

HEADLINES

News from the Department of Psychiatry at Dalhousie University

FEATURE ► COVER STORY

24 years of discovery

Department's 24th annual Research Day takes place in Halifax



Back row: Drs. George Robertson and Kim Good; Middle: Dr. Darryle Schoepp, Ms. Jennifer Parker, Mr. Marcel Peloquin, Drs. Ben Rusak and Nick Delva; Front: Ms. Jamie-Lee Collins.

For 24 years the Department of Psychiatry at Dalhousie has been uniting researchers, learners, faculty and the public in an event that brings to the forefront the advances being made, and discusses what the future holds in the realm of psychiatric research. On October 24, the 24th

annual Department of Psychiatry Research Day took place at the Lord Nelson Hotel in Halifax.

Research is one of the main priorities of the department. It is at the core of our mission and vision and is a pillar of our motto, Educate. Discover. Heal. Research in psychiatry spans a wide

variety of topics and our researchers strive to answer questions that will in turn lead to better clinical care for patients. Research Day began in 1990 as a way to promote student involvement in research and showcase the department's diverse expertise to our university and local

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This newsletter is published for the Department of Psychiatry at Dalhousie University, 5909 Veterans' Memorial Lane, 8th Floor, Abbie J. Lane Building Halifax, NS B3H 2E2

Editor: Dr. Aidan Stokes

Compilation, Layout, and Design: Kate Rogers

Submissions should be sent to: Kate.Rogers@cdha.nshealth.ca

Message from the Head

Once again, this issue of *Headlines* makes very interesting reading, and shows the wide range of expertise and excellence possessed by the members of our department. We welcome new staff members, **Ms. Amanda Iadipaolo**, my new administrative assistant, and **Ms. Megan Bellefontaine**, who will be the administrative assistant in the research section over the next year while **Ms. Jennifer Brown** is on maternity leave. We also welcome **Dr. Yury Stubeda** as a new member of our hospitalist group.

We congratulate **Dr. Wade Junek**, associate professor, on his official retirement and thank him for many years of clinical service, teaching and advocacy at local, provincial and national levels. We look forward to his continued involvement in future years as a part-time member of faculty and wish him a good break this winter in "the land down under." Congratulations are also in order for a number of others, including **Dr. Keri-Leigh Cassidy** and the Seniors Mental Health Network, **Ms. Iris Kim**, **Dr. Stan Kutcher**, **Ms. Anne McGuire**, **Ms. Janet Bardon**, **Ms. Carolyn Sisley**, **Ms. Kate Rogers**, and the award winners at Research Day.

At our recent Research Day, the topic of our cover story, we were encouraged by the real progress that is being made in the neurosciences. **Dr. Darryle Schoepp**, the keynote speaker, reviewed the new approach taken by his company to drug development, which is more likely to yield practical results, and in a shorter timeframe. As we know, new drug development is hugely expensive and there are many false starts, so that new approaches in which success is more likely are very



Dr. Nick Delva

important. **Dr. Schoepp** shared with us the development of two new drugs: one aimed at sleep disturbances and currently being marketed, targeting the orexin system emanating from the hypothalamus; and the other attempting to prevent the build-up of amyloid-beta (constituent of plaques) and tau proteins (neurofibrillary tangles) and hence possibly the development of Alzheimer's Disease. It remains to be seen whether the potential anti-Alzheimer drug will work; if it does, this will represent a huge step forward in therapeutics. A number of other very interesting presentations, including posters, were made by our local researchers. We have also been encouraged by findings presented this fall at our weekly rounds. We heard from **Dr. Jeff Bridge**, an authority on suicide, that good mental health services are associated with a reduction in the rate of suicide. While this might seem self-evident, research findings of this nature will help to influence policy makers. Mental health services are still very much underfunded and if suicide rates are to come down, one of the paths to accomplish this is clear. Another promising preliminary finding was presented by **Dr. Jean Addington** - it seems that in young patients at high clinical risk for psychosis, those that actually develop psychosis appear to

Research Day 2014 *continued from page 1*

communities. Research Day today is composed of oral and poster presentations with awards given in various categories.

Research Day 2014 saw nearly 100 people gather together for some outstanding presentations from faculty, students and researchers, not to mention an enlightening talk by Darryle Schoeppe, PhD and Vice President & Neuroscience Therapeutic Area Head in Early Development and Discovery Sciences at Merck and Company, USA. Dr. Schoeppe is currently responsible for Neuroscience

discovery strategy and execution in the Early Development and Discovery Sciences (EDDS) organization at Merck. He discussed the current challenges in neurotherapeutics and what has changed over the years. Dr. Peter Vaughan, Deputy Minister of the Department of Health and Wellness, welcomed everyone and spoke about the critical role research plays in healthcare. "More can be done," he said, "and we will be doing more. I encourage you to continue the important work you do." No doubt the department will continue its great work and present it at Research Day 2015!

Research Day prizes were awarded to:

Best Undergraduate Presentation:
Ms. Sarah Drost

Best Graduate Student Presentation:
Ms. Jamie-Lee Collins and Mr. Marcel Peloquin

Best Resident Presentation: Dr. Kristen Holm

Best Junior Faculty Presentation: Dr. Sean MacKinnon

Best Research Staff Presentation:
Ms. Jennifer Parker



Deputy Minister Dr. Peter Vaughan gives remarks.



Dr. Darryle Schoeppe addresses the crowd.



Undergraduate presentation winner Ms. Sarah Drost.

Message from the Head *continued from page 2*

lose cerebral grey matter over a short period of time. This finding is being followed up with more intensive study.

As usual, I could say more, but space is limited! In closing, it is great to see

the involvement of our residents in teaching, as shown for example on pages 5 (undergraduate teaching) and 6 (postgraduate teaching), and to get to know them better via the

successful new section of Headlines contributed by Chief Resident, **Dr. Marie-Claire Bourque**, "Residents' Corner."

Research Report

BY MS. JANET BARDON, ADMINISTRATOR, RESEARCH

meet a researcher: dr. sanjay rao

This issue profiles Dalhousie physician and researcher **Dr. Sanjay Rao**. Meet a Researcher is a recurring article in the Research Section of Headlines. If you are interested in being profiled in an upcoming publication, please contact **Ms. Megan Bellefontaine** at Megan.Bellefontaine@cdha.nshealth.ca.

Current research interests:

Evidence based psychological interventions, ways to improve competency in delivery of these interventions, as well as methods of delivering these interventions in an accessible way.

Research projects I'm currently participating in:

My main focus this year is to write a Smartphone app for behavioural activation treatment of depression. We are also working on evaluating factors that have improved waiting times in our service (down to six weeks now!) and increased access to psychiatry and psychological treatments. I am also part of the Canadian Depression Research Intervention Network (CDRIN). Recently we completed an analysis of data on aging, wellbeing and depression in collaboration with Geriatric Medicine. I am also doing a systematic review of transdiagnostic CBT.

A typical day in my work life:

Each day is different depending on the programmed activity (teaching, clinical work or research). A typical clinical day with on-call (about once a week) would be: 6:00am travel to work. From 7:30 to 8:30 I would do ECT. At 8:30 until about 10:30 I review the overnight hold bed patient and inpatient beds. From 10:30-12:30 I complete emergency consultations or administrative work. Clinical



Dr. Sanjay Rao

appointments take place between 1:00 and 5:00pm. From 5:00-7:00 I do Consultation Liaison referrals. The rest of the evening is spent preparing teaching material for the next day. Luckily not all days are like this!

What do I wish I'd known when I first contemplated becoming a researcher: That the success rate of grant application hardly pays for the research time!

The most satisfying and frustrating aspects of doing research: The

most satisfying part is working with a group of people who have expertise in different areas to bring an idea to fruition. The most frustrating part is the funding process.

The experience that best prepared me for my position: Training in a broad range of clinical skills, critical appraisal skills and psychological

interventions.

My research mentor: My most influential research mentor during training days was Professor Chittaranjan Andrade who is prolific researcher in the area of ECT and psychopharmacology. I mainly have collaborators now who are also like mentors because there is a lot to

learn from their expertise. Dr Patrick McGrath is my major collaborator. He has immense expertise in making psychological interventions accessible.

My second career choice: My second career choice would have been a university researcher in biochemistry or molecular biology.

Education Report

BY MS. ANNETTE COSSAR, ADMINISTRATOR, EDUCATION

undergraduate news

The Med 2 Neurosciences block, which incorporates the Skilled Clinician program, wraps up November 15. As part of this block, 80 students completed four clinical interviewing skills sessions with our faculty and resident tutors at various locations throughout HRM. An extra thank you goes out to the tutors who were flexible in holding their sessions at other sites due to the temporary relocation of 6 Lane to Coral Hall.

Our Clerkship Psychiatric Emergencies seminar has been rolled into an online self-study module

for our clerks by one of our PGY4 residents, **Dr. Jonathan Wan**.

Our Clerkship Personality Disorders curriculum has been revamped and streamlined by two of our PGY-4 residents, **Drs. Alice Aylott** and **Marie Claire Bourque**. The re-conceptualization of the curriculum was triggered from student feedback collected on the two simulated patient sessions covering Borderline Personality Disorders and Narcissistic Personality Disorders.

The Undergraduate Medical

Education Committee has expanded its membership to include a resident, an overall Med 3 representative, the Neurosciences representative and the Skilled Clinician representative. These individuals will change annually. This approach builds on that taken with the clerkship unit representative, who changes every 12 weeks.

Tutor recruitment will soon begin for the 2015/16 year. The information will be distributed once the UGME finalizes the academic schedule.

postgraduate news

Now that the academic year is in full swing, there are several important and exciting events to report in postgraduate psychiatry. We are currently preparing for the Dalhousie medical student career night on December 8. This important event provides an opportunity to generate medical student interest in psychiatry.

Several faculty and residents have kindly agreed to assist at our booth, which includes a presentation on the interface between neuroscience and psychiatry, a contest on pop culture and psychiatry, and of course food (cupcakes to be specific!).

Although it seems like our new PGY-1's just joined the program, we are

starting to prepare for CaRMS and the 2015 match. This year we have been allotted seven training positions for Canadian medical graduates. CaRMS interview dates have tentatively been set for late January and early February. There will be a slight change this year as we are only offering one Saturday interview

date instead of two, as well as two weekdays. Once the dates have been confirmed, faculty members will be contacted in November to participate in the interview process. The residents will also be hard at work planning social events to provide a warm welcome for all interviewees.

Several new academic initiatives have been successfully integrated into the resident academic schedule this year. The journal club has

been redeveloped by **Dr. Rudolf Uher**, such that residents have a monthly two hour session where a seminal paper is critically reviewed under the leadership of resident and faculty co-facilitators. Quarterly neuroscience rounds have also been developed, where residents are encouraged to apply neuroscience theory to clinical presentation and management scenarios. This has been a joint project developed by faculty and residents, specifically **Drs.**

David Lovas, Mike Butterfield, and Jacob Cooney. Read more on the neuroscience rounds in the *News* section.

Another successful and unique initiative has been “resident movie night,” where residents watch a movie and then practice formulation skills using main characters. Most recently the residents watched “The Perks of Being a Wallflower,” an event that was very well attended.

continuing education news

CONTINUING PROFESSIONAL DEVELOPMENT (CPD) LEARNING NEEDS SURVEY

Many thanks to all those who completed our online CPD learning needs survey. The information obtained will be very valuable in the planning of future CE/CPD events over the next couple of years. The data is currently being analyzed and Dr. Heather Milliken will present the results at the Psychiatry Inter-Professional Education Session on Dec. 2, 2014.

SAVE THE DATE! XXVI W. O. M^cCORMICK ACADEMIC DAY APRIL 24, 2015

The XXVI W.O. McCormick Academic Day will be held on Friday April 24, 2015 at the Lord Nelson Hotel, Halifax NS.

The theme for this year’s Academic Day will be “Emergency Psychiatry.” Nationally and locally recognized speakers will present on a wide range of topics including “Violence Risk Assessment,” “Delirium” and “The

Suicidal Adolescent.”

Detailed information about the program and registration will be available in early January 2015.

RECENT HIGHLIGHTS

7th Psychiatry Debate.

The 7th in our series of highly successful Psychiatry Debates was held on Oct. 8, 2014 on the topic “Should Those Found NCR Ever Be Free?” Arguing that those found NCR (not criminally responsible) should never be free were **Drs. Aileen Brunet and Ahmed Saleh**. Opposed were **Drs. Jose Mejia and Anita Hickey**. While a poll of the audience prior to the debate found the majority opposed, thanks to the persuasive debating skills of Drs. Brunet and Saleh, at the end of the debate the majority of the audience were now in favour of the motion. Many thanks to our moderator, **Dr. Michael Teehan** and all our debaters for another lively and educational debate.

Photos top to bottom: (L-R) Drs. Anita Hickey and Jose Mejia; Drs. Ahmed Saleh and Aileen Brunet; Drs. Aileen Brunet and Jose Mejia.



University Rounds

On Sept. 17, 2014, Dr. Jeff Bridge, Associate Professor, Ohio State University College of Medicine and Nationwide Children's Hospital, presented on the topic "Youth Suicide Prevention: Focusing on Periods of High Risk."



Dr. Jeff Bridge

On Oct. 15, 2014, Dr. Jean Addington, Professor of Psychiatry University of Calgary and holder of the Alberta Centennial Mental Health Research Chair and Novartis Chair for Schizophrenia Research, presented on the topic "Youth at Clinical High Risk for Psychosis."



Dr. Jean Addington

UPCOMING CONTINUING EDUCATION EVENTS

Clinical Academic Rounds

- November 5 **Dr. Herbert Orlik:** Child & Adolescent Psychiatry
- November 12 **Drs. Lara Hazelton & Margaret Rajda:** Clinical Academic Rounds
- November 26 **Dr. Keri-Leigh Cassidy:** Joint Seniors Mental Health / Geriatric Medicine Rounds
- December 3 **Dr. Normand Carrey:** Child & Adolescent Psychiatry
- December 10 **Dr. Allan Abbass:** Clinical Academic Rounds

Inter-Professional Rounds

- November 4 **Dr. Aaron Keshen:** Psychiatry
- November 18 Barry Banks, MDiv.: Spiritual Care
- November 25 Susan Hare, BScOT Reg(NS): Community Mental Health Services
- December 2 **Dr. Heather Milliken:** Psychiatry
- December 9 Dr. Rachel Boehm: Addiction Services
- December 16 **Dr. Phil Tibbo:** Nova Scotia Early Psychosis Program

University Rounds

- November 19 **Dr. Steve Kisely:** University of Queensland, Australia
- December 17 Dr. Ian Manion: Ontario Centre of Excellence for Child and Youth Mental Health

announcements

Dr. Margaret Rajda, director of education, is leading a project to investigate the motivations and barriers to teaching for our CDHA and

IWK faculty. The project is a result of work completed by the Education Management Team Committee. We are preparing a brief online survey

targeted to CDHA and IWK faculty, likely to be launched on November 10. Please watch your email for further details.

Child and Adolescent Psychiatry

BY MS. MICHELLE PATENAUDE, CHILD AND ADOLESCENT PSYCHIATRY ADMINISTRATIVE MANAGER

The Division of Child and Adolescent Psychiatry has undergone changes in the leadership structure with the departure of **Dr. Kathleen Pajer**. The current structure is as follows:

Dr. Alexa Bagnell, Interim Chief/ Head

Dr. Sabina Abidi, Interim Deputy Chief & Director of Outpatient Care

Dr. Gerald Gray, Director of Inpatient Care

Dr. Lukas Propper, Director of C&A Education

Dr. Suzanne Zinck, Psychiatry Co-Lead CMH Halifax

Dr. Kene Ezeibe, Psychiatry Co-Lead CMH Sackville

Dr. Sabina Abidi, Psychiatry Co-Lead CMH Dartmouth

Dr. David Lovas, Psychiatry Co-Lead EMHAS

The Adolescent Integrated Service (AIS) has officially opened in the

Craigmore Building. In an effort to improve efficiencies, the Adolescent Centre for Treatment and the Adolescent Day Treatment services have amalgamated. **Dr. Anett Bessenyei** has joined our team as of Sept. 1, 2014 as psychiatrist with this service.

Congratulations to **Dr. Normand Carrey** who received a CIHR Knowledge Synthesis grant for his project "An interdisciplinary scoping review to map parenting interventions available to parents of maltreated infants and toddlers within the child welfare system." The amount of the grant is \$50,000. Members of the research team include co-investigators **Dr. Alan McLuckie**, Adjunct Assistant Professor, Department of Psychiatry and Dr. Amy Ornstein, Associate Professor, Department of Pediatrics.

Dr. Carrey also recently presented at AACAP's 61st Annual Meeting held in San Diego from October 20-25. His presentation was titled *Kiviug: The Inuit Shaman – The Healing Power of Story. A Media Theatre presentation.*

The Division of Child & Adolescent Psychiatry would like to acknowledge our appreciation of **Dr. Wade Junek's** many years of service. Dr. Junek has led the Child and Family Day Treatment Service for many years. Dr. Junek officially retired on October 1, yet in the true spirit of retirement, he has continued to work to help address clinical needs in outpatient and emergency department and consultation liaison until November. Thank you, Dr. Junek, for your dedication to our children and families over the years as well as the mentorship you have provided to faculty and residents. Your contributions are greatly appreciated.

Global Psychiatry at Dalhousie

BY MS. SANDRA HENNIGAR, SPECIAL PROJECTS, DALHOUSIE GLOBAL PSYCHIATRY

Training in Trinidad Continues

Ms. Keltie Donnellan and **Ms. Sandra Hennigar** returned to Trinidad to begin the train-the-trainer program in the Prevention and Management of Aggression and Violence. The week began with a "Launch of the Prevention and Management of Aggression and Violence Training."

Invited speakers included Mrs. Trudy Harding Rouse, manager of the mental health unit, Dr. Akenath Misir, chief medical officer with the Ministry of Health and messages from two past participants of the June training. Others in attendance included Trinidad's Pan American Health

Organization advisor, members from other government jurisdictions such as the Ministry of Education, People and Social Development and Prison Services. Upon the recommendation of Dr. Misir we submitted a second proposal to the Ministry of Health for funding for additional trainers with

the intent of increasing their capacity. Dr. Misir suggested this increased capacity would allow the Ministry

their peers. This exercise allows them to stay in touch with the material between trips and to become more

is, “talk down” as opposed to “take down” and to defuse self before you attempt it with others. I can now use my training to create a positive change to the management of the mentally ill client and improve the incidence of injury to both patient and client.”



Ms Trudy Rouse (center-middle row), Manager of the Mental Health Unit, Ministry of Health, Trinidad and Tobago, with the class of trainers on the day of her retirement.

of Health to extend the training opportunity to other government jurisdictions.

The train-the-trainer program is offered over two separate trips. This trip focused on a review of the material, principles of adult learning and methods to teach physical techniques. The trainers had an opportunity to put these techniques into action as they each taught a portion of the program to their fellow trainers. They have been given a homework assignment that involves teaching three different theory topics and three different physical skills to

familiar with the entire content and teaching strategies.

The participants of the program have told us that this teaching has provided them with a wonderful opportunity to begin practicing differently in their clinical settings. The following are a few of the comments they have provided as feedback:

“The Prevention and Management of Aggression and Violence in the Mentally Ill Patient Program has helped me to change my behaviour towards the approach to de-escalating a patient in crisis. That

“This program has allowed me to see the transformation of theory into practice. The use of evidence-based theoretical knowledge to now guide practice. It has shown me that the change begins with me. We may not be able to change others perceptions, but we can change ourselves and our perceptions and beliefs. I loved the practical, hands-on aspect of the course to physically demonstrate change – de-escalation. I will definitely be able to use this knowledge and skill to improve my institution in an effort to closer reach “best practice” standards.”

“This program was very important and enlightening, as it can be used by me and the persons I can now teach it to, to better look and treat my clients with a better sense of respect and individuality. In the event of a situation where there is some conflict I can look at it to de-escalate the situation and “talk down” not “take down.” The information was important and the delivery was excellent as well as valuable and practical.”

Future Partnerships in Trinidad

Ms. Trudy Harding Rouse has been very instrumental in pushing this training forward. She has a wealth of experience from years of clinical work as well as administrative positions and understands the

value of providing respectful and dignified care for the mentally ill in the context of good clinical practices. She also recognized that individuals with a mental illness interact with many sectors of society and require

services from many government organizations, thus promoting that the care of the mentally ill does not solely belong to health.

As a result of her efforts during our recent trip, she was able to facilitate

meetings with several divisions of the Ministry of Justice. Each of the divisions showed an interest in the training and requested that we send them proposals for consideration. Members of Global Psychiatry had

previous discussions about mental health training with members of the police and prison staff in Guyana and with police staff in Tobago. All agreed that this was extremely important to the well being and outcomes of

altercations for individuals with a mental illness. Being able to conduct training with this group in Trinidad would be an important next step.

Report from the Sun Life Financial Chair in Adolescent Mental Health

BY DR. STAN KUTCHER, SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH

Innovative digital technology could transform child and youth mental health care in Canada

Phase two of the Sandbox Youth Mental Health Initiative (SYMHI-II) project is just starting. **Dr. Stan Kutcher** expects that in about a year or so they will have a good idea as to how effective an electronic, mobile phone and web-based system is in enhancing access to mental health interventions for young people who are living with one or more of the most common mental disorders in this age group: anxiety disorders, depression or ADHD.

SYMHI-II is an innovative Canada-wide initiative undertaken under the auspices of Sandbox, a national child and youth health improvement NGO that was created as the brainchild of Dr. Kellie Leitch, currently the Minister of Human Resources and Labor in the Government of Canada. Child and youth mental health is one of four areas of focus for Sandbox and is co-lead by Dr. Kutcher and Mr. Zak Bhamani of Telus Corporation. "The model was developed by Dr. Leitch, with the purpose of bringing

together academic expertise with corporate experience to improve lives of young people across Canada. I think that this work may turn out to be a national youth mental health game-changer" says Dr. Kutcher.

Currently underway in Kingston, Ontario SYMH-II is operationally driven by members of the Queen's University Division of Child and Adolescent Psychiatry, and directed by Dr. Kutcher. SYMPH-II is a radical revision of an earlier feasibility study conducted with funding from Sandbox by the Lawson Institute at the University of Western Ontario. That study showed that a mobile and web-based platform that was not youth engaging and provider supporting would not be a useful technology to apply in this population. This required them to go back to the drawing board and build a model that was more youth centric and provider supporting at the same time.

The outcome was a combination

of self-care/self-monitoring tools embedded in a youth hand held mobile application linked in real-time through a secure communications portal to a provider interface containing best evidence-based intervention recommendations and an electronic personal health record. "We are working with an innovative local digital media company, a national youth health advisory committee, a national telecom provider, five different funding organizations and a consortium of specialty/community mental health and primary care providers," says Dr. Kutcher. "We are linking innovative technology to patient based health care ownership to best evidence based provider care that has the potential to transform how young people with common mental disorders can easily access high quality care and potentially improve outcomes from that care."

Dr. Kutcher is very excited about the project and optimistic about what the

research may find. “We think it’s a great idea and that it has the promise of excellent outcomes. But only solid research will let us know if this will or will not be helpful,” he says. He hopes that success in phase two will lead to phase three, already in early development. He sees phase three

as a coast-to-coast youth mental health care outcomes initiative that Halifax based mental health care providers and policy makers can play a major participatory role in developing and applying. He hopes to see the Government of Nova Scotia, the IWK Health Center and

the Division of Child and Adolescent Psychiatry at Dalhousie University Department of Psychiatry nationally recognized as leaders in this field.” If all goes well, that just might be the case sooner rather than later.

Report from the Dr. Paul Janssen Chair in Psychotic Disorders

BY DR. PHIL TIBBO, DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS

Early intervention services (EIS) for psychosis have been developed over the past two decades in several countries, including Canada. While there is some agreement and literature about EIS program elements considered essential, there currently are no national standards/guidelines for EIS delivery in Canada, as exists for the UK and Italy.

Dr. Phil Tibbo has been researching this area over the last year with other members of the Canadian Consortium for Early Intervention in Psychosis (CCEIP). Dr. Tibbo, along with Dr. Malla (McGill) and Dr. Abdel-Baki (U Montreal), recently presented their findings on the Canadian current state of EIS program delivery, in relation to expert recommendations and international guidelines, at both the recent Canadian Psychiatric Association annual meeting in Toronto and the World Psychiatric Association in Madrid in September.

The results of this work are

generally positive, but point to the need for national standards of care. Importantly, where provincial guidelines exist for EIS for psychosis (e.g., Nova Scotia), programs were more likely to follow expert recommendations in terms of accessibility, initial assessment of patients, community interventions for early detection, and evaluation of program quality and outcomes.

Another CCEIP research project that Dr. Tibbo is involved in includes the development of a tool that family members can use to help with relapse prediction in early phase psychosis. Early results were also presented at the CPA meetings in September and Dr. Tibbo’s related paper “Relapse Risk Assessment in Early Phase Psychosis: The Search for a Reliable and Valid Tool” will be published in the November edition of the Canadian Journal of Psychiatry.

The Janssen Chair research team continues with their investigations

on the co-morbidity of substance use and psychosis. **Dr. Jacob Cookey** successfully defended his MSc thesis “Microstructural changes in frontal white matter associated with cannabis use in early phase psychosis: A diffusion tensor imaging study” in August, and a book chapter entitled “Neuroimaging findings in Adolescent Cannabis use and Early Phase Psychosis” was accepted to The Handbook of Cannabis and Related Pathologies. A guest editorial was recently published on cannabis and the developing brain in *Chronicles of Neurology and Psychiatry*; and two papers were recently published in *Schizophrenia Research* titled “Prefrontal glutamate levels in early phase schizophrenia and abstinent methamphetamine addiction: A 1H-MRS study at 3 Tesla” and “White matter changes in early phase psychosis and cannabis use: an update and systematic review of diffusion tensor imaging.”

news from the department

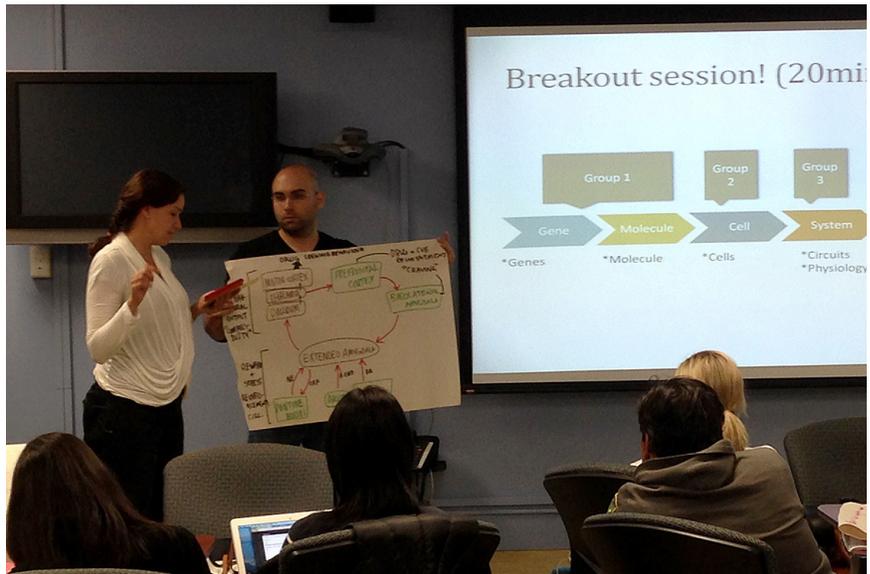
NEUROSCIENCES IN PSYCHIATRY SEMINARS INTRODUCED INTO THE PSYCHIATRY RESIDENTS CURRICULUM

In September of this year, the first Neurosciences in Psychiatry seminar was held for all psychiatry residents. Over the last year, **Drs. Jacob Cookey, Michael Butterfield** and **David Lovas** have worked to develop these seminars based on the need for more clinical neuroscience in the curriculum. It was also identified that there were limited opportunities for senior residents to gain experience teaching other residents. Thus, these seminars are taught and facilitated by PGY-4 residents with a faculty mentor for guidance and support.

This new seminar series hopes to increase the level of knowledge in clinical neurosciences and enhance neuroscience literacy. These seminars have been developed to involve active learning processes by participants and incorporate various modalities in the dissemination of knowledge. The active learning process incorporates aspects of problem-based learning, case-based learning, and role-playing patient interactions to drive the learning process. These seminars are also novel in that the basis of these seminars focuses on the Research Domain Criteria that was recently put forth by the National Institute

of Mental Health as a new way of classifying psychopathology based on observable behavioural and neurobiological measures.

patients about the neurobiology of substance use disorders and finally incorporating this knowledge into relevant treatment strategies. The



Dr. Ahmed Saleh (PGY3) and Dr. Kristen Holm (PGY5) presenting their group's findings on the neurocircuitry that underlies substance use disorders.

The first seminar was focused on the neuroscience behind substance use disorders and was facilitated by Drs. Cookey and Butterfield. This seminar incorporated the presentation of a case, group learning processes, presentation of recently acquired knowledge, a video presentation, role-playing talking to

first seminar was favourably received by the residents. The residents have three more seminars in this current academic year that are covering topics including Alzheimer's Disease, Major Depressive Disorder and Schizophrenia.

DR. JOANNE GUSELLA PARTICIPATES IN EATING DISORDERS MEETING

Drs. Joanne Gusella and Laura Connors recently attended the 4th Biennial Eating Disorder Association of Canada meeting in Vancouver (October 6-7) and presented a poster, as well as participated in a workshop presentation with five

other researcher/clinicians from across Canada. The presentation was entitled, "*For the first time I feel hopeful*": facilitator experiences and participant outcomes following a 2-day Emotion-Focused Family Therapy (EFFT) workshop for

caregivers." Drs. Connors and Gusella piloted the two-day carer workshop in Halifax, and found that parents of youth with an eating disorder felt greater self-efficacy in dealing with their child with anorexia at the end of the two days of skill training. The combined data from the seven Canadian sites involved, representing 130 caregivers, support the effectiveness of the workshop which teaches meal support and emotion coaching (essentially helping caregivers to attend, label and validate their child's emotions). Dr. Connors and Gusella will be presenting EFFT and their research data at an upcoming Psychiatry rounds in January.



EFFT Carer Workshop presenters from across Canada. Dr. Laura Connors (center) and Dr. Joanne Gusella (second from right) representing IWK Eating Disorders Outpatient services.

DRS. LAURIE POTTER AND PAMELA FORSYTHE PRESENT DR. KERSTI COVERT AWARD

On Wednesday, Sept. 24, the annual Dr. Kersti Covert Award in Psychiatry was presented by **Dr. Laurie Potter**, Psychiatry Department Medical Education Director and **Dr. Pamela Forsythe**, Student Affairs Director, Dalhousie Medicine New Brunswick. The recipient of this year's award was Ms. Iris Kim of Dalhousie Medicine New Brunswick.

The award was established as a tribute to Dr. Covert for her years of dedicated service to her patients and for her outstanding contribution to the education of medical students. It is presented annually to a Clinical Clerk from either Memorial University of Newfoundland or Dalhousie University who displays exceptional performance and competence during their Psychiatry Clerkship rotation in Saint John, NB.

Dr. Pam Forsythe reflected very fondly, and with great admiration,

on experiences in working with Dr. Covert. Iris was chosen due to the overwhelming number of positive comments received from all staff about her.

An endowment fund has been set up for the Dr. Kersti Covert Memorial Award with Mindcare, New Brunswick and donations are welcomed and appreciated.



Dr. Laurie Potter (left) and Dr. Pamela Forsythe (right) present Ms. Iris Kim with the Dr. Kersti Covert Award in Psychiatry.

COMMUNITY PHARMACISTS FOR BETTER MENTAL HEALTH CARE

Following the success of the *More Than Meds* (www.morethanmeds.com) project, which trained and promoted community pharmacist partnerships with people and organizations focused on mental illness, **Drs. Andrea Murphy** and **David Gardner** are now leading the development and implementation of the new *Bloom Program* – the mental health and addictions community pharmacy partnership program. Funding for developing and implementing the new program comes from the Department of Health and Wellness's Mental Health and Addictions strategy, *Together We Can*. The program's goal is to improve the health and quality of life of Nova Scotians living with mental health and addiction problems.

Community pharmacies in the Bloom Program (20 in 2014-15) will provide enhanced care to registered patients with mental health and/or addictions problems and medication-related issues, including navigation, triage, and in-depth medication therapy management. By default,

patients who enrol in the program are maintained in the program for six months. At its foundation, the Bloom Program's model of care is patient-centred and collaborative. Physicians and other health providers identified by the patient will be immediately informed by the pharmacy of the patient's participation in the program and will be regularly updated and consulted. Enrolment does not require a formal referral. It is expected however, that many people will learn of the program via informal referrals from their health providers.

Before a pharmacy can participate it must meet the pharmacy enrolment criteria, which includes establishing links in the community, making available mental health and addictions resources in the pharmacy, communications with local health providers including physicians and district mental health and addictions services, and the completion of training. In addition, an expectation of all Bloom pharmacies is to provide community support, for example educational and outreach



the bloom
program

sessions in partnership with local support groups and advocacy organizations. A pharmacist from each participating pharmacy will complete a comprehensive training package, which includes pre- and post-tests based on required readings, online videos provided by **Drs. Stan Kutcher** and **David Gardner**, and a training day involving full-day partnering with people with lived experience of mental illness, simulated patient interviews, and sessions with psychiatrists. To date, **Drs. Jason Morrison, Mark Bosma, and Sabina Abidi** have contributed to the training of pharmacists participating in the Bloom Program.

Patients are eligible for the program if they have a diagnosis of a selected mental illness (e.g., mood disorder, psychotic disorder) and/or addiction that is causing functional impairment and a current medication therapy issue. Pharmacy selection, preparation, and training started in June 2014. Patient registration began in September 2014. These enhanced pharmacy services are free of charge to the patients registered with the program and the resources can be used to support patients not in the



Dr. Andrea Murphy



Dr. David Gardner

program.

In describing the program, Dr. Gardner says: "This program is a first in many respects. It is patient centred – it aims to identify and support the resolution of health problems important to the individual. It is collaborative but without the need for co-location of health providers. It is eligible to all Nova Scotians, and it allows for the evaluation of a new funding model – capitation – on patient outcomes, system efficiencies, pharmacist behaviour, and, ultimately, health spending."

The program's website - bloomprogram.ca - supports

patient access to mental health and addictions services and support groups and links to high quality information, education, resources, and tools about mental illness, addictions, and psychotropic medications. Navigator 2.0 is the comprehensively updated mental illness and addictions services and support groups finder that covers all of Nova Scotia. After an extensive review, selected web links are provided with an emphasis on local resources and programs. An interactive map is provided to help people find a Bloom Program pharmacy in their area.

Quality assurance and overall program evaluation are being built in from the start. Governance and oversight will be provided by a multidisciplinary steering committee including physicians (psychiatrist – Dr. Sabina Abidi, family physician), pharmacists, community representatives, and professional and regulatory representatives.

The development and implementation process is being led by Ms. Vanessa Sherwood. For more information, please contact Drs. Gardner and Murphy, or Ms. Sherwood. Learn more at the program's website bloomprogram.ca.

MS. CAROLYN SISLEY NAMED PRESIDENT OF ACCADA

Ms. Carolyn Sisley, director of finance and administration in the department, was recently named the president of

the Association of Canadian Clinical Academic Department Administrators (ACCADA) at their annual meeting.

Ms. Sisley will hold the position for three years.

staff and faculty changes

Ms. Megan Bellefontaine has joined the department as an administrative assistant in the research section to cover **Ms. Jennifer Brown's** maternity leave, effective October 1. Megan will be with us until October 31, 2015. She will be located on the 8th floor of the Abbie J. Lane building in room 8412. She can be reached at megan.bellefontaine@cdha.nshealth.ca or by phone at 902-473-7358.

Ms. Amanda Iadipaolo has joined the department as the Executive Assistant to the Department Head. She is managing **Dr. Delva's** schedule and will also be managing the activity reporting and shadow billing process. Amanda is located on the 8th floor of the Abbie Lane

Building and can be reached at 902-473-2470 or Amanda.Iadipaolo@cdha.nshealth.ca.

Dr. Yury Stubeda has joined the department as an assistant professor and hospitalist, effective October 6. Dr. Stubeda obtained his MD and completed the Family Medicine Training Program at Dalhousie University. In recent years he has been working as a family physician in Berwick and as a hospitalist at the Valley Regional Hospital. Dr. Stubeda's office is located in room 137, Purdy Building. He can be reached at YuryV.Stubeda@cdha.nshealth.ca or 902-464-3158.

Dr. Jason Morrison has been

appointed the Deputy Clinical Director, Recovery and Integration (R&I) Services, Department of Psychiatry, CDHA, effective October 6. This leadership position is a new one, and is an important part of our ongoing restructuring of our R&I Services. Dr. Morrison has been the Deputy Clinical Director, Acute Care Services, since August, 2011. The Deputy Clinical Director, R&I is responsible for the delivery of recovery-oriented psychiatric/ psychosocial rehabilitation (PSR) services in the CDHA Department of Psychiatry.

Dr. Curt Peters has been appointed the Deputy Clinical Director, Acute Care Services, Department of

Psychiatry, CDHA, effective October 6. Previously he held the position of Clinical Academic Leader at the Cole Harbour Community Mental Health Clinic in September, which he held since 2011.

Dr. Kulli Poder has been appointed Clinical Academic Leader (CAL) of the Cole Harbour Community Mental

Health Clinic, effective October 6. She was consulting psychiatrist in Fredericton from 2008-2013 and returned to Halifax to work at the Cole Harbour Community Mental Health Clinic last fall. As the CAL for Cole Harbour, Dr. Poder will provide co-leadership to a CMH team in collaboration with the health

service manager of the team. She will champion excellence in the clinical care, education, and research provided by the team, and shares accountability for its operation.

awards & honours

DR. STAN KUTCHER RECEIVES CACAP AWARD FOR EXCELLENCE IN EDUCATION

Congratulations to **Dr. Stan Kutcher** on having been awarded the Canadian Academy of Child and Adolescent Psychiatry (CACAP) Excellence in Education Award 2014.

This award will be presented at the CACAP Annual General Meeting and is awarded to a psychiatric educator who has made a significant contribution in undergraduate,

postgraduate, continuing professional education or public education in child and adolescent mental health.

MS. ANNE MCGUIRE RECEIVES CACAP CERTIFICATE OF SPECIAL RECOGNITION

Congratulations to Ms. Anne McGuire, the outgoing CEO of the IWK Health Centre, who is the 2014 recipient of the Canadian Academy of Child and Adolescent Psychiatry's Certificate of Special Recognition. The award recognizes

a person or an organization that has made outstanding contributions and provided important leadership in the field of children's mental health. **Dr. Aidan Stokes** nominated Ms. McGuire for her strong support of mental health services for children

and adolescents in the IWK, Nova Scotia and the Maritimes, for her leadership, her advocacy and because she made possible the creation of the IWK's new psychiatric inpatient unit, the Garron Centre.

MS. JANET BARDON RECEIVES CHRP DESIGNATION

Congratulations to **Ms. Janet Bardon**, research and human resources management administrator in the department, who received

her Certified Human Resources Professionals (CHRP) designation. The CHRP is a nationally recognized level of achievement within the field

of human resources and positions those who attain it at the leading edge of the HR profession in Canada.

SENIORS MENTAL HEALTH NETWORK RECEIVES R. WAYNE PUTNAM AWARD

Congratulations to **Dr. Keri-Leigh Cassidy** and the Seniors Mental Health Network members who received the Dalhousie Faculty of

Medicine R. Wayne Putnam Award. The award was established in 2005 to recognize those who contribute in an exceptional way at the community

level to the continuing education of physicians. Dr. Cassidy leads the network with Mr. Tony Prime.

DEPARTMENT STAFF MEMBERS AMONG TEAM AWARDED FACULTY OF MEDICINE COLLABORATOR OF THE YEAR AWARD

Congratulations to **Ms. Carolyn Sisley** and **Ms. Kate Rogers**, along with their committee of clinical administrators, who were awarded the 2014 Faculty of Medicine Collaborator of the Year Award for their work on the 2013 ACCADA (Association of Canadian Clinical Academic Department Administrators) Conference. The award recognizes members of the Faculty of Medicine Professional/Managerial Group who have proven themselves as outstanding Professional/Managerial Group members and who have made important, collaborative contributions to the success of the Faculty of Medicine. The conference planning committee worked together over a two-year period, carefully organizing every detail of the annual conference. In the end they hosted 100 of their



Members of the ACCADA organizing committee (L-R): Ms. Heather MacPherson, Mr. Carl Stevens, Ms. Cathy Charles, Ms. Louise Cornish, Ms. Carolyn Sisley and Ms. Kate Rogers. Missing: Ms. Theresa Halliday and Ms. Mary Sue Radford.

colleagues from across the country and received rave reviews from

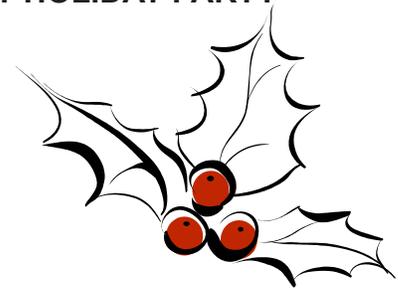
delegates. Congratulations again to Carolyn, Kate and their team.

announcements

MARK YOUR CALENDARS! 2014 DEPARTMENT OF PSYCHIATRY HOLIDAY PARTY

On Friday, Dec. 5, 2014 please join us in celebrating the joy of the holiday season with a night of dinner and dancing at the annual Dalhousie Department of Psychiatry holiday party.

The event will take place at the Prince George Hotel on Market Street in Halifax. Watch your email for further details.



DONATE TO BRYONY HOUSE

The Department of Psychiatry at Dalhousie University is collecting donations for Bryony House, a shelter for women and children who are victims of intimate partner violence.

A list will be circulated via email of items they are looking for and we hope you will consider choosing something or making a monetary donation to the residents of Bryony

House so that they may have a more positive holiday season. Thank you in advance for your kindness and generosity.

Residents' Corner

BY DR. MARIE CLAIRE BOURQUE, CHIEF RESIDENT, DEPARTMENT OF PSYCHIATRY

meet your PGY-4s!

DR. ALICE AYLOTT

Interesting fact: Dr. Aylott is not only an accomplished scholar, she is also a talented musician, athlete and knitter! She plays viola with the Chebucto Symphony Orchestra and runs half marathons, while knitting on her downtime.

Plans for the future: Dr. Aylott enjoys working in the acuity of an inpatient acute care unit the most. She's also planning on making medical education a big part of her career.



Dr. Alice Aylott

DR. AMGAD BARSOUM

Interesting Fact: Dr. Barsoum served in the Egyptian military prior to going to medical school. He is also pleased to announce his recent marriage!

Plans for the future: Dr. Barsoum is unsure of his exact plans, but wants to incorporate psychotherapy as a big part of his practice.

DR. MARIE CLAIRE BOURQUE

Interesting fact: Originally from a small Acadian village, Dr. Bourque grew up having lots of free time on her hands (no cable, no paved roads). She's making up for it now by involving herself in a variety of things! When she's not at work, she can be found judging figure skating competitions, in the front row of a Zumba class, practicing yoga, running with her dog Pipa, or building ramps for people in need.

Plans for the future: Dr. Bourque is interested in pursuing a Fellowship in Neuropsychiatry. She'd like to work in an academic center.



Dr. Marie Claire Bourque

DR. MIKE BUTTERFIELD

Interesting fact: Not interested in staying in Medicine Hat, Alberta for his last year of high school, Dr. Butterfield decided to spend his senior year in Japan! While there, he just happened to pick up some Japanese!

Plans for the future: Dr. Butterfield is well on his way to being a productive researcher; he was named a Janssen Resident Psychiatric Research Scholar. Research, however, is not enough for this motivated individual; Dr. Butterfield also wants to work in either a Consult Liaison or Pain setting.



Dr. Michael Butterfield

DR. ANITA HICKEY

Interesting fact: Dr. Hickey spent five weeks in South Africa working in a conservation park. She truly knows how scary rhinoceroses can be – she had a run in with a rhino!!

Plans for the future: Dr. Hickey is hoping to work as part of a first episode psychosis team working with teens and young adults.



Dr. Anita Hickey

DR. LIISA JOHNSTON

Interesting Fact: Dr. Johnston's family is rapidly expanding (2 dogs, a daughter, and baby due at the end of February). She spends most of her time cleaning up after the dogs who do their best to clean up after her baby. She has taken up knitting and loves to play board games.

Plans for the Future: Dr. Johnston hopes to practice Child and Adolescent Psychiatry and has just finished her applications to the CAP residency program at Dalhousie and in Ottawa. Wish her luck!



Dr. Liisa Johnston

DR. MAHGUL MALIK

Interesting Fact: Dr. Malik loves to travel, but don't ask her where she's going; it's rare she'll know until a few days beforehand!

Plans for the future: Dr. Malik plans on working as a community psychiatrist.

DR. SAIMA NADEEM

Interesting fact: Dr. Nadeem worked as a GP for years prior to starting her residency training in psychiatry at Dalhousie University.

Plans for the future: Dr. Nadeem plans on doing a fellowship in Child & Adolescent Psychiatry.

DR. JONATHAN WAN, PGY4

Interesting Fact: Dr. Wan's love of feline companions can be periodically puzzling. He makes up for his peculiarities by being one of the best dressed in HRM!

Plans for the future: Dr. Wan is interested in Addictions Psychiatry, however, he recently developed an appreciation for Child and Adolescent Psychiatry where his talent was noticed immediately earning him the Dr. Herb Orlik Child & Adolescent Psychiatry Resident Award!



Dr. Jonathan Wan

resident shout out!

The resident body wants to give huge PROPS to **Dr.s Tom Mackay, David Lovas, Nicole Herschenhous** and

Pam Mosher for sacrificing so many of their lunch hours to teach us about emergency psychiatry! Thanks so

much for being excellent and caring teachers!

Photo Feature

BY DR. MARGARET RAJDA, PSYCHIATRIST AND DIRECTOR OF EDUCATION, DEPARTMENT OF PSYCHIATRY



Drs. Katherine Matheson and Michael Butterfield attend the annual meeting of Association for Academic Psychiatry in Portland, Oregon. Together with Dr. Bosma they presented a workshop on teaching formulation.

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 Jan. 9, 2015, with the deadline for submissions to be Dec. 12, 2014.

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

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. If you would like to nominate someone please contact **Ms. Kate Rogers** at Kate.Rogers@cdha.nshealth.ca. The awards committee will work with you to organize nomination materials. For further details and terms of reference for the awards please visit our website (<http://www.medicine.dal.ca/departments/department-sites/psychiatry/about/awards.html>).

Granting Body: **Graham Boeckh Foundation**

- Dr. Samarhji Lal award for mental health research (Jan. 7)

Granting Body: **Canadian Psychiatric Association**

- C.A. Roberts Award for Clinical Leadership (Feb. 1)
- J.M. Cleghorn Award for Excellence and Leadership in Clinical Research (Feb. 1)
- Paul Patterson Education Leadership Award (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 (academic) (Feb. 1)
- COPCE Best Paper Award by a Psychiatry Resident (Feb. 1)

If you have any questions please contact Ms. Kate Rogers at Kate.Rogers@cdha.nshealth.ca or by phone at 473-1677.