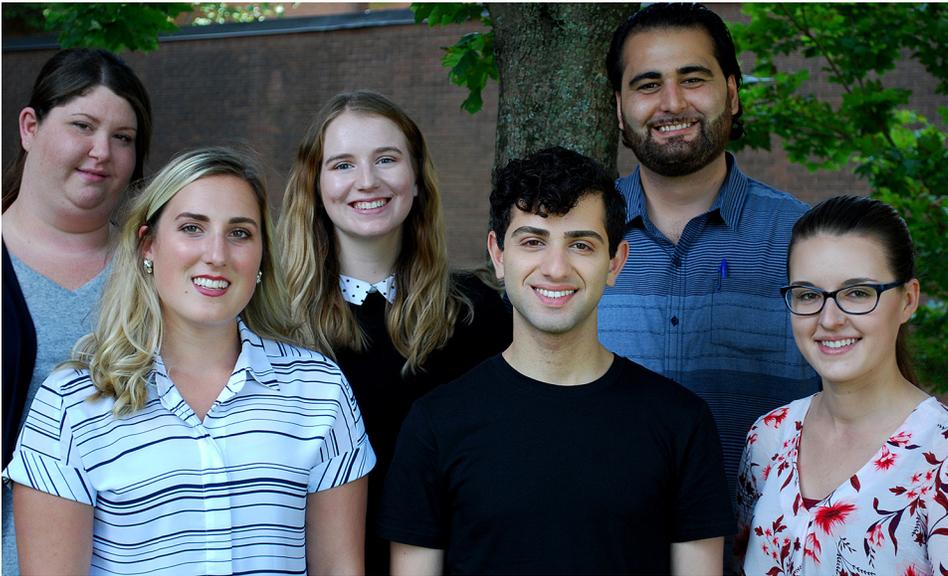


headlines

news from the department of psychiatry at dalhousie university

FEATURE

INAUGURAL MASTER'S STUDENTS BEGIN STUDIES



Master's in Psychiatry Research students (back L-R) Hayley Riel, Emily Howes Vallis, and Mehmet Topyurek; (front L-R) Maria Simmons, Jad Sinno, and Kayla Joyce.

Department welcomes first master's students

On Sept. 5, 2017 our inaugural Master's in Psychiatry Research class began their training in the Department of Psychiatry. Of the six students, three are Dalhousie graduates, one is from Saint Mary's University in Halifax, one is from the University of Manitoba and one is from York University. The two year graduate

program they are embarking on is designed to equip students with the skills and knowledge needed to succeed as professionals in clinical and neuroscience research concerning mental health and illness. The coursework covers relevant current topics including clinical trials, genetics, neuroimaging, participatory research, psychotherapy research, early interventions, and personalized psychiatry. Students will improve their

skills in critical appraisal, study design, statistics, data analysis, and scientific writing. Each student will complete an independent master's thesis research project under the supervision of one of our faculty. You are introduced to the class of 2019 below.

Kayla Joyce

Halifax native, Kayla graduated from Dalhousie University in 2017 with a BSc in Psychology with first-class honours. While completing her undergraduate degree she conducted a directed research project and an honours thesis under the supervision of Dr. Sherry Stewart. Based on substantial overlap in their research interests, Dr. Stewart will also be supervising her master's thesis research. Her research interests involve identifying mechanisms underlying addiction and substance use, while focusing on populations of women, as women are commonly understudied in addictions research. Her previous research has examined alcohol and gambling-related behaviours in women as a function of menstrual cycle phase. Her master's thesis will examine variations in mood, cannabis use motives, and cannabis use behaviours as a function of menstrual cycle phase.

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**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry

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MESSAGE FROM THE HEAD

I hope you have enjoyed this glorious fall, which although it may presage a future with a warmer climate was, nonetheless, a welcome extension of the opportunity to enjoy the outdoors.

There is much to report from a very busy couple of months. On our front page, if you have not already done so, you will meet our first cohort of master's students, who are being supervised in a number of clinical and research settings. Much credit to **Dr. Ben Rusak**, director of research for his many years of diligent work preparing. We are very happy to welcome Ben back from a short medical leave. Kudos also to **Drs. Kim Good** and **Sherry Stewart**, who have overseen the implementation of the program, which is going very well.

We have selected our candidate for the CRC Tier 2 Chair in Developmental Psychopathology, and are busy preparing the way for Dr. Sandra Meier's arrival. Dr. Meier will be based at the IWK and in the Tupper building. **Dr. Rudolf Uher**, our first Tier 2 chair, has been generous with his time and advice to Dr. Meier and to the department as we finalize the recruitment process. A more detailed introduction will feature in later editions.

Dr. Scott Theriault, clinical director and deputy head, and I have continued to be busy with provincial planning activities. Recent allocations from the provincial budget have allowed some planned projects to get started in earnest. These include organizing for a revised intake process, which is planned to be a unified one for the province. This will hopefully help our patients and referral sources more easily find their way to the service they need and in a timely fashion. Other initiatives are also being planned.

The Purdy building continues to pose challenges, most recently with the fire marshal requiring significant remediation and upgrades. A plan to accomplish this



Dr. Michael Teehan

is in process and will be communicated more fully as it is finalized.

This month will mark the end of an era, with the retirement of Mr. Trevor Briggs as Director of Mental Health and Addictions services in this zone. I have known Trevor since his days in the forensic service, many years ago. Over the years it has been a pleasure to work with this hard-working, dedicated champion of services for the mentally ill and those with addictions. That has been especially the case in the past 18 months, when we have shared many hours of planning our services, reviewing how we do our business, and responding to the inevitable crises. I think we have leveraged the combination of our different skills and

knowledge base to work synchronously for the betterment of the services under our direction and ultimately for the good of our patients. I wish Trevor a long and happy retirement and would extend our sincere thanks for all that he has done in his distinguished career.

I am sad to report that **Dr. Amr Aty** will be leaving us in December. He has been with us a short time in his role at the Bayer's Road clinic, but has become a valued and respected faculty member in that short time. For family reasons, Dr. Aty is planning to return to his homeland of Egypt.

Many of you have been very concerned about the federal tax changes announced

by the government in July. A vigorous campaign by our national and provincial medical organizations, allied with small business organizations, farmers and others, have finally seemed to have an effect. Although still not fully announced, it is expected that at least one of the three proposed measures has been withdrawn, and one modified significantly. The campaign continues.

To end on a very good note, I hope all of you were able to read the articles, referenced later in this issue, featuring the work of **Dr. Michael Flynn** and his colleagues delivering ECT services. It made front page headlines in the Chronicle Herald, and went a long way to demystify and explain the value of this powerful treatment, when used for the right indications. The testimonials by

patients and families were particularly powerful.

And I must also let you know that **Dr. Sameh Hassan**, who works closely with Dr. Flynn, was commended to me by the head of our Emergency Services, for his skillful handling of a very difficult situation in the early hours of the morning, last weekend. Thank you Sameh.

RESEARCH REPORT

PhD Program news

The department is in the process of developing an application to implement a PhD program. **Dr. Patrick McGrath**

is gathering information and is eager to hear from all interested individuals. Email him at Patrick.McGrath@dal.ca or call or email **Jen Brown** (902-473- 7538 or jen.brown@nshealth.ca) to set up a telephone or in-person conversation with Patrick.

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Hayley Riel

Hayley grew up in Winnipeg, Manitoba with her parents, brother, and several wonderful pets. She attended the University of Manitoba and received her Bachelor of Arts Honours degree majoring in psychology and minoring in family social sciences. Her research interests are in severe mental illnesses such as psychosis, schizophrenia, and psychopathy. She also has a significant interest in mental illness of offenders in the justice system. Her supervisors are Drs. Phil Tibbo and Derek Fisher. In addition to education, she enjoys spending time outdoors, visiting with family and friends, and travelling. She is also a huge animal lover and movie buff.

Maria Simmons

Maria is a recent graduate of Saint Mary's University where she completed a Bachelor of Arts Degree with a major in psychology and a minor in criminology. For her master's Maria will be working with Dr. Jackie Kinley and Dr. Phil Tibbo looking at emotion regulation within patients at the Mental Health Day Treatment Program. As a Dartmouth

native, Maria enjoys all things outdoors from hiking to rowing and has competed at the local, provincial and national level as a lightweight rower. She also enjoys travelling and has been fortunate enough to experience many cultures and countries around the world.

Jad Sinno

Jad Sinno is a Lebanese-Canadian, who was born in Kuwait and immigrated to Halifax in 2004. He graduated from Dalhousie University in 2016 with a BSc Combined Honours in Neuroscience and Statistics with a minor in philosophy. Jad's focus will be in trans-cultural psychiatry under the supervision of Dr. Amy Bombay. He is hoping to explore the treatment preferences and experiences of various ethno-racial groups in Halifax. Jad has deferred offers to attend Law School at the University of British Columbia and the Schulich School of Law and hopes that he will ultimately pursue a career in legal academia. In his spare time, Jad enjoys swimming and biking, as well as travelling whenever an opportunity presents itself.

Mehmet Topyurek

Mehmet Topyurek was born and raised in Toronto, Ontario. He received his Honours Baccalaureate Degree in Psychology at York University, located in Toronto. He will be working with Dr. Kim Good during his master's training. Together he and Dr. Good are looking at caffeine use and its effects on the schizophrenia population. Mehmet enjoys reading on schizophrenia and watching movies.

Emily Howes Vallis

Emily grew up in Halifax and completed her B.A. Honours in Psychology from Dalhousie University in 2016. After graduating she joined the FORBOW project (P.I: Dr. Uher) as a research assistant. This provided her with the opportunity to complete semi-structured interviews and cognitive testing with children and young adults. She is very excited to continue working with Dr. Uher. She is interested in cognition and psychotic symptoms in high-risk offspring. In her spare time she teaches ballet and enjoys cooking, practicing yoga, and spending time outdoors.

EDUCATION REPORT

meet an educator: dr. selene etches

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Selene Etches**, assistant professor in the Department of Psychiatry and child and adolescent psychiatrist. If you are interested in being profiled in an upcoming publication, please contact Kate Rogers at Kate.Rogers@nshealth.ca.

My current education/teaching

interests: I currently have two roles in the child and adolescent psychiatry department: covering ER/inpatient consults and running a concurrent disorders subspecialty clinic (ages 12-19). Along with **Dr. Zenovia Ursuliak** I co-facilitate the motivational interviewing psychotherapy teaching series which runs from September – December every year. I am the coordinator of the resident addictions curriculum and as part of that I teach neurobiology and psychopharmacology of addictions, withdrawal management strategies, and child and adolescent concurrent disorders. Every year I try to fit in a lecture on a topic the residents request, which the past two years has been on cannabis (unsurprisingly). From the lens of my ER/CL role, with **Dr. Dave Lovas** I teach about child and adolescent delirium and catatonia and we attend monthly ER resident teaching rounds. The IWK is quite close knit, so I regularly am involved in teaching the pediatrics group as well.

One of my teaching interests is to bring concurrent disorder knowledge to communities outside of Dalhousie and the IWK, especially to parents and caregivers. As an example, I was very happy last year to have assisted in developing and delivering a parent skills and education group on concurrent disorders.

My preferred method of teaching or curriculum delivery: I enjoy developing and running small group workshops. Within those would be many interactive group exercises with a combination of written and video examples. My medical



Dr. Selene Etches

school training was based on a model of staff asking me questions on my knowledge regularly (strong element of fear-based learning!) so I often like teaching residents through this method as well.

A typical “Day in My Work Life”:

I typically work 8:30-5:30, with

Monday and Tuesday covering ER/CL and Wednesday-Friday running my concurrent disorders specific care clinic. ER/CL can be extremely busy or there can be lulls where I typically catch up on paperwork or work on teaching commitments. I am part of various hospital committees and do quite a bit of work with the Department of Health

and Wellness, so I try to work on this if consults are slow. I think it is really important to work with government (although the pace of change can at times, be frustratingly slow) especially from the IWK perspective, as I find the needs of youth, especially with addictions, can be overlooked. In the concurrent disorders clinic there is usually no down time. I see youth from all over the province with a variety of substance use and mental health issues who often don't have other medical or mental health support. The clinic offers STI testing, birth control, and vaccines, in addition to urine drug screen monitoring, relapse prevention counseling, and psychopharmacologic treatment of both the addiction and the mental health concern. It is pretty intensive case management work, but very satisfying. I love it.

The most satisfying and frustrating aspects of doing academic work: I really enjoy teaching motivational interviewing – especially when the residents say “I tried making a reflection with a patient and you know what, it worked!” I also appreciate the pressure that students, caregivers, and co-clinicians give to be regularly reading and keeping up with the latest evidence-based knowledge out there.

In terms of frustrations, I would really enjoy doing more medical school teaching, but the time commitments away from my clinical work are typically too great to allow it, unfortunately. I will admit I get frustrated when students don't prepare for lectures or don't read around cases.

My education/academic mentor: My parents first and foremost – my mom was a teacher and my dad a psychologist and they have inspired me from the start with a love of reading and learning. It probably helped that we lived in small town BC with no TV, so there really wasn't that much else to do. **Drs. Ron Fraser, Alexa Bagnell, and Sabina Abidi** have also been hugely important and valued mentors to me.

My second career choice: I think it would still be medicine, but I would have gone into a public health residency. If medicine was off the table, and I thought I could realistically make a go of it, I would have looked either at creative writing or baking. Or maybe both. A novel writing pastry chef. That could be interesting.

undergraduate education news

Med 2 Skilled Clinician interviewing sessions wrap up for another year mid-November. Thank you to our faculty and residents for tutoring!

The start of the new academic year brings with it the request for electives. To date, we've received 92 placement requests for this academic year, 34 of those from Dalhousie students, with a 53 per cent placement rate overall. Thank you to our supervisors for their openness to

supervise these students; it's a great opportunity to promote psychiatry as a career.

Please reach out to **Mandy Esliger**, undergraduate coordinator at Mandy.Esliger@nshealth.ca or **Dr. Cheryl Murphy**, undergraduate director at murphyc@dal.ca, if you're interested in learning about the undergraduate teaching opportunities.

Starting this academic year, the timing of the annual Med 3 OSCE has moved from Fall to Spring to allow for sufficient remediation time for students before progressing to Med 4. Three psychiatry faculty examiners are required for both the morning and afternoon shifts. If you are interested in this opportunity, please contact Mandy Esliger for further details.

postgraduate education news

This year's annual resident retreat, focused on resident dossier development, took place on Friday Sept. 8 at Liscombe Lodge Resort. **Dr. Lara Hazelton** provided a workshop on how to develop a teaching dossier to prepare for a career in academic psychiatry. As always, the residents were very appreciative that faculty members covered call during their absence. This year, they would like to thank **Drs. Suzanne Zinck, Alexa**

Bagnell, Mark Bosma, Jason Morrison and **Sameh Hassan** for providing first call coverage.

The program is also planning the mid-year annual departmental orals on December 5, 7 and 12. Faculty examiners are still needed! If you have received an invitation to participate please respond at your earliest convenience.

The 2018 CaRMS dates are Saturday Jan.

13, Friday Jan. 19, Monday Jan. 22 and Monday Jan. 29, 2018; Invitations for faculty and resident examiners will be sent out in early November.

On Thursday, Oct. 5, our program participated in the annual Medical Student Career Night held at the Tupper Building. The event was a tremendous success thanks to the hard work of volunteer faculty, residents,

and administrative staff. They did a wonderful job promoting our profession to interested students. Many thanks to **Drs. Mark Bosma, Sherry James, Alexa Bagnell, Terry Chisholm, Cheryl Murphy, Joshua Smalley and Alexandra Manning** for volunteering, and to **Carrie Wipp and Mandy Eslinger** for helping to organize the event.



The psychiatry table during Career Night.

fellowship and subspecialty training news

In July geriatric psychiatry welcomed their subspecialty resident, **Dr. Daljit Bhangoo**. Though Dr. Bhangoo comes to us after completing his residency training in psychiatry at the University of Manitoba, he is very well travelled. Born in Hayes, England, he moved to northern California at nine, where he completed his middle and high school education in the Bay area. His undergraduate degree in biology was done at the University of California, San Diego, and he then traveled to Varna, Bulgaria for his medical training. He decided to move to Toronto during his clerkship years, receiving his permanent residency shortly before completing medical school. He spent some time in Edmonton, Alberta before landing in Winnipeg for his residency. He chose to come to Dalhousie after glowing reviews about Halifax, and the geriatric psychiatry staff. His interview ultimately sealed the deal he says. “The interview panel was very warm and inviting, and seemed genuinely interested in getting to know me; they were a group of people that I could envision working alongside.”

Dr. Bhangoo found geriatric psychiatry



Dr. Daljit Bhangoo (left) with PGY-5s Drs. Ian MacKay and Kathleen Singh.

to be his favourite rotation during his residency. “I enjoyed the cases whether straightforward or complex,” he says. “And I have always found interacting with seniors very satisfying.” His primary supervisor allowed him to get lots of exposure to other supervisors and their niches, giving him a better idea of what a career in geriatric psychiatry could look like. He made the decision to pursue the speciality and has not looked back.

Following training Dr. Bhangoo hopes to settle in the Greater Toronto Area to

be close to his parents. He hopes to find some variety in his clinical practice, ideally focusing on hospital work and finding a balance between outpatients, consultation liaison, and nursing homes. Welcome to Dr. Bhangoo! We are thrilled to have him as part of the geriatric psychiatry team! We look forward to having both **Drs. Kathleen Singh and Ian MacKay** begin subspecialty training in 2018. The two PGY-5’s will spend their final year of residency in the department heavily focused on geriatric psychiatry.

continuing professional development news

Mark Your Calendars!

The XXIX W.O. McCormick Academic Day will be held on Friday, April 27, 2018 at the Marriott Harbourfront Hotel, Halifax. The focus for this year's event is "Psychiatric Aspects of Cannabis." Local speakers include **Drs. Phil Tibbo, Selene Etches**, and Daniel Rasic. Additional information regarding the conference program will be made available as the details are confirmed. As usual, registration will be available in early March.

Recent Events

2017/09/20 University Rounds: Woodward, Neil, Vanderbilt University School of Medicine. Topic: Brain connectivity in psychotic disorders.



Dr. Neil Woodward

2017/10/18 University Rounds: Shay, Joseph, Harvard University. Topic: Everything you need to know about group therapy in 5 easy videos.



Dr. Joseph Shay

Upcoming Continuing Education Event

University Rounds

2017/11/15 **Robertson, George**, Brain Repair Center, Dalhousie University. Topic: Neurodegenerative and Psychiatric Disorders: Convergent Disease Mechanisms and Treatments.

2017/12/20 **Kisely, Steve**, Dalhousie. Topic: It's not all doom and gloom: unexpected findings from a systematic review and meta-analysis of psychiatric morbidity in indigenous peoples from the Americas.

Clinical Academic Rounds

2017/11/01 C&A Psychiatry, **Kutcher, Stan**. Topic: Is mental malaise the psychological equivalent of obesity? Time to get off the wellness bandwagon and embrace the vicissitudes of life.

2017/11/08 Clinical Academic Rounds, **Abbass, Allan**. Topic: Complex presentations of Treatment Resistant Depression: Results of the Halifax Depression Study with case examples.

2017/11/22 Clinical Academic Rounds, **Wilson, Adriana**. Topic: Positive Psychiatry-what it is, what it is not, and how it can help us in clinical practice.

2017/11/29 Joint SMH & Geriatric Medicine Rounds, **Campbell, Samuel**. Topic: Trauma in the geriatric patient.

2017/12/06 C&A Psychiatry, Bernier, Jennifer & Pavey, Lila. Topic: Centre for Building Resilience through Anti-Violence Education (BRAVE).

2017/12/13 Clinical Academic Rounds, Warren, Andrew. Topic: Competency Based Education 2.0 - Key Features in CBD Implementation for Clinical Faculty.

REMINDER: Change to Rounds Evaluations & Information Delivery

Dalhousie Faculty Psychiatrists now evaluate rounds on the faculty database at <https://dalpsychiatry.ca/s/attend>.

Rounds information and a link to the evaluations will now come from sender Department-of-Psychiatry at dalpsychiatry.ca in the weekly digest email. You will receive it each Thursday evening. This information is also available on the database under the education tab, and then continuing professional development, as well as on psych.dal.ca.

- DoP Psychiatry Rounds Information webpage (<https://medicine.dal.ca/departments/department-sites/psychiatry/education/continuing-professional-development/psychiatry-rounds-information.html>)

- TWIP online (<https://dalpsychiatry.ca/static/twip>)

FOM CPD OFFICE: Faculty Development Offerings

Fundamentals of Teaching Program

Begins November 6: Educating for Professionalism

The Dalhousie Faculty Development office will be offering an online course entitled Educating for Professionalism beginning November 6. This is part of the Fundamentals of Teaching Program, which also includes an offering on clinical supervision and didactic teaching. These accredited courses are available in an asynchronous fashion to faculty throughout the Maritimes. To register or learn more, contact facdev@dal.ca or visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development.html>.

CHILD & ADOLESCENT PSYCHIATRY REPORT

New IWK Call Room

The Division of Child & Adolescent Psychiatry is excited to announce that we have finally been able to secure a permanent, dedicated call room for our residents. The call room is located on the 7th floor of the Children's building, K7112. Keys to the call room can be signed out from the Emergency Mental Health and Addictions Services office.

Staffing Updates

We are thrilled to welcome back the vivacious Debi Follett in her role of executive assistant to **Dr. Alexa Bagnell**. Debi can be reached via email at Debi.Follett@iwk.nshealth.ca or by phone at 902-470-8087.

The division would like to thank Jaq-Lin Larder for her hard work during Debi's absence. Jaq-Lin has now moved on to a position as an Administrative Assistant (Research Contracts) for Dalhousie Research Services. We would like to wish Jaq-Lin all the best in her future endeavors.

In the News

Article from Pulse Week in Review – Thursday, September 7, 2017

With classes starting back up, students may be a little more stressed than usual. **Dr. Stan Kutcher** discusses stress with News 95.7. Read the article at <http://www.news957.com/local/2017/09/06/students-head-back-class-local-expert-says-not-stress-bad/>.

Dr. Christine Chambers joined The Parenting Show as a guest and discussed pediatric care and pain management. To listen to her interview please visit <https://omny.fm/shows/640-toronto/the-parenting-show-sunday-august-20th-2017-pediatr>.



IWK call room.

Mental Illness Awareness Week at the IWK

Article from Pulse Week in Review – Thursday, October 5, 2017

To kick-off Mental Illness Awareness Week 2017, the IWK Mental Health and Addictions Program (MHA) hosted its bi-annual informational fair in the Gallery on Tuesday, Oct. 3. This fair provides an opportunity for programs within the MHA service, along with community partners, to showcase and share information on their programs to the volunteers, staff, families, and youth of the IWK Health Centre. This fair is used as an opportunity to discuss mental health and addictions issues in an attempt to reduce stigma through education.

For more information on the IWK Mental Health and Addictions program, please visit our website at <http://www.iwk.nshealth.ca/mental-health>.

SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT

Mental Illness Awareness Week and World Mental Health Day

Mental health awareness was a top of mind consideration during the month of October. In Canada, the week of October 1-7 is recognized as Mental Illness Awareness Week (MIAW). Important as this is, recent deliberations have led to the understanding that awareness must be linked to mental health literacy and to improved rapid access to effective mental health care. By itself, it is not enough. To address these issues, the Chair used social media channels to post a series of “Frequently Asked Questions” regarding mental health and mental health literacy. Each question was linked to one of the Chair’s evidence-based resources best suited to help answer the question. The goal was to engage the audience through important topics surrounding mental health, while providing them with the resources and support needed to find answers. During the week, members of the team also took part in the IWK Health Centre’s informational fair and the Canadian Mental Health Association’s (Halifax and Dartmouth location) 10th annual Festival of Hope where healthcare professionals, parents and youth attended and engaged with the team and resources.

Mental Illness Awareness Week was followed by World Mental Health Day, observed internationally and annually on October 10. The theme, ‘Mental Health in the Workplace’, focused primarily on the importance a positive workspace can have on the wellbeing of its employees. The Chair team used this day to engage on social media with partners nationally and internationally and to promote resources and online tools for youth, parents,



Kate Elliot mans the booth at the IWK informational fair during Mental Illness Awareness Week.

teachers and healthcare providers.

Mental Health Innovation Network

The Mental Health Innovation Network (MHIN) hosts an entire community of global mental health innovators with the purpose of facilitating the distribution and uptake of effective mental health interventions. They do this through enabling learning, leveraging resources and building partnerships. TeenMentalHealth.Org has been a featured innovator on the MHIN website due to the Chair’s extensive work addressing youth depression in Malawi and Tanzania. Most recently, the Go-To Educator training and The Mental Health and High School Curriculum Guide were added to this list of innovations. MHIN also shared a video blog from Dr.

Kutcher on World Mental Health Day in regards to the importance of mental health literacy in high, middle and low income countries. You can watch the video blog here: (<https://www.youtube.com/watch?v=J3jd54yfQJ4&t=191s>). The Chair is hoping to continue collaborating with MHIN in the future, to improve efforts in reaching the global mental health community with evidence-based innovations that improve mental health outcomes for young people.

Webinar Series

On October 13, Dr. Kutcher was featured on a podcast titled ‘Promoting Mental Health, Providing Psycho-Social Support in Schools in Low Resource Countries’. The webinar was one of a globally distributed series of programs addressing school mental health and was organized by members of the FRESH partnership,

including Save the Children and the International School Health Network, among others. The webinar summarized current evidence on school mental health in low resource countries and discussed what needs to be addressed moving forward. Given his extensive past and ongoing work in several low resource countries, Dr. Kutcher was able to provide informative insight on how mental health programs and teacher training can be delivered and sustained in these low income settings to reduce stigma and improve mental health literacy. Listeners were able to send in questions for Dr. Kutcher following his lecture which allowed for a collaborative discussion.

Online Training Course through UBC

On October 31, Bringing Mental Health to Schools: A Curriculum Resource for Grades 8-10, will be launched through the online learning platform of the Faculty of Education at the University of British Columbia. The self-guided,



classroom ready, modular mental health literacy curriculum resource is fully available online. It was developed from the face-to-face training on how to implement the Mental Health and High School Curriculum Guide in the classroom. Throughout the course educators will learn how to apply the only evidence-based, Canadian mental health literacy curriculum resource into

grade 8, 9 and 10 classrooms, as well as upgrade their own mental health literacy. It's extremely accessible (self-guided so participants complete the course on their own time) and cost-effective (\$20 online registration fee). For more information and how to register visit: <http://pdce.educ.ubc.ca/MentalHealth/>.

DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS REPORT

Provincial Planning for Early Intervention Services for Psychosis

Early psychosis intervention refers to current approaches to the treatment of psychosis that emphasize the importance of both the timing and types of intervention provided to persons experiencing a first episode of psychosis. 'Early' is as early as possible in recognizing prodromal states and following the onset of

psychotic symptoms; the 'intervention' is comprehensive, intensive, phase specific and individualized.

The Janssen Chair has been asked by NSHA Mental Health and Addictions senior leadership to coordinate a provincial model of care for early psychosis intervention. In response, meetings with the current NS Early Psychosis Network have occurred, resulting in a draft model of care that has been presented to leadership.

Key Objectives:

Early Psychosis Intervention Nova Scotia (EPINS) is focused on achieving the following objectives:

- To reduce the duration of untreated psychosis (DUP) through early identification and in conjunction with comprehensive evidenced-based phase specific treatment, potentially reducing the burden and severity of illness, resulting in maximized outcomes for the individual, their family and the

community.

- To minimize the disruption of the lives of youth and young adults who experience psychosis such that educational, vocational, social and other roles can be maintained.
- To minimize the societal impact of psychosis including reducing demand in other areas of mental health, health and social services system, and reducing burden on families.

The provincial program will be coordinated and recovery focused, offering realistic optimism. It will facilitate optimal engagement of youth and young adults, be accessible, non-stigmatizing, collaborative and

empowering. Services are intended to cross the lifespan of illness onset and progression from ages 12-35 years and recommends collaboration between child/adolescent and adult services.

One part of the model is a monthly rounds session for education and capacity development. An online video conference platform is used to maximize access. The first EPINS provincial rounds were held September 22, with the Janssen Chair speaking on cannabis and psychosis. The rounds, facilitated by **Dr. David Whitehorn**, were well attended with a range of clinicians from across the province from Yarmouth to Cape Breton taking part. The session was recorded for those unable to attend in person. The

second session was held on October 27 with **Dr. Sabina Abidi** speaking on the *New CPA Guidelines For Treatment Of Schizophrenia In Children And Youth*. The third session will be held on November 24 with Dr. David Whitehorn speaking about *Mindfulness as a Support For Families*.

The Janssen Chair continues to work with Senior NSHA Leadership to further the implementation of the provincial model and EPINS.

NEWS & ANNOUNCEMENTS

news from the department

ECT program prominently featured in Chronicle Herald

In mid-October **Dr. Michael Flynn** and the electroconvulsivetherapy (ECT) program were featured in a series of three stories in the Chronicle Herald newspaper. It's no secret that the ECT procedure is widely stigmatized, in part as a result of the 1975 film *One Flew Over the Cuckoo's Nest*. In reality, ECT

is a very effective treatment for mental illness when used properly and has saved the lives of many people. In the Herald feature the reader is first introduced to Dr. Michael Flynn, who is the clinical academic leader for the ECT program and who gives a clear overview of ECT itself. In part two of the story we meet 'Ann' (name has been changed), a patient who has had periodic episodes of severe depression and claims ECT saved her life. On the final day of the feature we

read about the incredible demand the ECT clinic in Dartmouth now faces, with 20, 30 and sometimes more than 40 patients a day scheduled for the procedure. To read more about the ECT program in the Chronicle Herald please visit: <http://thechronicleherald.ca/novascotia/1510760-electroconvulsive-therapy-stigma-robs-depression-sufferers-of-successful-treatment>. Links to part two and three of the feature are also found on this page.

Cindy Calkin receives cross appointment; to present research

Dr. Cindy Calkin has been accepted as a certified Brain Repair Center Member

and has received a cross-appointment as associate professor in the Department of Medical Neurosciences where she collaborates with Dr. Alon Friedman (Dennis Chair in Epilepsy Research). This collaboration has led to exciting

preliminary results on the role of blood-brain barrier dysfunction in the pathophysiology of bipolar disorder. She will be presenting these new findings at the Department of Psychiatry Research Day.

staff & faculty changes

Coming:

Dr. Johnson Agbodo has joined the department as a lecturer, effective Sept. 1, 2017. Dr. Agbodo will be working in Saint John, New Brunswick and can be reached at 1-250-486-8877.

Dr. Candice Crocker has joined the department as an assistant professor, effective Aug. 1, 2017. Dr. Crocker will continue working with the Early Psychosis team on the third floor of the Abbie J. Lane building. She can be reached at 902-473-3755 or by email at Candice.crocker@dal.ca.

Dr. Zhila Fazeli has joined the department as a lecturer, effective Sept. 1, 2017. Dr. Fazeli is located in Woodstock, New Brunswick and can be reached at 506-325-4419 or by email at Dr.Zhila.Fazeli@gnb.ca.

Dr. Ingrid Waldron has joined the department as an associate professor, effective Aug. 1, 2017. Dr. Waldron's primary appointment is with the School of Nursing here at Dalhousie and that is where she is located. She can be reached at 902-494-4267 or by email at iwaldron@dal.ca.

Dr. Yifeng Wei has joined the department as an assistant professor, effective Aug. 1, 2017. Dr. Wei will be working in child and adolescent psychiatry and can be reached at 902-470-6592 or by email at Yifeng.wei@iwk.nshealth.ca.

HUMANITIES CORNER

In the last issue of *Headlines* we featured one of the winners from our annual Student Writing Competition, Ricarda Konder. In this issue we feature *Little by little it all went away: In memory of*, Tatyana Maniuk's winning entry in the medical student category. Tatyana is a medical student at the University of Ottawa.

It started with dinner; a bite with family and friends.

The food was quite good and the smiles godsends.

Cling, cheers! Laughs, hurray!

Then.

Then the mouth didn't talk. The words became hazy.

Then the fork wouldn't move. The arm didn't listen.

Then the chest didn't rise. The lungs couldn't manage.

Little by little ...

The car ride was bumpy and cold. Stickers were placed and I was exposed.

The room was bright and people were blurry. A tube was put in quick! Hurry!

Little by little everything ...

My lips were open, but sounds became empty.

My lungs somehow worked, but not quite on their own.

My ribs wandered 'round, and my heart walls stretched thin.

An hour and a half. Little by little...

I heard crying and screaming and pats on my feet. Begging and pleading and tears on repeat.

"Pulseless!?" Thump thump

Three hearts became six and a decision was made: "he wouldn't want this" in a whisper was prayed...

Silence.

Beep... beep...

Little by little it all went away.

PHOTO FEATURE



Stunning rays of light on the lake (Photo by Dr. Shabbir Amanullah).

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. 8, 2018, with the deadline for submissions to be Dec. 15, 2017.

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