

headlines

news from the department of psychiatry at dalhousie university

FEATURE

MSC CLASS OF 2020



Master's of Psychiatry Research class of 2020, back (L-R), Andrea Sandstrom, Alex Pizzo, Maya Biderman, Lezlee MacKenzie; front (L-R) Laura Dixon, Jocelyn Paul, and Athena Milios.

Second class of students joins department

On Sept. 4, 2018 our second Master's in Psychiatry Research class began their training in the Department of Psychiatry. Of the seven students, three are Dalhousie graduates, one is from

Saint Mary's University, one is from Mount Saint Vincent University, one is from Acadia University, and one is from Western 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

continued on page 4



DALHOUSIE UNIVERSITY

FACULTY OF MEDICINE
Department of Psychiatry

IN THIS ISSUE

- 1** MSC CLASS OF 2020
- 3** MESSAGE FROM THE HEAD
- 5** RESEARCH REPORT
- 6** EDUCATION REPORT
- 11** CHILD & ADOLESCENT PSYCHIATRY REPORT
- 12** SUN LIFE CHAIR IN ADOLESCENT MENTAL HEALTH REPORT
- 13** NEWS AND ANNOUNCEMENTS
- 18** HUMANITIES CORNER
- 19** RESIDENTS CORNER
- 20** FEATURES
- 23** PHOTO FEATURE

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@nshealth.ca

MESSAGE FROM THE HEAD

As this academic year hits its stride, there is much to report. We welcome **Dr. Jenni Ojiegbe, Abraham (Rami) Rutnick, Theveschen Padayachee and Melissa Perry**. Also, as promised in the September edition, we feature the backgrounds of our incoming MSc students. We will be graduating our first class in spring 2019, which will be an exciting moment. Meanwhile, **Dr. Patrick McGrath** continues to push through the final hurdles of the PhD program.

As you know, we have been celebrating 150 years of the Faculty of Medicine at Dalhousie, and the final gala event will be held next weekend. We are promised it will be spectacular.

Research Day is almost upon us. The theme of this year's event is indigenous mental health, with keynote speaker Dr. Christopher Mushquash from NOSM. At Dalhousie, the work of Dr. Amy Bombay continues to flourish, and she is supervising two of the incoming Master's students.

Kudos to all of our faculty who helped stage the Canadian Academy of Child and Adolescent Psychiatry in Halifax in September and congratulations to award winners. Kudos also to our senior's mental health group who hosted the joint meeting of CCSMH and CAGP, also in Halifax this fall.

Dr. Jonathan Brake's work is celebrated and recognized, and it is certainly deserving. The inpatient service at Garron center cares for highly complex cases from across the Maritimes. While under tremendous stress in recent months, it has continued to provide excellent clinical care and teaching for our learners. Thank you for all your work Dr. Brake.

There are some intriguing weekly rounds scheduled soon. I greatly look forward to hearing **Dr. James Chandler's** presentation. Jim has been a stalwart and



Dr. Michael Teehan

untiring provider of both adult and child and adolescent psychiatry in South West Nova for decades.

Dr. Tomas Hajek gives us a fascinating account of his trip to Chile recently, and describes the commercial extraction of Lithium from an extreme landscape. Our mood disorders group continues to have major success in its academic mission, with many publications in high impact journals.

The psychiatry resource deficit in the Northern and Eastern zones continues. Efforts to recruit are underway. There is a proposal to train and employ clinical assistants which is being worked on

urgently. The Department of Health and Wellness (DHW) and the health authorities are working on financial incentives to attract recruitment.

And the AFP departments are also gearing up for discussions with government on conditions of service in Nova Scotia. I will be part of a small negotiation team meeting twice with DHW before year end. There are multiple meetings planned in the New Year. Issues of comparison with the national average will be prominent. We are hopeful of a more cooperative atmosphere in this round of negotiations.

complete an independent master's thesis research project under the supervision of one of our faculty. You are introduced to the class of 2020 below.

Maya Biderman

Originally from Toronto, Maya is returning to Dalhousie for the Master's of Psychiatry Research program after completing her undergraduate degree in kinesiology. Her research interests are focused around paediatrics, women's health, culture, and marginalized populations. Continuing to work with **Dr. Amy Bombay** is allowing her to explore Indigenous health inequalities in Canada. After completing the program, Maya hopes to continue exploring the role of social justice in health care, with a focus on refugee women and children's health and (hopefully!) a future in medicine. Outside of the classroom, Maya is involved with a number of Dalhousie societies. She is the co-president of the Indigenous Health Interest Group, and is an executive member of Dalhousie Period, which provides menstrual hygiene products to Halifax homeless shelters. She is also an athlete on Dal's varsity rowing club team, and coaches the Learn to Row program. Maya is an avid traveller, and recently hiked to Thorong La, the world's highest pass, in Nepal.

Athena Milios

Athena is a recent graduate of Dalhousie University where she completed a Bachelor of Science in Medical Sciences. She was born and raised in Halifax, and her parents are both professors, originally from Greece. In the fourth year of her undergraduate degree she conducted a directed research project under the supervision of **Dr. Sherry Stewart** and **Dr. Raquel Nogueira-Arjona**. Her research interests involve personality, addictions, eating disorders, and distance-delivered mental-health interventions. Her previous research has examined addiction-prone personality traits and the mechanisms through which they are

connected to alcohol-related problems. Her master's thesis will be supervised by **Dr. Patrick McGrath** and will examine behaviors, personality, and attitudes as predictors of participation and perceived benefit in an online illness support group. In her spare time, she enjoys going on walks with her chihuahua, reading, and advocating for mental health awareness in the community.

Laura Dixon

Originally from Halifax, Nova Scotia, Laura graduated from Saint Mary's University with a Bachelor of Science degree double majoring in psychology (Honours) and biology. During her undergraduate degree, she developed an interest in eating disorder research and began working with the NSHA Eating Disorder Research Group. Laura completed her honours thesis under **Dr. Aaron Keshen's** supervision on a project examining a novel, guided self-help approach for individuals with binge eating disorder. Her research interests are primarily focused on improving treatment outcomes in individuals with eating disorders and she is currently working on a clinical trial testing the use of lisdexamfetamine in patients with bulimia nervosa. Following her master's degree, Laura plans to pursue a medical degree and eventually, a career in psychiatry specializing in the treatment and management of eating disorders. Outside of school, Laura enjoys spending time riding and working with horses.

Lezlee MacKenzie

Hailing from Hants County and loving the province too much to say goodbye, graduate work at Dalhousie has been a dream of Lezlee's for a long time. She completed her Bachelor of Science (Honours) at Acadia University. Her research to date has been in neuropsychology, however, she is eager to work within the Early Psychosis Program under **Dr. Phil Tibbo**. Her research interests include

neuroimaging, psychometry, traumatic brain injury, and cognition. Her current research is introducing her to innovative neuroimaging techniques, with the prospect of linking deficits in cognitive functioning to the microstructural integrity of white matter. In addition to being a researcher, she is a dog mom to a loving boxer. She and her dog love nature walks, meeting other dogs, and above all, snuggling.

Jocelyn Paul

Jocelyn is a first year Mi'kmaq graduate student who completed her Bachelor of Science (Honours) in psychology and biology at Mount Saint Vincent University. Here, Jocelyn developed a keen passion for research and replicated and extended upon the findings of previous cognitive researchers. Jocelyn will be working under the supervision of Anishinaabe kwe assistant professor, **Dr. Amy Bombay**. Jocelyn's thesis project will be primarily concerned with a cross-sectional analysis of past national-level Canadian First Nation Regional Health Surveys. She will explore the historical (e.g., Indian Residential School System) and contemporary stressors (e.g., perceived racism), the relationships between these stressors and psychiatric disorders, alcohol/substance use and psychological distress; as well as the potential protective factors (e.g., sense of community belonging, participation within their First Nation community) for Indigenous youth and young adults. Upon completion of her master's degree, Jocelyn is keen on applying to the PhD in clinical psychology program at Dalhousie University.

Alex Pizzo

Alex Pizzo, a native of Halifax, Nova Scotia, completed his undergrad at Dalhousie and majored in psychology. His research interests include childhood anxiety, childhood trauma and childhood chronic illness. He will be working with **Dr. Barbara Pavlova**. Alex is unsure

of his plan for what will come after his master's. He does know, however, that he would like to do something in the realm of pediatrics psychology. Outside of school Alex dedicates most of his time to watching sports.

Andrea Sandstrom

Andrea is from Muskoka, Ontario and completed her undergraduate degree at Western University. She will be working with **Dr. Barbara Pavlova**. Her

research interests include mental health and wellbeing in children and youth. She is especially interested in the early identification and prevention of mental illness. When she's not focused on school she enjoys hiking, going to the gym and exploring Halifax. When Andrea finishes her master's she plans on doing her PhD.

RESEARCH REPORT

Department of Psychiatry Research Day 2018

This year's event is scheduled for Monday, Nov. 19 at the Lord Nelson Hotel, Halifax. Now in its 28th year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities.

This year's keynote speaker is Dr. Christopher Mushquash, Canada Research Chair in Indigenous Mental Health and Addiction, associate professor in the Department of Psychology at Lakehead University, and the Northern Ontario School of Medicine, and clinical psychologist at Dilico Anishinabek Family Care. He will speak on "Mental health and substance use research with First Nations: Development of a community-driven program of research."

Indigenous peoples represent 4.9 per cent of the total population of Canada (1,673,785 people) and this proportion is growing; between 2006 and 2016, the Indigenous population of Canada increased by 42.5 per cent, compared to less than 10 per cent in the non-Indigenous population (Statistics Canada, 2018). First Nations people account for 58 per cent of the total Indigenous population (Statistics Canada, 2017). Rates of mental health and addiction difficulties in First Nations communities are significantly higher than the general Canadian population. As such, there is significant need while at the same time significant interest from many First Nations in addressing mental health and addiction difficulties through the mechanisms of research and program

evaluation. Indeed, clinical service delivery is dependent upon having high quality data that is both culturally- and contextually-relevant for decision-making. Dr. Mushquash will describe a number of research projects embedded within a First Nations child welfare, mental health and addiction, and health organization in Northwestern Ontario that seek to improve services for First Nations children, adolescents, adults, families, and communities.

If you are interested in attending Research Day, please visit <https://dalpsychiatry.ca/ls/index.php/886725?lang=en>

Master's in Psychiatry Research application deadline change

The deadline for new applicants to the September 2019 class is **Dec. 1, 2018**. This includes references and supporting documentation sent by email to Jen.Brown@nshealth.ca. Candidates should also contact potential supervisors indicating their interest in working under the faculty member's supervision. For additional details, please contact **Jennifer Brown**.

EDUCATION REPORT

undergraduate education news

Another successful Med 2 Skilled Clinician block is winding down in mid-November. Thank you to our faculty and residents for tutoring and our many patients for participating!

We would like to welcome the new

Psychiatry Interest Group co-chairs Med 1 students Matthew Cooper and Ben MacDonald for the 2018/2019 academic year. We would also like to thank Talia Bond and Peri Fenwick for their service as co-chairs in 2017/2018. The interest group is a valuable link between the

department and the medical students; increasing awareness and facilitating discussion about mental health as well as encouraging students' interest in the field of psychiatry.

postgraduate education news

Accreditation

Postgraduate education is preparing for the Royal College External Accreditation visit on Nov. 26, 2018. In preparation for this, **Dr. Mark Bosma** is holding multiple sessions for invited teaching faculty to get an overview of what accreditation is and what to expect from the visit.

Career Night

We are also participating in this year's Medical School Career night held in the Tupper Link on Nov. 1, 2018. Check the next issue of *Headlines* for photos.

CaRMS 2019

The 2019 CaRMS dates are Saturday Jan. 12, Friday Jan. 18, Monday Jan. 21 and Monday Jan. 28; Invitations for faculty and resident examiners will be sent out in early November.

continuing professional development news

Recent Events

2018/09/19 Faculty of Medicine signature event: Dal 150

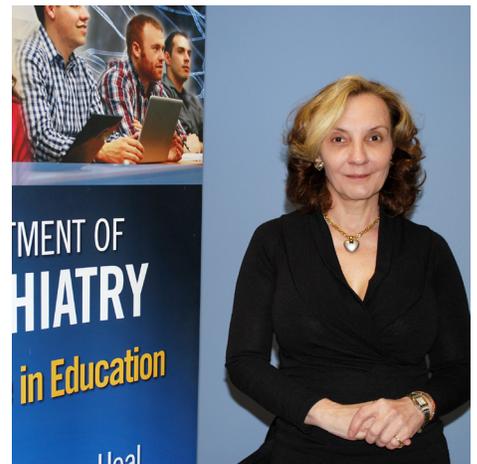
Dr. Vicky Stergiopoulos, from the University of Toronto, joined us for the Department of Psychiatry's signature event in celebration of the Faculty of Medicine's 150th anniversary. She presented on the topic of "The Future of Psychiatry and Mental Health Care."

2018/10/17 University Rounds

Dr. Sophia Frangou, from the Icahn School of Medicine at Mount Sinai, NY, presented on the topic of "Neuroimaging Markers of risk and resilience to Bipolar Disorder."



Dr. Vicky Stergiopoulos is presented with her Dal 150th presenter plaque by Dalhousie Faculty of Medicine Associate Dean of Research, Roger McLeod.



Dr. Sophia Frangou

Announcements

Earn MedED Credits

Faculty can now find a list of sessions that meet the Department of Psychiatry criteria for professional development in medical education on the faculty database homepage. A completed evaluation of the event is the record of attendance. Look for the MedED tag in event details!

The MedEd events launched with Dr. Joan Sargeant, Division of Medical Education head, Dalhousie University, presenting on the R2C2 Feedback and Coaching Model. See the database for details: <https://dalpsychiatry.ca/home-page>.

New Rounds

December 19 rounds: "You should read this! Best articles of 2018"

Have you read an article in 2018 that has changed your practice? Maybe you find yourself thinking, everyone should read this! Well, this is your chance to share that article with your colleagues and learners.

On Wednesday, Dec. 19, 2018, the Department of Psychiatry is organizing a clinical academic rounds to share articles from 2018 that have the power to

change the way psychiatrists think and act. Articles can be about therapeutics, psychotherapy, medical education, or any other relevant topic. Presenters will each have five minutes to tell us why everyone should read this paper. Have an article to suggest, but don't want to present at rounds? Send along the reference with a 100-word explanation of why your colleagues should read it, and we will include it in a list of recommended readings.

To volunteer to present, or to recommend an article, please email **Dr. Lara Hazelton** at Lara.Hazelton@nshealth.ca by Dec. 5, 2018.

Thank You

Thank you for your patience while the audio issues were sorted for the weekly rounds sessions.

Upcoming CPD Events

Rounds

2018/11/07 Child and Adolescent Psychiatry

James Chandler: "Using a Cross-Cultural paradigm to improve mental health outcomes in Southwest Nova Scotia."

2018/11/14 Clinical Academic Rounds

Ian Weaver: Research Topic

2018/11/21 University Rounds (MedED)

Sharon Straus, University of Toronto. Mentorship

2018/11/28 Joint SMH & Geriatric Medicine Rounds

Keri-Leigh Cassidy, Paige Morrissey, Alexandra Moir: Music Program

2018/12/05 Child and Adolescent Psychiatry

Selene Etches & Michael Flynn

2018/12/12 University Rounds

Sonu Gaind, University of Toronto. MAiD

2018/12/19 Clinical Academic Rounds (MedED)

Lara Hazelton, Jason Morrison, Amy Gough (R2), et.al. "You should read this! Best articles of 2018."

medEd minute

A new addition to *Headlines*, the "Med Ed Minute" will introduce scholarly snippets to consider in your teaching practice.

"The One-Minute Preceptor"

- (1) Get a commitment (e.g. what do you think is going on with this patient?)
- (2) Probe for supporting evidence (e.g. what major findings led to your conclusion?)
- (3) Teach general rules
- (4) Reinforce what was done right
- (5) Correct mistakes

Walsh, Allyn. (2004). *The one-minute preceptor*. Retrieved October 15, 2018 from <https://fhs.mcmaster.ca/facdev/documents/oneminutepreceptor.pdf>

meet an educator: dr. jonathan brake

Meet an Educator is a recurring article in the Education Report of *Headlines*. In this issue we profile **Dr. Jonathan Brake**, 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:

My clinical work as an inpatient child and adolescent psychiatrist has stimulated much of my own educational and teaching interests. I was fortunate to receive advanced training in Dialectical Behaviour Therapy (DBT) through a training initiative of the division of Child and Adolescent Psychiatry at the IWK. I now train learners in clinical DBT principles and their application to inpatient psychiatry. I have also been involved with the PGY-3 resident DBT lecture series.

I also have a longstanding interest in ethical and legal issues in medicine. My interest in this area was reinforced when I became a tutor for the Professional Competencies module of the undergraduate medical education curriculum during my first year as a staff psychiatrist. Recently, I was invited by our residents to participate as a facilitator for an excellent resident-led workshop on Ethics in Psychiatry at their annual educational retreat. It was a great opportunity to see our residents navigate complex ethical dilemmas as these often demand the highest degree of critical thinking and problem solving skills. Some aspects of clinical care can become somewhat routine and prescriptive with increasing clinical experience; navigating ethical issues (the 'grey areas') can provide both the most challenge and the greatest reward.

My preferred method of teaching or curriculum delivery: I enjoy teaching in a variety of modalities and have been fortunate to be provided with numerous wonderful opportunities to teach within our department. By far my favourite style of teaching is the one-on-one clinical mentorship with the residents and medical students who rotate through our service. The complex clinical scenarios that arise during patient care on the Garron Centre provide amazing



Dr. Jonathan Brake

opportunities for in the moment problem solving and often generates its own learning issues. The excellent clinical questions that our enthusiastic residents and other learners have posed over the years have challenged me to remain current with medical literature and best practice guidelines.

My least favourite approach to education is the traditional didactic session (mainly because I end up spending too much time preparing lecture slides).

A typical "Day in My Work Life": This is a difficult question to answer as no two days tend to be the same and it can

be difficult to predict situations that arise on our unit that might require my more immediate attention. A typical day usually starts with morning rounds where priorities are determined for the day. The remainder of the day is spent on a mixture of clinical encounters, clinical supervision of medical students and residents, liaison and advocacy efforts with community agencies, managing patient flow on the unit, various administrative responsibilities, and helping to ensure that the unit operates in an efficient and safe manner. Of course there is usually the odd 'fire' or two during the run of the day and having to juggle trying to be in more than one

location at the same time (I still haven't mastered the art of cloning). At the end of the day I go home to an amazing boxer-bullmastiff who helps me to remind myself that life exists outside of work.

The most satisfying and frustrating aspects of doing academic work: I have had the great opportunity over the past six years to teach highly motivated learners. The dedicated team of allied health professionals that I work with on a daily basis have helped to make the Garron Centre a highly sought after educational experience for learners. I am happy to be a part of a faculty that places

emphasis on education.

The most frustrating part is having to operate within a framework of a finite amount of time available in any given day. In an ideal situation I would like to be able to dedicate more time exclusively to more formalized teaching on our service.

My education/academic mentor: I am so proud of the division of child and adolescent psychiatry at the IWK, who have demonstrated a clear commitment to postgraduate education. Particular educational mentors for me include **Dr. Lukas Propper** (who encouraged me to

pursue academic interests when I joined the division and has a strong commitment to resident education), **Dr. Sabina Abidi** (who has provided mentorship to me as a junior faculty member), and **Dr. Alexa Bagnell**, the chief of our division, who has always fostered the ability for me to pursue my educational interests.

My second career choice: An architect. For those of you who have worked with me you may recall hearing me exclaim (jokingly) on particularly difficult or stressful days in acute care psychiatry, "I should have been an architect."

education kudos corner

Kudos Corner

We are recognizing those members of the department who are engaging in continuing learning through faculty development activities and who have shown a keen interest in teaching. See who's been involved recently!

Medical Education

Diploma

Dr. Cheryl Murphy has completed her Diploma in Medical Education from the University of Dundee and has embarked on her Masters in Medical Education.

Resident Retreat

A big thank you to **Drs. Scott Theriault** and **Jonathan Brake** who facilitated the Psychiatry Resident Retreat educational session on Ethics and Psychiatry.

Poster Presentation

Dr. Kathleen Singh's poster presentation on geriatric psychopharmacology was awarded the 'Best Overall Poster' at the 2018 Canadian Coalition for Seniors' Mental Health (CCSMH) / Canadian Academy of Geriatric Psychiatry (CAGP) Annual Scientific Meeting.

Undergraduate Teaching

We would like to thank our many faculty for the time they devote towards teaching throughout this academic year. For this issue, we'd like to focus on the traditionally more challenging undergraduate activities to recruit for (due to the considerable time commitment required). An extra acknowledgement goes out to the various faculty members, in leadership roles, who have stepped in to fill these vacancies.

Med 1 Foundations

Dr. Michael Teehan

Med 1 Professional Competencies

Dr. Sherry James
Dr. Sandra Meier
Dr. Andrew Harris
Dr. Jose Mejia
Dr. Sonia Chehil
Dr. Curt Peters
Dr. Anita Hickey

Med 2 Professional Competencies

Dr. Mirka Kolajova
Dr. Meagan MacNeil
Dr. Scott Theriault

Teaching reflections

"I wanted to return to teaching, after a hiatus," says Dr. Michael Teehan. "As Assistant Dean of Student Affairs I could not be involved in evaluating students. Without doubt it is the most rewarding teaching experience to watch nine bright young people dig into a case, ferret out the information and through teamwork, put it all together. It is humbling and exhilarating to be part of it."

- Dr. Michael Teehan,

"I decided to participate in teaching undergrads because I enjoy teaching, wanted to try my hand at the case-based learning tutorials, enjoy contributing to the medical school and also meeting medical students early in their careers," says Dr. Curt Peters. "It is so fulfilling to see people with a genuine interest and passion for the material, particularly when I see an interest in clinical cases and desire to learn more and sink their teeth into a career and clinical work for themselves as a result."

- Dr. Curt Peters

faculty development

Faculty Development Opportunities

Dalhousie Continuing Professional Development

FacDev Thursdays Seminar Series (webinars)

Nov. 1, 2018 8:00pm-9:00pm

“Application of Critical Appraisal to Practice” with Ms. Pam McLean Veysey

Nov. 29, 2018 8:00pm-9:00pm

“Leadership” with Dr. Christine Short

Dec. 13, 2018 8:00pm-9:00pm

“Teacher Identity” with Ms Terrilynn Chiasson

To participate, simply login as a guest at:
<https://dal.adobeconnect.com/cme-live>

We highly recommend logging in 15 minutes before the start time.

Fundamentals of Didactic Teaching Online Course

Nov. 13- Dec. 18, 2018

Registration fee: \$60

For more information and to register please visit https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/Fundamentals_Teaching.html.

Emerging Leaders in Academic Medicine (ELAM) Online Course

April 8 – June 10, 2019

Registration fee: \$100

For more information and to register please visit <https://medicine.dal.ca/departments/core-units/cpd/faculty-development/programs/emerging-leaders-in-academic-medicine--elam-.html>.

Tutor Skills Development Program

Are you new to tutoring in the UGME curriculum and looking for resources to support you in your role? Faculty Development offers an online module to introduce you to managing small group learning as well as twice a year tutor practice sessions with simulated tutorial groups. The online module is available anytime, the practice sessions are offered late summer and fall (based on interest).

For more info or to be given access to the module contact FacDev@Dal.Ca

Dalhousie Psychiatry Opportunities

MedED Workshop: Delivering Effective Feedback - Part 1

Two dates will be offered this fall. Part 2 will be offered in the spring.

1. Thursday, Nov. 8, 2018 9:00 – 11:00am, AJLB, Halifax (registration closed Oct. 22)

2. Thursday, Dec. 13, 2018, 9:00 – 11:00am, AJLB, Halifax

REGISTER by Nov 27: <https://surveys.dal.ca/opinio/s?s=45983>

CHILD & ADOLESCENT PSYCHIATRY REPORT

Canadian Academy of Child and Adolescent Psychiatry 38th Annual Conference

The 38th Annual Canadian Academy of Child and Adolescent Psychiatry (CACAP) conference took place Sept. 16-18, 2018 at the Westin Nova Scotian. The theme of this year's conference was *Challenges in Child and Adolescent Psychiatry: Caring for Populations with Complex Needs*. Talks focused on two over-arching learning objectives: (1) Review up-to-date information on the aetiology, clinical presentation and treatment outcomes of complex psychiatric presentations in children and youth; and (2) develop awareness of the complex interplay between social and individual characteristics and the presentation of psychiatric disorder.

The division of child and adolescent psychiatry was very well represented with presentations by:

- **Drs. Alexa Bagnell & Sabina Abidi** (Lean learning in Halifax: system change in outpatient mental health)
- **Dr. Herb Orlik** (A specialty clinic for adolescents with eating disorders: experience with FBT)
- **Dr. Selene Etches** (Meeting the complex needs of the medical/mental health population special interest group; working with youth who use and misuse substances)
- **Dr. Stanley Kutcher** (Bringing mental health literacy to schools)
- **Dr. Suzanne Zinck** (Psychotherapeutic approaches to supporting trans* youth with body dysphoria)



Child and Adolescent psychiatrists at the CACAP conference, back (L-R), Drs. Dave Lovas, Suzanne Zinck, Herb Orlik, Anett Bessenyei, Selene Etches, Alexa Bagnell, Lukas Propper, Jose Mejia, front (L-R) Drs. Jonathan Brake, Celia Robichaud (PGY6), and Sabina Abidi.

- **Drs. Lukas Propper & Celia Robichaud** (Supporting healthy development in autism spectrum disorders: challenges and solutions)

Medicine News: https://medicine.dal.ca/news/2018/10/02/four_psychiatry_faculty_members_recognized_at_industry_event.html

Four faculty members from the department were also honoured by the Academy for their outstanding leadership, education initiatives, community intervention, and advocacy:

- Dr. Herb Orlik (Certificate of Special Recognition)
- Dr. Lukas Propper (Excellence in Education Award)
- Dr. Sabina Abidi (Paul Steinhauer Award)
- Dr. Stanley Kutcher (Naomi Rae Grant Award)

You can read more about their awards on page 15. Our four outstanding award recipients were also recognized in an issue of Dalhousie Faculty of

SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT

Cannabis resources

Over the past year, **Dr. Stan Kutcher**, **Selene Etches** (IWK Health Centre), **Phil Tibbo** (Dalhousie University) and **Rob Milin** (University of Ottawa) have been collaborating to develop evidence-based resources on cannabis use in youth. Along with **Bridget Irwin** (TeenMentalHealth.Org) and in collaboration with the Nova Scotia Department of Education and Early Childhood Development, the team created four infographics that contain helpful information for students, educators, caregivers and school-based health care providers. The resources are designed to provide these audiences with uniquely targeted but similar key information based on the best available evidence as well as directed electronic access to best in class resources to encourage better informed decisions about cannabis use.

The Chair was also presented with a community grant from the Mental Health Foundation of Nova Scotia in order to disseminate these resources locally and nationally. The funds will be allocated towards covering the costs of printing, distribution, social media outreach and the production of an informative video that will be available for use in the coming months. All of the resources, along with additional links can be found at: <http://teenmentalhealth.org/cannabis/>.

Feedback from mental health, education and health organizations has been highly positive.

10 Questions About Cannabis Use And Teens

1 WHAT IS CANNABIS?
Cannabis is a drug that can be produced from plants. The cannabis plant contains many chemicals, including two main active ingredients: **THC** (tetrahydrocannabinol) and **CBG** (cannabigerol). Synthetic cannabinoids (often in a bag) are chemicals that are sprayed onto dried plant material. Synthetic cannabinoids are more dangerous than cannabis.

2 WHAT DOES IT LOOK LIKE?
Cannabis, like dried tea leaves, usually green or brown. **Hashish**: made from the plant resin, solid or paste, usually brown or black. **A concentrate** (like oil/wax/dab/shatter), made from the plant, oily, waxy or pasty, usually yellow or brown.

3 WHAT IS IT CALLED?
Pot, weed, chronic, bud, herb, Kush, joint, bud, marijuana, mj, blunt, dab, ooga, ganja, grass, hash, rosin, dabs, cocaine, brick, wax. Synthetic cannabinoids can be called: Spice, K2, Cloud 9, Mjoo.

4 HOW IS IT USED?
There is no "safe" amount of cannabis. Using more cannabis increases possibility of harm and addiction. Compared to cannabis that your parents may have used the cannabis of today is much more potent (up to 15X stronger). **Inhaled**: Rolled into a joint (cigarette) or blunt (cigar) and smoked, through a bong (water pipe) or a vaporizer (vape). Effects are immediate and last for hours. **Eaten**: Usually added to cookies, muffins, lollipops, gummy candy and brownies (aka edibles). Cannabis tea is also an edible. Effects are delayed by hours and can last up to 12 hours. This can result in eating too much and overdosing or getting really sick. Symptoms of an overdose or "greening out" include: vomiting, dizziness and panic.

5 WHY DO TEENS USE CANNABIS?
After alcohol, cannabis is the most common drug used by Canadian teens. Many people may use cannabis to:
- get high
- have fun and relax
- escape from routine - cope or focus
Using cannabis to cope is not a healthy strategy. Try music, reading, sports, hobbies, volunteering, hanging out with friends or talking with others about how you feel.

6 HOW DOES CANNABIS AFFECT YOUR BRAIN?
Your brain is your most important asset. Regular cannabis use can have a negative impact on how your brain grows and develops.

7 HOW CAN CANNABIS AFFECT YOU?
Although many teens think that regular cannabis use isn't harmful, the reality is the opposite. Regular cannabis use can cause both short and long term harm. Cannabis may make you feel relaxed, happy or high. But at the same time it decreases your coordination and impairs your judgment, problem solving, memory and learning. It can also cause anxiety, panic and psychosis. Do not drive after using cannabis or alcohol and do not get into a car if the driver has been using cannabis or alcohol. Cannabis impairs driving ability, increasing risk for accidents, including fatal ones. Driving while high or intoxicated is illegal, regardless of the drug used. Cannabis CAN be addictive. This is called Cannabis Use Disorder. The earlier a person starts using cannabis and the more cannabis a person uses, the more likely they are to become addicted. Using cannabis with other drugs can increase the risk of harm without giving a better high.

8 WHAT SHOULD I DO IN AN EMERGENCY?
If someone you know has "greened out" follow these steps (S.I.S.S.):
S bring them to a safe place
I if they aren't vomiting, give them lots of fruit juice
S if they've passed out, lie them on their side and call 911
S if they're panicking or paranoid, stay with them to provide reassurance and support
If you're uncomfortable with what's happening, or suspect synthetic cannabinoids use, call 911

9 HOW CAN I LEARN MORE ABOUT CANNABIS USE?
It's important to get the facts about cannabis use. There is a lot of misinformation about cannabis out there. Get informed so that you can TALK SMART. Remember, one of the most common factors for using any drug is peer pressure. You are your own person. You can make your own decisions about what to do. But you need to make a properly informed decision.

10 HOW DO I LEARN MORE?
There is so much more to learn about cannabis so that you can TALK SMART. Visit teenmentalhealth.org/cannabis to get the information that you need.

www.teenmentalhealth.org/cannabis

Cannabis infographic for students.

Smarten Network

Dr. Kutcher recently joined the advisory panel for the Smarten Network (Student Mental Health Research Network). Smarten is a UK national research network led by King's College London and focuses on student mental health in higher education. Directed by Dr. Nicola Byrom (King's College London), they are currently working with advisors and key stakeholders to improve the understanding of student mental health.

Dr. Kutcher is part of the nine person international advisory panel asked to be a part of the organization. Along with a group of research collaborators and core



Dr. Kutcher (left) in Singapore with members of the Institute of Mental Health.

management team, the Smarten Network is working to build an understanding of what institutional and social factors contribute to distress among the student population, how to reduce it and provide access to professional services. For more information on the Smarten Network, visit: <https://www.smartten.org.uk/>.

Singapore visit

Dr. Kutcher traveled to Singapore at the end of the summer as an invited expert and was hosted by the Department of Developmental Psychiatry and the Institute of Mental Health (IMH). During his visit, Dr. Kutcher delivered eight lectures and numerous workshops discussing school-based mental health literacy, suicide prevention and primary care. He also toured the facilities at the Institute of Mental Health and two local hospitals. Members of the Ministry of

Education, Ministry of Social and Family Development, Health Promotion Board and local mental health professionals and stakeholders were all in attendance during the sessions over the five-day visit. The positive response to Dr. Kutcher's presentations is encouraging and will hopefully set in motion a school-based mental health literacy framework leading to an ongoing collaboration in Singapore.

Teacher resource grant

The Chair was fortunate to receive a

grant from the Alexis Fletcher Believe in Hope Trust Fund through the IWK Health Centre. The grant supports local initiatives working with youth in schools on mental health and addictions services. The funding will be used to develop a teacher's manual to accompany the Know Before You Go resource. The manual will facilitate the application of the resource in grade 11 and 12 classrooms in Nova Scotia and will be a collaboration with the Nova Scotia Department of Education and Early Childhood Development.

The Know Before You Go resource was developed to support students as they transition from secondary to post-secondary studies with helpful life skills and embedded throughout is how to maintain good mental health and seek support if needed. An additional grant, recently received from the RBC Foundation, will be used to evaluate the impact of this intervention in Nova Scotia schools.

NEWS & ANNOUNCEMENTS

news from the department

Dr. Tomas Hajek represents Dalhousie at symposium in Santiago de Chile

On September 26 and 27, the Chilean society for bipolar disorders (SOCHITAB) held an international symposium in Santiago de Chile focusing on lithium treatment. Dr. Jorge Cabrera, who organized the event, was able to bring in international experts in the field, including Drs. Grof, Tondo, Muller-Oerlinghausen. **Dr. Tomas Hajek**, from the Department of Psychiatry at Dalhousie, gave a talk titled "Neuroprotective Effects of Lithium, Food for Thought" and several other speakers mentioned the lithium related research conducted by the Dalhousie Mood Disorders Clinic and **Dr. Martin Alda**. This was an extremely well attended event with over 700 registered participants made up mainly of psychiatrists and psychologists interested in bipolar disorders. The Antarctica lecture hall, which has a capacity of 500 seats, was standing room only. The talks were followed by lively discussion, which was not hindered by simultaneous translation to and from Spanish.

Following the conference, a group of psychiatrists, including Dr. Hajek, travelled over 1500 km north to the Atacama Desert to visit one of the largest lithium mines in the world. This is a massive industrial operation owned by SQM (Sociedad Quimica y Minera de Chile), which is normally not accessible to the public. Only the largest customers may visit the facility. Despite their interest in lithium, a group of psychiatrists would certainly not be on this list. Dr. Cabrera was able to arrange the visit only through sheer persistence, exceptional organizational skills and contacts. Guarded by several employees and garbed in protective gear, including reflective vests, gloves, heavy boots, long sleeves, UV resistant goggles, they entered the SQM compound in the middle of the Salar de Atacama. This is a harsh and starkly beautiful landscape, over 2400 meters above sea level. The salt flats are covered by halite (crystallized NaCl) and surrounded by Damayco and Ande mountains, with a chain of smoking, active volcanoes. Water from

these mountains, some of which are over 5500 meters high, drains into the Atacama Desert, where it evaporates and leaves a layer of salt, which is almost 2 kilometers thick. The pores in this crust are filled with brine rich in minerals, including lithium. Salar de Atacama is the world's largest active source of lithium. It contains 27 per cent of the world's lithium reserve base.

The extraction of lithium is a decidedly industrial process: Mad Max-like rigs pump the brine from underground to huge ponds, where the water is left to evaporate under the relentless sun. The SQM has about 44 km² of evaporation ponds, an area larger than 6000 soccer fields. Atacama is the driest nonpolar place in the world, with average rainfall of less than 4 millimeters per year. Apparently, some parts have not seen rainfall in over 400 years. The UV index on most days is over 11. The brine becomes more concentrated and is pumped to another pool, a process which is repeated five times over a period

of about a year. The heavier elements precipitate first, whereas the lighter ones, including lithium (the lightest metal) and boron, remain in the brine. The concentration of lithium in the final pool is about 6 per cent, which is about 100 times more than at the beginning. This yellow, thick and disgustingly salty sludge is then transported into a chemical plant in the city of Antofagasta. It is only there that they produce pure lithium carbonate and lithium hydroxide. So at the end of their pilgrimage, the researchers did not get to see the crystalized lithium. The large piles of white powder scattered throughout the plant were mountains of various salts, which are cleared from the evaporation ponds. There is no market for this salt, which would be too expensive to transport from here.

Lithium produced in Antofagasta is used mostly to manufacture glass, lubricating greases, batteries in cell phones, laptops, and hybrid or electric cars. Tesla Model S for example, contains about 63 kg of lithium in its battery packs. Only a small fraction of lithium is used in pharmaceutical industry. The medical research of lithium has been hindered by the fact that it is a natural element,



Salar de Atacama is covered by crystals of halite or NaCl.

which cannot be patented. Yet, despite the lack of advertisement by Big Pharma, lithium has maintained its role as the first line treatment of mood disorders. Even after almost 70 years of modern use it continues to surprise us with new pharmacodynamic properties, including the neuroprotective effects. In absence of interest by pharmaceutical industry, lithium research will continue to

depend on highly motivated individual researchers or small research groups. The Mood Disorders clinic is internationally recognized for genetic, molecular, brain imaging and clinical studies of lithium. This research is not only very rewarding and interesting, but can take you to exotic places. We always welcome new hands on deck.

Mood disorders group publishes manuscript

The team from the mood disorders clinic recently published a manuscript: "Using structural MRI to identify bipolar disorders – 13 site machine learning study in 3020 individuals from the ENIGMA Bipolar Disorders Working Group," in *Molecular Psychiatry*. This study is a first of its kind and is an international collaboration among 13 sites in 10 countries on five continents – a total of 74 authors. **Dr. Tomas Hajek** led the project, with major contribution by resident **Dr. Abraham Nunes**, involvement of another faculty member, **Dr. Martin Alda**, and strong collaborations with Dr. Thomas Trappenberg from the Faculty of Computer Science at Dalhousie. Within a few days of publication the manuscript was downloaded and read more than 150 times. It currently ranks among the top 5 per cent of all research outputs scored by Altmetric and is in the 91st percentile of

the 216,654 tracked articles of a similar age in all journals.

Through collaboration with ENIGMA consortium (Enhancing Neuroimaging Genetics Through Meta-Analysis), the researchers applied machine learning to a sample of 3020 participants recruited by 13 different research groups around the world. Previous studies have typically used less than 50 BD subjects from a single site. "Working across most time zones was one of the most challenging, but also exciting aspects of this study," says Dr. Hajek. "During the teleconferences, colleagues in California were getting out of bed, we on the east coast were about to go for lunch, researchers in Europe were finishing their work day and who knows what time, day and season it was in Australia."

The results showed that structural

brain scans may differentiate bipolar disorders from control participants even in a large, ecologically valid sample. Despite the multi-site nature, the study identified a highly generalizable set of neuroanatomical features characteristic of individual bipolar disorder participants. Dr. Hajek was impressed by the level of enthusiasm and generosity among the collaborators, who contributed data, time, effort and expertise. "We are breaking new grounds in terms of collaboration and open science. For the first time, we obtained a fair and realistic estimate of what to expect when machine learning is applied to brain imaging data from a large, ecologically valid, multi-site sample of BD participants," he says.

To read the manuscript please visit: <https://www.nature.com/articles/s41380-018-0228-9>.

staff & faculty changes

Arrivals:

Dr. Jennifer Ojiegbe will be completing a locum in the department as a lecturer, effective Sept. 4, 2018. Dr. Ojiegbe will be located on 7 Lane at the Abbie J. Lane Building and can be reached by email at Jennifer.ojiegbe@nshealth.ca or by phone at 902-473-4288.

Dr. Theveshen Padayachee has joined the department, effective July 1, 2018, as an assistant professor. Dr. Padayachee will be located at Fredericton Addiction & Mental Health Services and can be reached by email at theveshenpadayachee@gnb.ca, or by phone at 506-452-2349.

Dr. Melissa Perry has joined the department as an assistant professor effective Aug. 1, 2018. She is located at Fredericton Addiction & Mental Health Services and can be reached by email at Melissa.perry@gnb.ca or by phone at 506-444-3241.

Dr. Abraham Rudnick has joined the department as a professor in the OSI Clinic, effective Oct. 1, 2018. Dr. Rudnick can be reached by email at Abraham.rudnick@nshealth.ca or by phone at 902-460-6225.

Departures:

Carrie Wipp has resigned as the postgraduate coordinator effective October 22. We would like to thank Carrie for her commitment to the education programs of our department for the past 10 years, and wish her good luck as she moves on to a new challenge at Grant Thornton. We have started the process to fill the position of postgraduate coordinator. In the meantime, please contact **Kate Rogers** at Kate.Rogers@nshealth.ca or 473-1677 if you have any questions regarding postgraduate education. Kate will be filling in while we go through the competition process to fill the vacancy.

awards & honours

Faculty members awarded by CACAP

It was nearly a clean sweep for the Department of Psychiatry as four of our faculty members received awards from the Canadian Academy of Child and Adolescent Psychiatry (CACAP). **Dr. Sabina Abidi** is the recipient of the Paul D. Steinhauer Award; **Dr. Stan Kutcher**, the Naomi Rae Grant Award; **Dr. Lukas Propper**, the Excellence in Education Award; and **Dr. Herb Orlik**, receives the Certificate of Special Recognition. The awards were presented at the CACAP annual meeting here in Halifax in mid-September.

Dr. Abidi received the Paul D. Steinhauer Award recognizing her exceptional advocacy for children, adolescents and their families at the regional, national and international level. As one whose commitment to children and adolescents is unparalleled, whose incisive advocacy is informed by her broad clinical and research experience, and whose contributions are enhanced by her warm, empathic patient-centred approach,



CACAP award recipients Drs. Herb Orlik and Sabina Abidi.

her influence on the improvement in mental health care for youth has been exceptional. She has led program development, education initiatives, community outreach and system change

that has had positive impact nationally and within the Atlantic Provinces in improving mental health for children and youth. Congratulations Dr. Abidi on this tremendous honour.

Dr. Kutcher is the recipient of the Naomi Rae Grant Award recognizing his outstanding contributions to the innovation and development in youth mental health policy, advocacy and research. Throughout his career he has devoted his work and efforts to better the lives of those with mental illness and is a most deserving recipient of the Naomi Rae Grant Award. Congratulations Dr. Kutcher.

Dr. Propper received the Excellence in Education Award for his significant contributions to psychiatric education in child and adolescent mental health. Dr. Propper has worked tirelessly to improve the educational landscape within the division of child and adolescent psychiatry. He has played an integral role in the development and continuous improvement of psychiatry resident and child & adolescent psychiatry subspecialty resident curricula, and has shown himself to be an extraordinary leader and mentor to peers and students. Congratulations Dr. Propper!

Last, but certainly not least, Dr. Orlik is the recipient of the Certificate of Special Recognition, recognizing his outstanding contributions and important leadership to the field of child and adolescent mental health. Dr. Orlik's sustained and exceptional contributions over the past several decades as an educator, advocate, and clinician mark him out as a major contributor to the advancement of child and adolescent mental health in Canada. He too, is most deserving of this honour. Congratulations Dr. Orlik!

On October 9 all four recipients were formally congratulated in Nova Scotia Legislature by the Minister of Health, Randy Delorey. Minister Delorey read a



Dr. Lukas Propper shows off his award with head of child and adolescent psychiatry, Dr. Alexa Bagnell.

resolution on the floor of the House of Assembly noting their success. Though unable to attend Dr. Orlik was thrilled to be mentioned. "It has been an honour that we have been recognized by our peers in our national organization of child and adolescent psychiatrists. It is an additional honour that we would be also recognized by the Minister of Health," he says. "It is wonderful that the legislature and visitors in the gallery will hear that child and adolescent psychiatry in Nova Scotia has managed to garner so many awards, that we are doing important work for Nova Scotians, work that has attracted national attention. I for one, am very grateful."

For more information on the CACAP awards please visit: <https://www.cacap-acpea.org/explore/awards/>.



Award winner Dr. Stan Kutcher.

Dr. Keri-Leigh Cassidy recognized by CIHR

Congratulations to **Dr. Keri-Leigh Cassidy** who was recently awarded the 2018 CIHR Institute of Aging Betty Havens Award for Knowledge Translation in Aging. The award, which is monetary,

will be used to further Dr. Cassidy's research and knowledge translation of the Fountain of Health Initiative in Canada. The Fountain of Health is a national initiative to promote brain health

and wellness across the lifespan. Dr. Cassidy received the award at the Annual Scientific and Educational Meeting of the Canadian Association of Gerontology in Vancouver on October 18-20.

Dr. Phil Tibbo receives Region 5 Prix d'Excellence Award from Royal College

Congratulations to **Dr. Phil Tibbo** who is the recipient of the Region 5 Prix d'Excellence Award from the Royal College of Physicians and Surgeons of Canada. This award recognizes fellows of the Royal College who have made significant contributions in providing outstanding care to their patients and

the community in which they practice. Dr. Tibbo provides, is a model for, and advocates for excellence in patient care in his area of early intervention services. This is seen not only in the clinic in which he works and is the director of, the Nova Scotia Early Psychosis Program, but provincially in early intervention care

model development and implementation. It is also evident through his work nationally with numerous projects and outputs focusing on quality-based care for all patients and programs across the country. There is no better recipient of this award than Dr. Tibbo. Congratulations!

Faculty members honoured by Royal Society of Canada

Two faculty members from the Department of Psychiatry were recently honoured for their outstanding scholarly and scientific achievement by the Royal Society of Canada (RSC). Congratulations to **Dr. Sherry Stewart**, who was named a fellow of RSC, and to **Dr. Natalie Rosen**, who was named to the College of New Scholars, Artists and Scientists. They are both among a total of nine Dalhousie faculty to be inducted into the RSC, the largest cohort to ever be inducted from Dal.

The RSC was founded in 1882 and consists of three bilingual Academies and the College of New Scholars, which cover the broad range of scholarly disciplines as well as the artistic and scientific fields. Fellows of the RSC are among 2,000 other Canadian scholars, artists, and scientists, who have been peer-elected as the best in their field. They have made remarkable contributions in the arts, the humanities and the sciences, as well as in Canadian public life. Those inducted into the

College represent Canada's first national system of multidisciplinary recognition for the emerging generation of Canadian intellectual leadership.

Dr. Sherry Stewart, who is an accomplished researcher and the Canada Research Chair in Addictions and Mental Health, has worked tirelessly to advance understanding of biopsychosocial factors contributing to the complex interplay between emotional disorders and addictive disorders, and to develop, evaluate, and disseminate into practice, effective interventions for these concurrent disorders. She has also studied adults and adolescents in mainstream and Aboriginal communities.

Dr. Natalie Rosen, whose primary appointment is in the Department of Psychology and Neuroscience and is cross-appointed with psychiatry, focuses her research on understanding how individuals, and especially couples, cope with sexual problems or changes

to their sexual relationship. She focuses specifically on couples struggling with sexual dysfunction (e.g., genito-pelvic pain, low sexual desire) and who are undergoing a normative life experience—the transition to parenthood—which is typically linked to declines in sexual and relationship well-being. Dr. Rosen's work is interdisciplinary and the ultimate goal is to inform the development of better treatment options for affected women and couples.

Congratulations to both Drs. Stewart and Rosen on this tremendous honour. The new fellows and college members will be formally inducted into the Royal Society of Canada at a ceremony in Halifax on November 17. For more information on the RSC please visit <https://rsc-src.ca/en>.

announcements

University of Toronto Annual Psychopharmacology Conference

Saturday, Nov. 24, 2018

Sheraton Centre, 123 Queen St. W, Toronto

This conference will include sessions from international experts from the University of Toronto, Department of Psychiatry, Department of Psychology, and Oxford University. This year, they will provide psychopharmacology updates focused on schizophrenia, mood disorders, bipolar disorders, dementia, and child and adolescent anxiety and depression.

For more information and to register visit: <https://goo.gl/UKei9Z>

HUMANITIES CORNER

In the last issue of *Headlines* we featured the second of the winners from our 2018 Student Writing Competition. In this issue we feature an excerpt from our third and final winner, Carolyn Reardon's winning submission, *The Bungalow*. To read Carolyn's entire entry please visit <https://medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writingcompetition.html>.

I'd never seen Mum so pissed as when Gran said she wasn't going to get treatment for her cancer, not even when she caught Sadie and me nicking her vodka and replacing it with water when we were teenagers. That time with Sadie and me, she ignited at us like gas poured on a bonfire, a sudden whirlwind of unintelligible swearing and who-do-you-think-you-ares. With Gran, Mum silently seethed like embers. We were all home for Christmas, and Gran told us she wanted to "go out feeling like myself, in my own home. I don't have time for that chemo bullshit." Dr. MacDonald had diagnosed her with lung cancer, and wanted her checked into the Victoria General for surgery and chemotherapy. Mum's eyes squeezed shut tightly, her whole body quaking. "So you're just going to give up?" she had finally whispered. When we were little kids, we spent our summers with Gran at her bungalow in Cape Breton. Mum would pack the car and we would make the drive from Halifax to Ben Eoin on the last day of school, Sadie in the front seat, and me in the back with the twins, Jesse and Paddy. When we got to the bungalow, Mum would have a cup of tea with Gran on the deck, then turn around and drive the whole five hours right back. "Water's going the wrong way," Gran would often say, surveying the whitecaps from the deck, cup of tea in one hand, cigarette in the other. It meant the wind was blowing out towards the ocean, rather than into the Bras d'Or Lake. It was supposed to mean the lake would be a little warmer, without the dark cold surging in from the Atlantic. "Mmm

yes, definitely warmer," we would all agree when we swam on those days, my siblings and me, even though I was never really sure. The water always warmed up by the time we made it out to the raft either way. Diving for starfish and rocks, we never wore goggles, our eyes burning with the salt. Sometimes we would put our lifejackets on and drift with the waves from our raft to our neighbour's, tipping our heads back and letting our hair fan out in the water, surrendering all effort and allowing ourselves to be carried by the current. I couldn't imagine anything more peaceful than that.

Gran drifted with us. She was pretty young for a Gran, since Mum had Sadie at seventeen, as a 'wild girl running around Whitney Pier with purple hair,' the story went. Then me fourteen months later, then the twins fourteen months after that. "I never wanted any of you to be lonely for a minute," Mum would say about that. We all lived with Gran together until Mum got the LPN job in Halifax when Sadie was five.

I think back to one of the last summers we were all together with Gran in Ben Eoin, before our indignant teenage rebellions kept us rooted in the city for our Julys and Augusts. Nearly every night after supper we would gather at the kitchen table to play Rummoli, moths with delicate tissue paper wings fluttering at the the light overhead. We anted up with old pennies, scraped out of a heavy Scotsburn ice cream bucket we kept above the fridge, our fingers stained with rust

like Gran's stained with nicotine. We sat in our bathing suits although the sun had long set,

Sadie and I with our wet hair wrapped up in towels, the twins shirtless in swim trunks faded with salt and sun.

"Time to put your PJs on," Gran would instruct, shuffling the cards and neatly tapping the deck on the table, signaling the game was over.

"One more hand! One more hand!" we would chant, pounding our fists, penny bucket clanking as it bounced on the table.

Sometimes she would let us go for a night-swim while she smoked on the deck, as long as we stayed close to shore and didn't swim out to the raft. Paddy and Jesse would grab our ankles underwater while Sadie and I shrieked and giggled.

"Keep it down!" Gran would hiss between puffs, although she sounded to me like she was maybe laughing too. The orange light at the end of her smoke glowed, appearing to float unattached in the darkness. "You'll wake the whole damn lake!"

RESIDENTS' CORNER

Residents flock to the valley for retreat

On October 14 the residents made their way to the valley for the annual resident's retreat. This year they stayed at the Old Orchard Inn. Drs. **Jonathan Brake** and

Scott Theriault facilitated an Ethics and Psychiatry session where residents discussed real cases they had encountered in their training. The following morning residents took to the treetops at the zip-lining and adventure park Ontree for

some physical activity and mild exposure therapy. The residents are grateful to Drs. **Lourdes Soto-Moreno, Selene Etches, Jason Morrison** and **Meagan MacNeil** for covering the call shifts so all residents could attend the retreat.



Dr. Cody Sherren (PGY1) tries out the rock wall on the black diamond course at Ontree Fun and Adventure Park while his fellow PGY1s look on.



Dr. Graham Stevenson (PGY3) gets ready to attempt to climb the rock wall.



Dr. Angela Wang (PGY2) flies through the air on a zipline.

FEATURES

celebrating DalMed 150

2018 marks Dalhousie's 200th anniversary, and Faculty of Medicine's 150th anniversary. To mark this milestone, we have been featuring a short quiz on an eminent figure from the Department of Psychiatry in each issue of *Headline*. This is the final quiz of the year. Thank you to **Dr. Lara Hazelton** for her contributions.

1. When he became mayor of Halifax in 1844, Hugh Bell decided that instead of expending the mayor's salary of £300 on official entertaining, he would do what with it?
 - a. Establish a mental hospital.
 - b. Grant scholarships to promising medical students.
 - c. Conduct research.
 - d. Hire professional cooks for the Halifax poorhouse.
2. What famous 19th century mental health reformer helped establish the Nova Scotia Hospital?
 - a. Helen Keller
 - b. Dorothea Dix
 - c. Nellie Bly
 - d. Susan B. Anthony
3. In 1910, the Carnegie Foundation released a report that was highly critical of Dalhousie's medical training program. What was the name of this report?
 - a. The Mercer Report
 - b. The Flexner Report
 - c. The Hite Report
 - d. The Kirby Report
4. What year did the Abbie J. Lane Building open?
 - a. 1956
 - b. 1961
 - c. 1966
 - d. 1971
5. When was chlorpromazine (the first antipsychotic) introduced?
 - a. 1931
 - b. 1941
 - c. 1951
 - d. 1961
6. As Dalhousie's Faculty of Medicine celebrates its 150th anniversary, who is currently Dean of the Faculty of Medicine?
 - a. Dr. T.J. Murray
 - b. Dr. Tom Marrie
 - c. Dr. David Anderson
 - d. Dr. Richard Florizone

Dr. Aquino's story: as told by Laurel Walker

The story below was featured through a social media group called #HowManyNSHA-IWK that advocates for client-centred change in mental health and addictions services in NS.

Dr. Emmanuel Aquino has been practicing psychiatry for 40 years. In fact, he says he first retired in 1997, but says he hasn't been able to leave. He asks if I think he looks tired as we sit down for a chat in his office in the Mount Hope building at the Nova Scotia Hospital, and I say he looks great, even though he does look a little tired.

Affectionately called 'Manny' by colleagues, Dr. Aquino always wanted to work in psychiatry. He smiles and says, "I love it, you know why? Do you want to know why?"

Of course I want to know and I wait for the answer.

"It is the place in medicine where you not only apply the science of medicine, but the art of medicine." He explains, "In psychiatry, you need and get to look at the person in front of you as a whole. It's the person that matters."

Dr. Aquino does not get bent out of shape over a diagnosis or label that a patient might come into his care with, but instead he cares more about getting to know this patient before he tries to accurately determine if there even is a diagnosis. He eagerly shares with me about a patient that came into his care some years ago. The patient arrived with the diagnosis of schizophrenia and when put into new situations, he would become very excited, overly fascinated with what he saw and over-eager to participate. After a period of observation by Dr. Aquino and his team, he learned that this patient had been severely deprived in his life and was reacting to experiences that he was living for the first time. "This patient didn't have schizophrenia," says Dr. Aquino, "The patient had no prior experiences to base these off of because of the trauma he had endured."

Having specialized in psychiatry for as long as he has, Dr. Aquino has seen his

fair share of situations and tries to do his best in every situation he is faced with. But, he admits that there are many needed changes to be made in the mental health services in Nova Scotia. When asked about what he thinks about the term 'client-centered care,' he confirms immediately that he knows exactly what it means and strives to practice that way, as do many other professionals in the system. He also confirms that the system is currently not client-centered.

"I am an advocate for client-centered care which involves being patient and having compassion and building trust with each person that comes into our facility. We can be client-centered in our actions, but the system may not be client-centered," Dr. Aquino says and continues, "Delivery of services right now are sometimes a bit rigid. If a patient doesn't engage right away, then they are deemed resistant and are discharged. That's a bit drastic, is it not? We are talking about people, right?"

It's clear to me in just 30 minutes of chatting with Dr. Aquino that he is one of the good guys. He thinks outside of the box and plans how to best help each individual client, "I will use anyone I can and their gifts, to help the people that are in my care. Peer support is undervalued, underfunded and not utilized enough. Lived experiences from others matter to those who are dealing with mental illness."

I take the opportunity to share with



Dr. Emmanuel Aquino

Dr. Aquino that I do understand how connection with someone that is in mental health crisis is often a life-line. I hold my certification in peer support and worked on the front lines in mental health for several years. We both know that connecting someone that is struggling with a person with shared lived experience can be the link that brings a person back to life and helps them to engage in services that will begin to help in their recovery. Trying to prove his point, Dr. Aquino asks me what really helped me be able to engage in services and treatment that helped me save my own life, "Was it the doctor? Was it the psychiatrist? Or was it a team approach that you felt safe enough in to dig deep and engage and do the work?"

Dr. Aquino hits the nail on the head of

something that I love to talk about – self-responsibility of people to take their own recovery and healing in their own hands (when they are able to, of course, this does not necessarily refer to acute crisis). He shares that he tells his patients that like he has a responsibility as their doctor, they have a responsibility as a patient to try and engage and be an active participant in their recovery. He also knows that this is not always easy, “Some people are very slow to engage, very slow. But as practitioners, we must be patient with them and compassionate and try to see the situation from their shoes.”

This hits me right in my heart. I take a few moments to breathe and swallow back emotions. I keep thinking of the people I’ve supported at the emergency room in crisis and of my visits to the ER when I was struggling and how they were treated and I was treated. What would these situations have looked like had there been a practitioner involved like Dr. Aquino - that is clearly skilled at connecting and has a great bedside manner? Connection can be life-saving.

Agreeing that we can do better for clients and build a system to better support clients, Dr. Aquino also notes that staff and professionals working in the system are taxed and carrying heavy caseloads. They, too, need a client-centered system that will allow them to have more authority in their capacity, a supportive and positive working environment and the right leadership to develop a strong team. He notes at this point, quite fairly, that he has won awards with his team (like the most coveted Janine Williams Award won by Transition Hall Nursing Staff in 2015) and how skilled he is at building a team that want to be the best at what they do. Dr. Aquino was the 2016 Recipient of the Outstanding Healthcare Provider award from the Mental Health Foundation of NS.

It’s clear that the issues facing the mental health system in Nova Scotia are complicated and complex, but also fixable. Some other topics we talk about are that there is too much reliance on the psychiatrist alone – power and authority need to be shared by an entire team and the doctor is only a small part of the

team. Dr. Aquino also shares that we need more mental health programming in NS and more resources for patients to engage in so that they can develop skills in dealing with mental health issues. He says that standardizing services across the board will lead to disaster, because, again, we are dealing with individual people and different circumstances in every case and we need the system to adapt to the patient, not have the patient adapt to the system.

After 90 minutes, I tell Dr. Aquino that I will let him go so he can finish up and go home and get some rest and he asks if I learned anything today. Truth be told, I learned so much that I might be processing this conversation for some time, so while we agree to chat more soon and both offer to be a source of support to the other for changing the mental health system in our province, I reply, “I learned that you do not have an easy job and that we need more professionals like you, open to change and discussion.”

I head out the door as Dr. Aquino returns to his work desk at 6:30 pm on a day he’s not meant to be in the office and I feel thankful that he is working in the mental health system in NS and that he is mentoring other professionals that are just as passionate as he is about helping those living with mental illness and helping a broken system become client-centered.

PHOTO FEATURE



Say, cheese! Stacked shelves in Amsterdam 2018. (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. 7, 2019, with the deadline for submissions to be Dec. 14, 2018.

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