implementing the suicide prevention policy. Dr. Sadek received the second award for chairing the Morbidity and Mortality Committee and for the positive work the committee has done.

(Right) **Dr. Joe Sadek** receives an award of excellence from the Director of the CDHA Mental Health Program, Mr. Peter Croxall.



Dr. Stan Kutcher recognized by CPA

Dr. Stan Kutcher was awarded the Paul Patterson Education Leadership Award from the Canadian Psychiatric Association. The award is given for "creatively and innovatively leading response to change in psychiatric education." Congratulations Dr. Kutcher!

Dr. Kutcher honoured as Goodwill Ambassador

Dr. Stan Kutcher was recently honoured by being recognized for his work in advancing mental health in Africa as a Goodwill Ambassador for the Guidance, Counselling and Youth Development Center for Africa (GCYDCA). He has worked with the GCYDCA in the development and implementation of peer educator programs in mental health and in the training of educators and counsellors in youth mental health and the identification of mental illness and community support for those with mental illness. Professor Kenneth Hamwaka presented Dr. Kutcher with this honour during a meeting involving the GCYDCA, Farm Radio Malawi and Farm Radio International. The meeting was recently held in Lilongwai Malawi and was convened to initiate the Grand Challenges in Global Mental Health project in youth mental health for Malawi and Zambia in which Dr. Kutcher is a principal participant. Others similarly honoured include Archbishop Desmond Tutu and Mr. Kenneth Kaunda (first president of Zambia).

News

Drs. Stan Kutcher and Alan McLuckie receive grant for School-Based Mental Health Programming

Drs. Stan Kutcher and **Alan McLuckie** have received a substantial grant from an anonymous foundation to pilot the creation of a national online repository for school-based mental health programming. The \$100,000 grant provides support for a year-long pilot project.

Dr. Kutcher, the Sun Life Financial Chair in Adolescent Mental Health and Dr. McLuckie, a PhD researcher with the Chair team, hope the national repository that they will be creating will provide unbiased information about the effectiveness, cost-effectiveness and safety of school-based mental health programs to help educators, schools and school administrators, as well as school boards make informed decisions on what programs they choose to have in the classroom.

"It will ultimately be the educators that make the decision about what programs they bring into the classroom, but we hope this will help make the decision easier," says Dr.

McLuckie.

Drs. Kutcher and McLuckie initially received a \$15,000 start-up grant in 2011 to develop the program. They were informed on April 19 that they would be receiving the \$100,000 to continue the program. They met with a national advisory group made up of educators, mental health professionals and researchers who were assembled to help with the project.

"A key component of the project is to develop and pilot a beta version of the online repository with the national advisory group over the next several months," says Dr. Kutcher. If all goes well the public launch of the website will take place in spring 2013.

The desire is to secure long-term funding and partnerships and have the program available publicly to a national audience.



Dr. Stan Kutcher with Dr. Saxena, the Director for Mental Health of the WHO.

Dr. Stan Kutcher presents work in Panama City

On October 15 and 16, **Dr. Stan Kutcher** presented work done by himself and Dr. Iliana Garcia on training health care providers in Latin America in child and youth mental health. The work was conducted under the auspices of the Pan American Health Organization which is working with national governments to apply this program throughout Latin America. The government of Panama has already supported the training and the government of Guatemala will be sponsoring the next session, planned for early in 2013. While in Panama City, Dr. Kutcher also participated in the expert consultation process for the development of the Global Action Plan in Mental Health being developed by the World Health Organization.

Eating Disorders Association of Canada holds conference in Halifax

The 3rd Biennial Eating Disorders Association of Canada conference (EDAC-ATAC) was held in Halifax Oct. 11 and Oct. 12, at the Westin Hotel in Halifax.

The theme of the conference, "Eat Play Live" was woven into the fabric of the conference with a focus on broadening our perspectives of healthy outcomes and the role of support and emotional connection in recovery. The keynote speakers, Dr. Janet Treasure from South London & Maudsley National Health Service Trust presented on the topic of "Collaboration in Care: Sharing Skills and Mobilizing Motivation." Dr. Gail McVey from the Hospital for Sick Children, Community Health Systems Resource Group in Toronto, spoke about "Reframing and Balancing Obesity Prevention Messaging: Implications for

Research, Practice and Policy. Ms. Dena Ashbaugh, Canadian filmmaker and actress screened her documentary film "No Numbers: Identity Beyond Measure" for the participants, as well as for a public audience. She also spoke of her personal battle from an eating disorder, and how mindfulness and meditation through yoga was part of her journey to recovery. Locally, **Dr. David Pilon** was part of a panel discussion on the role of Provincial Eating Disorder treatment networks, and **Dr. Joanne Gusella** and the IWK Health Centre Eating Disorders Team presented a poster on the benefits of Family-Based Therapy for the weight gain of children with Anorexia Nervosa.

At the end of the EDAC conference, on Saturday Oct. 13th, the IWK Health Centre hosted the 2nd biannual meeting of CanPED (Canadian Partnership

on Eating Disorders/ Partenariat canadien des troubles alimentaires). Dr. Katherine Henderson, psychologist at CHEO, led the meeting with a focus on "Moving Toward a National Outcomes Research Partnership on the Treatment of Pediatric Eating Disorders in Canada. Professionals from across Canada agreed on using a standardized assessment measure in order to be able to discuss similarities and differences in our populations, course of treatment and outcomes. Dr. Joanne Gusella, psychologist, and Ms. Lisa Parkinson-McGraw, dietitian participated from the IWK Eating Disorders Team. The next meeting will be in Montreal at the Academy of Eating Disorders in May 2013.



Drs. Eric Vickar and **Stephanie Casey**.



Dr. Katherine Henderson (CHEO) leading the Canadian Pediatric Eating Disorder Research Group.



Drs. Joanne Gusella and Mel Farrimond perform during the conference.

Dr. Allan Abbass hosts ISTDP course

Dr. Allan Abbass hosted his 8th International Halifax Immersion course in ISTDP (Intensive Short-term Dynamic Psychotherapy) in late September. He welcomed guest speakers and attendees from seven countries. This year Dr. Abbass is providing invited symposia and presentations in 10 different countries, including presentations to several government officials interested in the healthcare reduction effects and cost effectiveness of the method.



Participants of the ISTDP course set sail.

Psychiatric News covers study by Department members Drs. Tomas Hajek, Martin Alda, Rudolf Uher

Psychiatric News, the official newspaper of the American Psychiatric Association recently covered a study published in the *Biological Psychiatry* by researchers from the mood disorders clinic (**T. Hajek, M. Alda, R. Uher**, J. Cullis, R. Blagdon). Through research Dr. Hajek and colleagues found there may be a familial predisposition for bipolar disorders. The results of the study could aid in early identification of subjects at risk for bipolar disorder even before any behavioral manifestations develop.

The Psychiatric News story can be found at: <http://psychnews.psychiatryonline.org/newsArticle.aspx?articleid=1361758>

The Biological Psychiatry paper is listed at: [http://www.biologicalpsychiatryjournal.com/article/S0006-3223\(12\)00548-3/abstract](http://www.biologicalpsychiatryjournal.com/article/S0006-3223(12)00548-3/abstract)

Pediatric Sleep Networking Event

Submitted by Dr. Penny Corkum

On September 21, 2012, thirty-six individuals from a variety of health professions came together to discuss the importance of Pediatric Sleep from research and clinical perspectives. The event was hosted by **Dr. Penny Corkum** and her research team, and professionals from 12 different disciplines and from across Atlantic Canada attended. It was very evident that pediatric sleep is a critical issue of interest to health professionals across the spectrum. The goals for the day included improving participants' knowledge of the pediatric sleep research being conducted in the Maritimes, identifying the gaps in services and infrastructure, and determining what shared interests and opportunities for research collaboration may lay in such a considerably diverse group of professionals.

The morning was broken into three major segments: an overview of current pediatric sleep research, chaired by **Dr. Ben Rusak**; an overview of issues presented in clinical settings, chaired by Dr. Dan Hughes; and an open discussion focused on specific questions, chaired by **Drs. Margaret Rajda** and Penny Corkum. Participants were each given a chance to address the group, which resulted in a wonderful opportunity for people with shared interests to meet, discuss issues, and problem solve. The morning was punctuated with critical discussions regarding the lack of infrastructure and supports available to clinicians when presented with children with physiological and behavioural sleep issues. Currently, there is no pediatric sleep clinic in Atlantic Canada and patients do not

have access to a behavioural sleep clinic. There remains no coordinated way to screen pediatric populations for existing sleep disorders at any level of care.

As we move forward, a group of delegates from the event will congregate to discuss how to action the solutions that were proposed, as well as establish a plan to set up pediatric sleep rounds with a focus on both behavioural and physiological sleep issues. Our goals will include applying for funding to establish a network of dedicated individuals, educate the public on the importance of sleep, and develop a comprehensive shared sleep service. If you are interested in this work and would like to become involved, please contact Katy Schurman, Research Coordinator at Dalhousie University (kjschurm@dal.ca) for more information.

A special thank you to the IWK Bringing People Together Award for funding this event, and to Katy Schurman (Better Nights, Better Days Project Manager) and Dr. Aimee Coulombe (post-doctoral fellow on the Better Nights, Better Days study) for all their hard work, which made this event a success!



The Yellow Card's 7th edition offers many changesSubmitted by **Drs. David Gardner & Terry Chisholm**

That familiar pocket sized Yellow Card with all the psychotropic details was first introduced 14 years ago and it is still going strong. For nearly as many years, each Dalhousie medical and pharmacy student has received one during their mental health modules to give them a quick reference while learning about (and being examined on) psychotropics. The Yellow Card has also been a staple psychotropic resource for psychiatric and other residents and of course mental health clinicians.

A new version, the 7th, has just been completed and it offers more changes than any of the previous versions. The 3-fold format, the colour, and the text size (unfortunately) remain the same, but there are changes to what guides are included and changes within each of the guides that remain. The biggest change is that the Cytochrome P450 drug interactions

table has been replaced by new guides titled Psychotropic Side Effects and Management and Recommended Web Resources. The P450 drug interactions table, though a useful quick reference, is now redundant and less comprehensive than the many drug interactions resources available in books (e.g., CPS) and electronically (e.g., Lexi-Comp). The new information provides clinicians with brief guidance helpful for every day front-line practice. Examples of side effects covered with management suggestions are akathisia, cardiometabolic effects, sexual dysfunction, SSRI discontinuation syndrome, TD, and tremor. The web resources augment the card's information (e.g., QT prolonging drugs, switching antipsychotics, etc.) and expand its scope to include useful online resources that clinicians can offer to their patients.

Each of the remaining guides have been updated and reformatted so that new information has been included about new and existing medications. You will find changes in the following guides: antidepressants, antipsychotics, sedatives/anxiolytics, mood stabilizers, psychostimulants, switching antidepressants, serious psychotropic drug interactions, alcohol & benzodiazepine withdrawal, and psychotropic emergencies/toxicities.

We would like to thank **Dr. Andrew Harris** for his input and, especially, Ms. Denise Rowe for her efficient, exacting work on this comprehensive update to the Yellow Card. If you are interested in getting the 7th edition, make a request to psychiatry@dal.ca. We also welcome suggestions and feedback, which can be sent to david.gardner@dal.ca.

Dr. Stan Kutcher involved with PREDI-NU (Preventing Depression and Improving Awareness through networking in the EU)

Dr. Stan Kutcher has become involved with PREDI-NU as part of their Scientific Advisory Board. The PREDI-NU project intends to contribute to the promotion of mental health and the prevention of depression and suicidal behaviour through information and communication technologies (ICT). Along with three other board members, Dr. Kutcher will ensure a high standard of research and will provide advice throughout the project.

Garron family donates 10 million dollars to the IWK; portion goes to mental health inpatient unit

Myron and Berna Garron of Ontario recently donated 10 million dollars to the IWK Health Centre in Halifax. It was one of the largest single private health care donations ever made in Atlantic Canada. The money will be used to transform the acute mental health inpatient unit for children and youth, with a portion of it also going to the centre for women's health care and the neonatal intensive care unit.

Drs. A. Murphy and D. Gardner receive Canada Post Foundation for Mental Health 2012 Grant

With the aim of supporting improved mental health care in the community, **Drs. Andrea Murphy** and **David Gardner** have been awarded \$65,000 by the Canada Post Foundation for Mental Health. Collaborators include Ms. Donna Methot, Schizophrenia Society, Dr. Ruth Martin-Meisner, Nursing, and **Dr. Stan Kutcher**, Psychiatry. The one year project – Community Pharmacy Collaboratives – builds on a related grant awarded by Nova Scotia's Department of Health & Wellness earlier this year.

The project's objectives are to generate and apply knowledge of the relationships of individuals with lived experience and community pharmacy teams towards promoting effective and efficient delivery of health services as well as to engage, empower, and mobilize community pharmacists (an underutilized group of professionals) in their efforts to help support individuals with lived experience in achieving their desired health goals.

The main project activities include: 1) build a team of "knowledge nodes" in diverse geographic areas of Nova Scotia led by community pharmacists and community members with lived experience; 2) collaborate with advocacy groups (e.g., SSNS) to identify six areas that would most benefit from having a knowledge node (two pharmacists and two people with lived experience) who will act as mentors for other pharmacists in their region; 3) work synergistically with other organizations (e.g. SSNS) to collect and synthesize resources that pharmacists can use to support and work with people with lived experience; 4), conduct a training program for pharmacists in collaboration with and co-led by individuals with lived experience; and 5) facilitate local dynamic education/information-sharing sessions involving pharmacists and people with lived experience in partnership with existing support group outreach activities.

Summer students present at Dalhousie Pharmacy Refresher & PANS Annual Conference

Four summer students supported by **Drs. Andrea Murphy, David Gardner, Michael Teehan** and **Zenovia Ursuliak** recently presented posters at the 48th Annual Dalhousie Pharmacy Refresher & PANS Annual Conference, held October 19-21 at the World Trade and Convention Centre in Halifax. Drs. Murphy and Gardner received financial support from the Drug Evaluation Alliance of Nova Scotia and the Department of Psychiatry for the studentships. A job well done to students Ms. Kathryn Landry, Ms. Denise Rowe, Ms. Emily MacAdam and Ms. Magdalena Szumilas.

Faculty in the News

Dr. Stan Kutcher featured on Global News, Montreal

Dr. Stan Kutcher's work on the High School Mental Health Curriculum was featured on Global News Montreal online on Sept. 6 in "Bullied teen's mom hopes mental health curriculum will help prevent another tragedy."

Dr. Phil Tibbo highlighted in *halifax magazine*

Dr. Tibbo discussed his work with the NSEPP and working with families in *halifax magazine* article titled "It takes a family: When mental illness strikes a loved one, where do you turn for help?"

on Sept. 8.

Drs. Joe Sadek, Stan Kutcher and Sonia Chehil featured widely on World Suicide Prevention Day

Work on a Suicide Risk Assessment Tool and the combined efforts of **Drs. Sadek, Kutcher** and **Chehil** were featured in Metro News, CBC News, the Leader-Post in Regina and the Chronicle Herald on Sept. 9 and 10. The story also ran on Sept. 16 in The Guardian, Yorkton This Week, Carlyle Observer, Kimberley Daily Bulletin, Cranbrook Daily Townsman, Estevan Mercury, New Glasgow Newspaper, Moose Jaw Times Herald, Truro Daily News, The Western

Star, The Telegram, MedBroadcast, The Prince Albert Daily Herald, The Journal Pioneer, Cumberland News Now, Westman Journal, Yahoo! News Canada, Brandon Sun, CJAD, Calgary Herald, Ottawa Citizen, Times Colonist, and the Montreal Gazette.

Dr. Stan Kutcher on Radio Canada International, Chatelain.com

Dr. Stan Kutcher was on Radio Canada International on Sept. 10 speaking about the importance of schools tackling mental health. He was also quoted in a short article about head trauma and teens on Chatelaine.com on Sept. 30.

Dr. Lopez de Lara attends Imaging in Psychiatric Disorders course in Tuscany

This past summer PGY-5 **Dr. Catalina Lopez de Lara** had the opportunity to attend an intensive one-week course on "Imaging in Psychiatric Disorders" offered by the Neuroscience School of Advanced Studies in San Quirico d'Orcia in Tuscany (<http://www.nsas.it>). Dr. Lopez de Lara was able to attend the course with generous support from the Ruth L. Wagner Memorial Endowment Fund.

The course saw experts in their individual fields sharing their knowledge, ideas and experiences regarding the latest contributions of neuroimaging research to our understanding of the underlying mechanisms of various psychiatric disorders ranging from mood disorders, schizophrenia, and addictions to Alzheimer's and Parkinson's disease. The limited number of attendees and the format of the course allowed for full interaction, informal discussions and exchange of ideas with the presenters within the classroom as well as in more informal settings such as at lunch and dinner. This format facilitated networking and further learning of the neuroimaging research being carried out by leading scientists in the world as well as other participants.



The walk to the office. The courses were held on the top floor of the Palazzo Chigi Zondadari. It is rare to take classes in historical rooms with frescoes on the ceilings.

Announcements



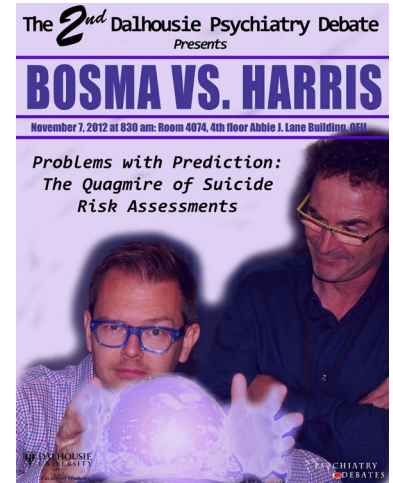
Dalhousie Department of Psychiatry annual holiday party

Mark your calendars! The annual Department holiday party will be held on Friday, Dec. 7 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.



Round Two!

The Second Dalhousie Department of Psychiatry Debate will be held on November 7, 2012, starting at 8:30 a.m. in room 4074 Abbie J. Lane. Space may be limited, so please arrive early. The debate will feature **Drs. Mark Bosma** and **Mirka Kolajova** debating **Drs. Andrew Harris** and **Christian Wiens** on the topic of suicide risk assessment and prevention. We hope to see everyone there!



Upcoming Award Deadlines

There are many awards that Department of Psychiatry faculty, fellows, residents, and staff are eligible to win each year. The following is a list of awards with upcoming deadlines. Please send any nominations to **Ms. Kate Rogers** at Kate.Rogers@cdha.nshealth.ca by the internal nomination deadline listed here, in order for the nominee to be considered.

Please note that the internal due date is for Department purposes only and is generally three weeks prior to the due date of the granting body to allow time for award package preparation, mailing, etc. If you wish to submit nominations directly to the granting body, please refer to the external due date in brackets. If no external deadline is listed, please refer to the website of the granting body for further information.

Granting body: **Graham Boeckh Foundation**

Internal deadline: Dec. 21, 2012

- Dr. Samarthji Lal Award for Mental Health Research (Jan. 15)

Granting Body: **Canadian Society for Clinical Investigation**

Internal deadline: Jan. 10, 2013

- Henry Friesen Award and Lecture (Jan. 31)

Granting body: **Canadian Psychiatric Association (CPA)**

Internal deadline: Jan. 11, 2013

- Paul Patterson Education Leadership Award (Feb. 1)
- C.A. Roberts Award for Clinical Leadership (Feb. 1)
- J.M. Cleghorn Award for Excellence and Leadership in Clinical Research (Feb. 1)
- Fellows of the CPA (Feb. 1)
- Alex Leighton Joint CPA-CAPE Award in Psychiatric Epidemiology (Feb. 1)
- Joint CPA-COPCE Award for the Most Outstanding Continuing Education Activity in psychiatry in Canada (community/ rural) (Feb. 1)
- Joint CPA-COPCE Award for most outstanding continuing education activity in psychiatry in Canada (academic) (Feb. 1)
- COPCE Best Paper Award by a Psychiatry Resident (Feb. 1)

For awards terms of reference please visit the websites of the granting body. If you have any questions please contact **Ms. Kate Rogers** at Kate.Rogers@cdha.nshealth.ca or by phone at 473-1677.

Humanities Corner

Submitted by: Dr. Ashley Crane
PGY-1

Atlantic Film Festival features the autistic experience in *Roaming*

The theatre filled with palpable anticipation for this full-length local film. *Roaming* is written and directed by Michael Ray Fox, and stars Dartmouth's Rhys Bevan-John, who draws upon himself "as an awkward 13-year old" to illustrate the difficulties for an emotionally inexpressive loner becoming independent.

Sprung from a father who feels "kids just need a good slap, not antidepressants and Ritalin," and a mother who "couldn't handle him," Will is never explicitly described by any diagnosis. However, we see clips of him learning emotions on flip-charts in sterile professional offices. Will's clear deficits are starkly contrasted against a slick, superficial businessman at a job interview, while friends scoff at the thought of him going on a date.

Despite true-to-life struggles (expertly embodied by Bevan-John), Will shows genuine joy while dancing with his crush, Olivia (Christina Cuffari), and rage when she is mistreated. Olivia's volatile relationship with her alcohol-abusing mother (Martha Irving) is an effective contrast with Will's quietly 'abnormal' life, and is as sensationally portrayed as is Will's dramatized autistic experience. *Roaming's* protagonist perpetuates the outdated image of the 'idiot savant' always beating the odds, when he develops "Hexadex", a game that goes viral in the midst of him adapting to roommates, romance and real-world worries.

Following the film, Producer Michael Ray Fox described his first feature as a reaction to feeling conflicted about friends being medicated for social anxiety. This conflict transcribed well to the big screen as Will repeatedly failed to reciprocate the chaos and drama going on around him – and we are forced to wonder, what's normal? The conclusion drawn (with a dynamite local soundtrack, but some awfully choppy audio) is a bona fide message of community - that "we're all screwed up, so we may as well stick together."



A shot from *Roaming*.

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 10, 2013, with the deadline for submissions to be December 14, 2012.

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

In Memoriam: Dr. Lawrence Buffett 1938 - 2012

Submitted by: Dr. Bill McCormick
Psychiatrist

It was with tremendous sadness that we learned of Larry's death on Sept. 30, 2012, although with a tinge of relief that he was, finally, freed from the suffering he had sustained in the final weeks of his life.

Larry, as he was always known, was a Cape Bretoner by birth and upbringing. He graduated in Medicine at Dalhousie in 1963 and went on to complete a Psychiatry Residency there in the days of the late, great, R. O. (Bob) Jones. After two years service at The Nova Scotia Hospital he took off to Montreal to serve for nine years at The Douglas Hospital and McGill University. On his first day there, he told me, the Medical Director explained to him the different categories of the 300 patients for whom he would be responsible!!

In 1977 he returned to The Nova Scotia Hospital as Director of Community Services. He took on many tasks: he was the Senior Psychiatrist for the Out-patient Service - at that time the only full-time one run by NSH. He was Psychiatrist to the Day Hospital run in Simpson Hall along with the Outpatient



work. Long years before NSH had the wisdom to decentralize its services he was offering part-time services (at varying levels of frequency) in Lower Sackville, Musquodoboit Harbour, Middle Musquodoboit and Sheet

Harbour.

By 1995 the plans to de-centralize Out-patient services were underway and in February 1996 he and I were the two psychiatrists who joined with a multi-disciplinary team to open Mental Health Services Bedford/Sackville (the Cole Harbour Clinic followed in April 1996) where he continued to work into 2011.

Larry was an excellent psychiatrist, whose skills covered dealing with the needs of those with major mental illnesses and also offering psychotherapy for patients for whom that was their main need. Indeed, for many years he was one of the regularly assigned supervisors giving psychiatry residents of the Dalhousie University Programme their one hour per week of psychotherapy supervision.

Larry was a great colleague. We worked together for almost 30 years - closely at Bedford/Sackville for the last 15 - and never had a row!

We offer our sincere condolences to his family and close friends. We have lost a good colleague, a fine psychiatrist and a wonderful person.