

Department of Psychiatry HEADLINES

Psychiatric Intensive Care Unit now open in Burnside



Left: Dayroom space in the PICU. Below L-R: Inside a bedroom; doors to four of the six bedrooms; the airing court.

The Capital District Mental Health Program and the Dalhousie University Department of Psychiatry opened the doors of the Psychiatric Intensive Care Unit (PICU) on May 1, 2011 for the first time.

This is the first unit of its kind in the province and will be used as a short-term stabilization facility for patients who exhibit behaviour deemed to be too aggressive and potentially harmful to other patients in standard mental health units.

“The idea to create the unit was in evolution for a number of years,” said **Dr. Scott Theriault**, clinical director CDHA Department of Psychiatry and

associate professor with the Dalhousie Department of Psychiatry.

“There were issues related to aggressive patients mixing on patient units and an understanding that such patients couldn’t be effectively managed there.”

The six-bed unit is located within the rehabilitation area in the East Coast Forensic Hospital in Burnside. It features a large dayroom space with arm chairs and a television, as well as a spacious outdoor patio known as an airing court.

Psychiatric care is provided in rotation by the five psychiatrists at the hospital. In the past, hostile psychiatric

patients often faced charges of assault and were then moved to the East Coast Forensic Hospital. The opening of the PICU will now see these patients moved to a secure area, more conducive to their rehabilitation, separate from the correctional system.

“Length of stay at the unit is very dependent on the person’s illness presentation,” said Theriault. “It can range from one night to several weeks in some cases.”

The PICU has been successful in achieving its goal of stabilization in all cases to date and is considered an extremely valuable resource for the province.



Message from the Head

Dr. Nick Delva

After a brief hiatus, *Headlines* returns to print under the very able management of our new Communications Coordinator, **Ms. Kate Rogers**, who took over this position from **Ms. Christy MacDonald** in July. We thank Christy for her efforts in establishing *Headlines* in its current form and wish her the best in her new work.

Our cover story is on our new Psychiatric Intensive Care Unit, which since the beginning of May has been providing effective and expert care to highly agitated patients. The establishment of such a unit puts Nova Scotia at the forefront of services for the most acutely ill patients, allowing humane, expert care to be delivered while at the same time avoiding involvement with the legal system.

This has been a summer of considerable change within the Department. We welcome a number of new faculty members, including several of our graduating residents: **Drs. Cheryl Aubie** (Eating Disorders Service), **Ava Muir** (Mayflower Unit), **Deborah Parker** (Bayers Road Clinic), **Joel Town** (Centre for Emotions and Health), **Martina Ruzickova** (SCOT) and **Randy Zbuk** (7Lane and 4South to start with). **Dr. Kathleen Pajer** has joined us as the new Professor and Head of the Division of Child and Adolescent Psychiatry. **Dr. Denise Bernier**, whose research concentrates on brain imaging, made the transition from being a post-doctoral fellow to becoming a member

of faculty. **Dr. Sanjay Rao** has joined the Department as an Associate Professor and the Head of Psychiatry, Annapolis Valley Health. Last but not least, we welcome our new group of first-year residents, **Drs. Alice Aylott, Amgad Barsoum, Marie Claire Bourque, Michael Butterfield, Jonathan Cherry, Maghul Malik, Saima Nadeem and Jonathan Wan.**

Dr. Ian Slayter will continue as a member of our Dalhousie faculty from his new base in Antigonish. We are very grateful for all of Dr. Slayter's work as Clinical Director, General Psychiatry Services, CDHA – our system of general adult psychiatric care is much stronger as a result of his patient and consistent efforts.

With Dr. Slayter's departure, we took the step of restructuring the clinical administration of our CDHA Department of Psychiatry, and **Dr. Scott Theriault** is now the single Clinical Director, having relinquished his position of Clinical Director, East Coast Forensic Hospital (ECFH), which in turn has been taken over by **Dr. Aileen Brunet**. Dr. Brunet has also taken on the position of Psychiatry Component Head for the Med 2 Neurosciences Unit. We thank Dr. Theriault for his effective leadership as Clinical Director of the ECFH and as Clinical Director of Specialty Psychiatric Services. We also thank **Dr. Herb Orlik** for his tireless efforts in leading the Division of Child and Adolescent Psychiatry over a period of many years. We will be having a Departmental event this fall to



thank formally Drs. Orlik, Slayter and Theriault for their many contributions to the Department.

We have appointed **Dr. Jason Morrison** to the newly created position of Deputy Clinical Director, Acute Care Services, and plan in the coming year to fill another new position, that of Deputy Clinical Director, Community and Recovery Services. We have also filled two other new positions: **Dr. Mark Bosma** as Deputy Director, Postgraduate Education, and **Dr. Bianca Horner** as Primary Mental Healthcare Education Leader. We are confident that our recent restructuring and the excellent people recruited to new and existing positions alike will ensure that our Department becomes ever stronger.

We bid farewell to **Drs. Katherine Warren** (Collaborative Care, Eating Disorders), **Ghulam Khan** (Mayflower), and **Luke Napier** (7Lane), thank them for their contributions to the Department, and with them good luck in their future work in the Annapolis Valley, Ontario and Nova Scotia respectively.

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Department of Psychiatry HEADLINES

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Research Section

Submitted by: Janet Bardon
Research Administrator

10 Questions for a Dalhousie Psychiatry Researcher

This issue profiles Dalhousie Psychiatry researcher Denise Bernier. "10 Questions..." is a recurring article in the Research Section of Headlines. If you are interested in being profiled in an upcoming publication, please contact Ms. Jennifer MacDonnell at Jennifer.MacDonnell@cdha.nshealth.ca.

1. Where were you born? I was born and grew up in a very small mining town in Quebec called Asbestos (la belle province).

2. Why did you want to come to Dalhousie University? I was attracted to Dalhousie because of the type of research that takes place here.

3. What is your educational background? I have a PhD in Clinical Psychology from Dalhousie.

4. What are your current research interests? I'm currently interested in the Neuroimaging of psychiatric disorders.

5. What research projects are you currently participating in? I currently participate in several different research projects and they are all related to neuroimaging of psychiatric illness.

6. Why did you choose psychology? I chose psychology because I was hoping to learn how to help people. I have learned and I am still learning.

7. What was your second career choice? Psychology was actually my second career choice. Prior to starting these studies I was a nurse specializing in high risk pregnancy.

8. What experience best prepared you for your position? I was best prepared for my position after several weekends spent at the scanner sites conducting studies.

9. Who was and is your mentor? My mentor for the research component of the program would be Ben Rusak. For the neuroimaging component I would say Rob Bartha. My post-doc mentor was Phil Tibbo.

10. What do you consider the biggest challenge facing researchers today? The biggest challenge is the integration of several different disciplines together for the best approach to a research question and the best interpretation of findings.



Dr. Denise Bernier

Congratulations

Psychiatry Summer Studentships:

Dr. Gail Eskes and student Andrew Clouter, Dalhousie University

Drs. Anne Duffy and **Simon Sherry** and student Tyler James, Mount Allison University

Dr. Normand Carrey and student Caitlin Reid, Dalhousie University

Drs. Ben Rusak and **Penny Corkum** and student Jessica Waldon, Dalhousie University

February 2011 Psychiatry Research Fund Round

Dr. Jackie Kinley: "Plasmas BDNF changes in patients with significant psychopathology following a six week Mental Health Day Treatment Program: Does psychotherapy change the brain?"

Dr. David Whitehorn: "Mindfulness-based support group for family members: A feasibility study."

Dr. Beverly Butler: "The Topical Niacin Skin Flush Test."

Ms. Laura Goodman (Dr. Shannon Johnson): "Metacognitive therapy for adolescents with autism spectrum disorders."

Congratulations to **Dr. Sherry Stewart** who was honoured as a CPA Fellow

Message from the Head

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also note other new developments in the Department, including changes to the Tuesday and Friday rounds at the NSH site. Thanks to **Dr. Bill McCormick** for his leadership in education over the years, and to **Dr. Lara Hazelton** for taking on the responsibility of coordinating psychiatric input into the newly organized Inter-professional Education Series on Tuesdays and Innovations in Care on Fridays. Dr. McCormick will continue to organize the hugely successful NSH education Day.

Congratulations to **Drs. Stan Kutcher** and **Sonia Chehil** on the redesignation of the WHO/PAHO Collaborating Centre for Mental Health Training and Policy, which is part of our International Psychiatry

at the Welcoming Ceremony at the 2011 CPA Convention. CPA Fellows are members of the Canadian Psychological Association who have made a distinguished contribution to the advancement of science, education and training, and/or the practice of psychology, or who have given exceptional service to their national or provincial associations.

Research Expo 2011

This year's Research Expo was a great success and was well attended by both psychiatry residents and faculty members. Everyone was treated to pizza and beverages while viewing posters by researchers in the Department and learning about the research opportunities that are open to residents. Thank you to everyone who helped with the event, especially the members of the Research Expo Planning Committee: **Dr. Kim Good, Dr. Alexa Bagnell, Ms. Janet Bardon** and **Ms. Jennifer MacDonnell**.

Research Day 2011

Research Day is scheduled for Friday, October 28 at the Lord Nelson Hotel.

We are pleased to announce that this year's keynote speaker will be Dr Christopher van Dyck, Professor of

Section. Congratulations also to **Dr. Ben Rusak** on receiving a Distinguished Scientist Award from the Canadian Sleep Society. Dr. Rusak is a giant in the world of sleep and circadian rhythms and we are very fortunate to have a person of such stature as our Director of Research.

It is very encouraging to read of Jayme's successful battle with anorexia nervosa. One of the visions of the Department of Psychiatry is to see such high quality and readily accessible mental health services available to all of the Nova Scotians who need them. We are looking forward to the release of the provincial mental health strategy in the fall, and in the near term, among

Psychiatry, Neurology, and Neurobiology, and Director of the Alzheimer's Disease Research Unit at Yale University. His research interests include therapeutic, neuroimaging and genetic studies of Alzheimer's disease (AD) and healthy cognitive aging. Dr. van Dyck is very active in AD therapeutic research. Since 1992 he has participated in more than 70 multicenter clinical trials for AD and MCI and has authored several of the trial publications. He serves on the Steering Committees of the NIA Alzheimer's Disease Cooperative Study (ADCS) and Alzheimer's Disease Neuroimaging Initiative (ADNI). Other significant scholarly contributions by Dr. van Dyck include dopamine transporter imaging in healthy aging and the apolipoprotein E e4 Phenotype of AD. In 2005 he received the "Compassion and Cure" Award from the Alzheimer's Association.

Registration forms will be circulated soon. For more information, please contact **Jennifer MacDonnell** at jennifer.macdonnell@cdha.nshealth.ca.

other endeavours, we will work with our partners to effect the community placement of the large number of inpatients who could be discharged from hospital, given adequate supports and services, and we will also aim to expand our collaboration with primary care providers, so that collaborative care becomes our normal modus operandi.

Finally, one of our great strengths at Dalhousie is the medical humanities, and I am very much looking forward to the completion of the Caduceus Project, which promises to be a stunning piece of artwork, the beautiful feathers of which (shown on page 18) were contributed by our residents.

Child and Adolescent Psychiatry Division

Submitted by: Michelle Patenaude
Administrator, Child and Adolescent Psychiatry

Recognizing exceptional care

The Division of Child and Adolescent Psychiatry would like to thank **Dr. Herb Orlik** for his term as Head of the Child & Adolescent Division. Dr. Orlik has served in the Headship capacity for more than 22 years and has been a member of the Department for more than 38 years. While leading through example, he has made and continues to make an immense contribution to the reputation of the Department. He has not only developed the Autism Program, but has worked over the years in addictions, a travelling clinic, out-patient and in-patient psychiatry.

Dr. Orlik is well known as an ethical and trustworthy practitioner and outstanding teacher and mentor. Patients and clinicians in Child & Adolescent Psychiatry are happy to have Dr. Orlik continue at Maritime Outpatient Psychiatry. The warmth of his approach with children and their parents, and particularly his ability to formulate his assessment to provide understanding and therapeutic optimism is remarkable.

A big thank you to Dr. Orlik for his exceptional contributions over the years!

Dalhousie PhD candidate wins top doctoral research award from CIHR

Yifeng Wei, Dalhousie PhD candidate and Bedford resident was recently awarded one of the largest Doctoral Research Awards obtainable from the Canadian Institutes of Health Research (CIHR). The \$105,000 award will be used to support her research in the field of mental health education and will cover her tuition and research expenses for three years.

Wei's research will aim to discover if raising awareness of mental health and illness changes the behaviours of the school-aged children and whether this knowledge increases their chances of seeking help if needed. She will also be testing if this education helps reduce stigma against mental illness. With one in five Canadians experiencing mental health problems every year, Ms. Wei is eager to make a difference.

"Getting mental health education into the hands of teachers across the country will improve the lives of our students," says Wei.

Wei will be supported in her research by her PhD advisory: **Dr. Stan Kutcher**, the Sun Life Financial Chair in Adolescent Mental Health and professor of psychiatry at Dalhousie; clinical psychologist, professor of psychiatry, vice president of research at the IWK and her PhD supervisor, **Dr. Patrick McGrath**; and Dr. Jill Hayden, assistant professor in the Department of Community Health and Epidemiology at Dalhousie.

Wei will use her research to create a measurement tool to evaluate the impact of mental health literacy programs and determine the best ways to carry out interventions.

Publications

White matter hyperintensities in affected and unaffected late teenage and early adulthood offspring of bipolar parents: a two-center high-risk study. Gunde E, Novak T, Kopecek M, Schmidt M, **Propper L**, Stopkova P, Höschl C, **Duffy A**, **Alda M**, **Hajek T**. J Psychiatr Res. 2011 Jan;45(1):76-82. Epub 2010 May 20.

Stuck on screens: patterns of computer and gaming station use in youth seen in a psychiatric clinic. **Kutcher S**. J Can Acad Child Adolesc Psychiatry. 2011 May;20(2):95.

Post-suicide intervention programs: a systematic review. Szumilas M, **Kutcher S**. Can J Public Health. 2011 Jan-Feb;102(1):18-29.

Eating disorder conference held in Moncton, NB

Several leading medical experts recently gathered at a New Brunswick conference on treating eating disorders. The conference at Moncton Hospital aimed to help medical specialists, parents, siblings and teachers better understand the condition and related disorders.

Two highly regarded doctors spoke at the conference. One of those doctors was **Dr. Stephanie Casey**, a child and adolescent psychiatrist with the IWK health Centre's Eating Disorder Team in Halifax. Dr. Casey also gave three television interviews, two with CTV and one with Global TV, after her presentation.

The conference was well received by all those in attendance.

Education Section

Submitted by: Annette Cossar
Education Administrator

Undergraduate News

The Undergraduate Program is eagerly anticipating the arrival of the clerks representing the Class of 2013 in September. There have been many changes to the curriculum for the Med 1 and 2 years which will also roll out this fall. We would like to express our sincere gratitude to the faculty who have made their teaching commitments in the following areas: tutoring in the revised components e.g. Professional Competencies 1 and 2; the tutors for the Med 2 Clinical Skills, examiners for the September OSCE and Med 1 One-Day Physician Shadowing. Thank you all for your tireless efforts!

Postgraduate News

The Department hosted the 2011 Graduation Exercises in June at The Prince George Hotel. There was a great turn out as family and friends gathered to celebrate with this year's graduating residents. Congratulations to the Class of 2011: **Drs. Ava Muir, Deborah Parker, Svitlana Rusalov's'ka, Michael Stubbs, Adriana Wilson** and **Randy Zbuk**.

Our fellow, **Dr. Marla Davidson**, completed her training in Geriatric Psychiatry and was recognized for her accomplishment. The evening provided an opportunity to also recognize several achievements as follows:

Clerks' Choice Award – **Dr. Shauna Correia**



Graduating residents L-R: Drs. Svitlana Rusalov's'ka, Michael Stubbs, Ava Muir, Deborah Parker, Randy Zbuk and Adriana Wilson

Residents' Choice "Teacher of the Year" – **Dr. Ron Fraser**

Dr. Charles J. David Memorial Prize – **Jacob Cookey**

Dr. W.O. McCormick Award – **Dr. Sumeer Bhalla**

Dr. Robert & Stella Weil Fund in Psychiatry – **Dr. Shauna Correia**

We were fortunate to have Dr. Jane Murphy Leighton in attendance to present the Alexander H. Leighton Resident of the Year to co-winners this year. We would like to congratulate: **Drs. Deborah Parker** and **Michael Stubbs** for their contributions to the residency program during their years of training.

Please join me in welcoming our Class of 2016 - PGY-1 residents: **Drs. Alice Aylott, Amgad Barsoum, Michael Butterfield, Marie Claire Bourque, Jonathan Cherry, Mahgul Malik, Saima Nadeem** and **Jonathan Wan**.

Our PGY-2 residents have returned after completing rotations in other disciplines — welcome back to your home Department: **Drs. Rachel Bell, Kristen Holm, Liisa Johnston, Mirka Kolajova, Anita Ray, Vanessa Thoo** and **Nancy Boniel**.

Fellowship: **Dr Mirko Manchia** will be continuing his fellowship with **Dr. Martin Alda** in Mood Disorders for another year.

We are very happy to announce the appointment

of Deputy Program Director, **Dr. Mark Bosma**. Dr. Bosma brings with him a wealth of experience having worked with the Postgraduate committee for several years. He is a dedicated teacher who will be an excellent addition to the division of Education. Welcome aboard Mark!

The Royal College of Physicians and Surgeons of Canada have changed the format of the residents' final evaluation in the program. The change affects the oral exam (STACER) process and the current procedure. In short, each senior resident must demonstrate competency in at least TWO observed clinical interviews. There is no upper limit to how many times the resident may take the STACER. The evaluator is expected to provide feedback to the resident. Two examiners are no longer the required standard. This means that we will no longer organize the final PGY-5 examination as was done previously and there will be no "mock-oral madness."

We will continue with the regular mock-oral throughout the residency. Each resident is expected to complete at least six mock orals per academic year. Ideally one of the mock orals should be with the current clinical supervisor. We will be using the new STACER evaluation forms.

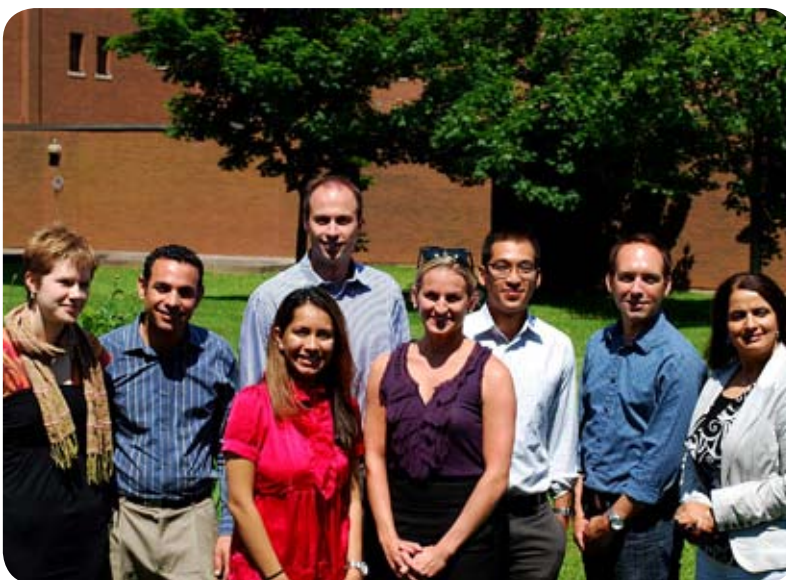
I would like to express my deepest gratitude to Dr. Joanne MacDonald, our last and outgoing Chief Examiner and to Dr. W. O. McCormick, our relentless organizer of practice exams for PGY-5's. Their dedication and thoroughness in training and examining residents has been much appreciated.

We are happy to announce the addition of the Addiction's rotation in Psychiatry. Under the supervision of Dr. Ronald Fraser, this will be a core rotation in Shared Care, with supervision from **Drs. Curt Peters** and **Sabina Abidi**, as well as an elective rotation in Community Psychiatry in Windsor supervised by **Drs. Lorraine Lazier** and **Brian Burke**.

We would like to welcome **Drs. Ava Muir, Deborah Parker** and **Randy Zbuk** to the department's teaching team.

The Postgraduate department would also like to thank **Drs. Martina Ruzickova, Randy Zbuk, Emily Maxan** and attending psychiatrists for their contributions in laying the foundation for the teaching module on the Acute Care Inpatient Units.

The team of clinical supervisors from all Outpatient clinics have joined forces and developed standards for resident supervision in the PGY 2 Outpatient rotation.



New residents L-R (back row): Alice Aylott, Amgad Barsoum, Jonathan Cherry, Jonathan Wan, Michael Butterfield, Saima Nadeem; Front: Mahgul Malik and Marie Claire Bourque

Other News

Dr. Sabina Nagpal is leaving us temporarily to attend the London School of Hygiene and Tropical Medicine where she will study for her MSc in Public Health.

Congratulations to **Dr. Daniel Rasic** on his successful application to CIHR for the Banting and Best Masters Award. His application was highly rated in the top five per cent of application scores.

Continuing Education Activities

NSH Continuing Education

For several years now, the sessions that take place on Tuesdays at lunch hour have been interdisciplinary, both in terms of presenters and audience. To better reflect this, the name of the Tuesday sessions will be changed to the Nova Scotia Hospital Inter-professional Education Series. Friday morning sessions will be renamed "Innovations in Care" and will take place only once a month. In recent years, NSH-based psychiatrists have been the primary presenters for approximately 25 per cent of the education sessions. Many psychiatrists have also contributed to

Important Dates:

CaRMS Interviews for 2012: Jan. 21, Feb. 2 and Feb. 11.
Department Oral Exam: May 25, 2012
Accreditation Visit: Feb. 12-17, 2012

In preparation for the surveyors visit, the department held a Postgraduate retreat on August 9. Invited guests included leaders in administrative

interdisciplinary presentations with colleagues. Beginning this fall, the first Tuesday of each month will consistently feature a presenter from psychiatry. This will mean that psychiatry would be responsible for eight to 10 education sessions per year. This does not preclude psychiatrists and residents contributing to the team presentations scheduled for the other weeks, which we would still encourage for those who are interested.

Announcements: After many years of dedicated service, **Dr. W.O. McCormick** has handed the role of coordinating the

health programs: **Dr. Nick Delva, Dr. Scott Theriault**, Peter Croxall and Ruth Carter and from the University, Dean Tom Marrie and Assistant Dean Dr. Guy Brisseau.

NSH educational sessions to the CDHA Mental Health Education Committee. **Dr. Lara Hazelton** will be responsible for the organization and recruitment of presenters from psychiatry, while Dorothy Edem and Jane Hughes will liaise with other disciplines. Sandra Mader will be providing administrative support. Dr McCormick will continue to coordinate Academic Day.

QEII Continuing Education

Beginning this fall, videoconferencing of all weekly Wednesday QEII Clinical Academic Rounds, including monthly University Rounds and monthly Child

and Adolescent Psychiatry Rounds, will be available to the NSH, ECFH, and all CDMHP community team sites, in addition to our usual sites throughout Nova Scotia and Saint John, NB. The QEII 2011-2012 Clinical Academic Rounds schedule is filling in quite nicely, but we do still have available dates in the fall. If you have not already chosen a date to present, please contact **Carrie Wipp** at Carrie.Wipp@cdha.nshealth.ca. Our first scheduled University Rounds speaker on **Sept. 21, 2011** will be Dr. Chawki Benkelfat from McGill University.

The CME committee would also like to announce an exciting new addition to the QEII Clinical Academic Rounds schedule for 2011-2012. At the initiative of two of our residents, **Drs. Daniel Rasic** and **Jacob Cookey**, we are introducing Psychiatry Debates. Based on the format of the popular Maudsley Debates, debate topics will focus on controversial philosophical issues related to the theory and practice of psychiatry with the goals of enhancing appreciation of the

complexities of the chosen debate topic and increasing understanding of the critical appraisal of available evidence. In this initial "pilot" year we will be holding two Psychiatry Debates: the first to be held on Sept. 28, 2011 and the second on March 28, 2012. There will be two teams for each Psychiatry Debate with each team consisting of a resident and a faculty/staff member. Some potential debate topics suggested by Drs. Rasic and Cookey include:

- Antidepressants should be the mainstay of treatment for depression.
- The diagnosis of ADHD is an example of medicalizing a normal variant.
- There is no more to the mind than the brain.
- Nature vs. Nurture: Life stress/trauma is a sufficient cause of schizophrenia.

These are meant to serve as a guideline for debate topics. The final choice of topic will be made by the members

of the teams based on their areas of interest. We feel that these Psychiatry Debates will be a stimulating and informative addition to our CME program and are actively seeking faculty/staff and resident participants. If you are interested in volunteering as a debate participant or would like further information, please contact carrie.wipp@cdha.nshealth.ca.

Announcements: The CME committee would like to thank **Dr. Sabina Nagpal** for her contributions during the past year as resident representative and wish her well in her studies in London. Welcome to **Dr. Anett Bessenyei**, the new resident representative. We would also like to welcome a new member to the CME committee: **Dr. Bianca Horner**, recently appointed as Primary Mental Healthcare Education Leader for the department. We are looking forward to working with our two new members in the upcoming year.

Sun Life Financial Chair in Adolescent Mental Health

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

We have lots of great news coming from the office of the Chair this summer.

Our first Academy in School Mental Health was a success with more than 150 educators attending our two day workshop. Special thanks to: **Dr. S. Abidi, Dr. S. Casey, Dr. A. Bagnell, Dr. S. Zinck, Dr. P. Corkum, Dr. W. Junek, Dr. S. Kutcher, Dr. D. Gardner, Dr. A. McLuckie**, and the Sun Life Financial Chair in Adolescent Mental Health Chair Team for all their hard work.

We have added a new face to our team and have one leaving. **Mitchell Shea** has joined us to help launch our eLearning Centre, which will provide

a wealth of mental health training for physicians, parents and educators. We also want to wish **Jessica Wishart** well. She has been our youth engagement coordinator, but will be leaving our team in September to pursue her Masters in Social Work at University of Toronto.

We've been working with the British Columbia Medical Association to develop a five-part education series for all general practitioners in British Columbia. The course covers the identification, diagnosis and treatment for primary care providers in adolescent depression, child ADHD, adolescent ADHD, child anxiety and adolescent

anxiety. The series includes print materials, video content and an in-person train the trainer session being hosted this fall for the physician ambassadors that will be training their counterparts in the community.

We also have several team members who have been accepted to present at the AACAP/CACAP National Meeting in October in Toronto. Those included: **Dr. Alan McLuckie, Yifeng Wei** and **Christina Carew**.

International Psychiatry Section

Submitted by: Dr. Sonia Chehil
Director, International Psychiatry

Update on the Psychiatric Mental Health Nursing Program in Guyana

Submitted by: Ms. Sandra Hennigar, RN and Ms. Loretta Whitehorne, RN

When the team of four nurses accepted the challenge to provide a distance psychiatric nursing education program for RN's in Guyana, we did so with many unanswered questions about how it would actually work. We agreed early in the discussions that unless we started, we wouldn't know or understand the challenges or how to manage them. After agreeing to move forward with only a skeletal roadmap, we began the program in January 2011, having been in the country twice before to discuss issues and solutions.

The program is a 30-week self-study program in psychiatric mental health nursing followed by a 4-month internship. It is a post-RN level program, designed to produce nurses capable of providing safe and effective nursing care at an advanced beginner level of practice. The self-study program is supported by weekly contact with an instructor through the use of an internet-based program, which creates a virtual classroom. There are three two-week periods of clinical supervision throughout the program, placed at the end of each section of study. Students must pass both the theoretical and practical aspects of the program.

Successful program delivery is highly dependent upon reliable and available high-speed Internet connection – something we all take for granted here. In Guyana, the laying of fibre optic cables that will allow connectivity across a vast geographical area has marked 2011. Although the area serving the National Psychiatric Hospital, where the program is housed was prioritized, high-speed Internet access became an ongoing issue. Extended periods of internet interruption have been a critical factor in determining the amount of support available to the students.



Mental Health Nursing Students

This is compounded by the fact there are no clinical nursing experts in the area. Despite efforts from all parties to accommodate to this challenge, it has impacted student progress as the students have required more intensive instructor support than anticipated and thus have needed more than ever the scheduled amount of instruction that was built into the original program.

We were aware that the method and standards of education in nursing in Guyana would be different than those we have here and over the course of this inaugural program we have learned much about what we need to do for the next iteration. Educational programs in Guyana, and across the Caribbean, are modeled from the traditional British didactic method and the standards for the basic foundational education for RN's in Guyana did not prepare the students for the level of critical and

conceptual thinking required by this program. The program we were delivering was designed for nurses educated within Nova Scotia or Canadian schools of nursing – with an emphasis on adult learning methods. The pass mark for their basic RN program is 60% while the PMHNP pass mark was set at 70%. After discussion and consultation with our Guyanese colleagues, we agreed to hold the pass mark at 70%. Not surprisingly, this created challenges for the successful completion of the material in each section. The students struggled throughout the course with both the internalization of the concepts and the practical application in the clinical setting. They have recognized that this course is like none other they have taken. They understand the depth of what is required of them and acknowledge that they have never

learned using such an inquisitive manner of study.

Despite the challenges the students have continued to soldier on. Several have consistently performed well academically while others continue to struggle to get through. Three students failed the final exam and must rewrite in the Fall. One of the three students had personal extenuating circumstances that contributed to this outcome. The students who did not pass their final exam must rewrite the exam at a later date and complete the course requirements by finishing the last two weeks of clinical. The three students are currently studying for the supplemental exam. Failure to pass the final comprehensive course exam means the three students cannot write the Guyana General Nursing Council exam scheduled for mid-August. Another date will be set for them to sit this once they have passed the course exam and completed the two-week clinical. They will then move into the four-month internship component of the program and will finish slightly behind the rest of the group. The five students who have completed the course requirements will write the General Nursing Council exam and begin a four-month internship in early September.

The clinical setting presented some

very real, and at times, overwhelming challenges for both the students and the nursing team. At home, the basic clinical and administrative structures that underlie the operations of our health services are so ingrained in the system as to become invisible to most of us. The absence of standard practices, coupled with many years of a culture of survival for both staff and patients at the Psychiatric Hospital brought home how critical our system structures are in creating an environment in which patients and families can receive therapeutic care. Charts do not exist in any fashion similar to what we know as a standard. Orders are written on single pieces of paper with no particular chronology. There are no psychiatric assessments documented by any health care professional, though the staff possesses a great deal of knowledge about patients that never gets documented. The availability and administration of medication was inconsistent. Some of the untrained unit staff refused to give medications as ordered, simply because that is not how they do it. Practices differed from unit to unit with no rationale to understand or explain those differences. Patients roam the hospital grounds barefoot and dishevelled. The hospital has no obvious system of supplying units with

items considered essential for comfort and hygiene (soap, toothpaste and brushes, decent mattresses, etc.). Basic technologies of telephone access can create problems for communicating with families about patient care.

The nursing team has worked with **Dr. Sonia Chehil**, the Administrator of the National Psychiatric Hospital, and the Regional Health Authority Director to raise awareness of these challenges. We were pleased to find during our last trip that issues related to availability of medications on the units and the delivery of medications to patients has improved. Other issues related to practice will take longer to impact as they require some major planning to address. The nursing team is learning some valuable skills in patient, diplomacy and cultural awareness as we work with students and colleagues in Guyana and we thank Dr. Chehil for mentoring us through this process. The team would all agree that despite the challenges throughout this process, the efforts have been worthwhile and meaningful to both the students and the people who are receiving an improved level of care.

International Psychiatry Section Redesigned by PAHO/WHO

We are pleased to announce that the World Health Organization/Pan American Health Organization (WHO/PAHO) has re-designated the WHO/PAHO Collaborating Centre for Mental Health Training and Policy in the Department of Psychiatry at Dalhousie University. This designation is effective to August 2015. **Dr. Stan Kutcher** is the Head of the Collaborating Centre. The Center is one of only two WHO Collaborating Centers at Dalhousie and has been active since September 2005.

The Terms of Reference for the WHO/PAHO Collaborating Centre for Mental Health Training and Policy are to provide technical cooperation to Latin America and the Caribbean countries in the field of Child and Youth Mental Health and to participate in the development of the Consortium (Network) of the Canadian WHO/PAHO Collaborating Centers in Mental Health, with emphasis on Primary Care – Mental Health Initiatives. “We are pleased to have received this redesignation,” said Dr. Stan Kutcher. “It is an acknowledgement of the work we have done to date and an opportunity to continue to contribute to the improvement of the mental health of young people and their families globally.”

The WHO/PAHO Collaborating Center is part of the International Section of Psychiatry in the Department of Psychiatry at Dalhousie University. Led by **Dr. Sonia Chehil**, the Section works collaboratively with governments, NGO's, academic institutions and other partners to address mental health worldwide.

News & Announcements

Staff / Faculty Changes

Dr. Cheryl Aubie has joined the faculty as a Psychologist and Assistant Professor, effective July 1. Dr. Aubie will be working with the Eating Disorder Clinic in the Abbie Lane Building.

Dr. Alexa Bagnell has resigned from her position as Associate Chief of Psychiatry, effective July 1. Thank you to Dr. Bagnell for her outstanding contributions to the Department.

Dr. Denise Bernier has joined the faculty as a Psychologist and Assistant Professor, effective July 1. Dr. Bernier will be working with the Early Psychosis Unit in the Abbie Lane Building.

Dr. Mark Bosma has been appointed Deputy Postgraduate Program Director, effective September 1. He will coordinate the training of Fellows and the development of the Royal College new subspecialty training programs. In conjunction with the Postgraduate Program Director he will also coordinate the curriculum and evaluation process of junior residents.

Dr. Aileen Brunet has been appointed Clinical Director of East Coast Forensic Hospital (ECFH), effective August 1. Dr. Brunet is located in Burnside at ECFH.

Dr. Bianca Horner has assumed the position of Primary Mental Healthcare Education Leader for the Department of Psychiatry, effective July 1. Dr. Horner will provide leadership in the development, implementation and evaluation of primary mental healthcare education programs for various family medicine and other primary healthcare-provider audiences. She will also participate in collaborative care education for residents in psychiatry.

Dr. Ghulam Khan has resigned from his position on the Mayflower Unit and has relocated to North Bay, Ontario, effective July 1. Thank you to Dr. Khan for his contributions to the Department.

Dr. Jason Morrison has been appointed the Deputy Clinical Director, Acute Care Services, Department of Psychiatry, CDHA, effective August 15. Dr. Morrison joined the Dalhousie Department of Psychiatry faculty in 2009, and after an initial clinical placement at the Cole Harbour Clinic, has been looking after inpatients on 6Lane and outpatients in the Early Psychosis Program. Dr. Morrison's extensive knowledge of the challenges faced by acute inpatient units and his success in helping lead the way forward in the development of the acute care services make him an ideal candidate for this new role.

Dr. Ava Muir joined the faculty as a Lecturer and Staff Psychiatrist, effective July 4. Dr. Muir will be working on the Mayflower Unit at the Nova Scotia Hospital.

Dr. Luke Napier has resigned from his position on the 7 Lane Inpatient Unit, effective Aug. 12. Thank you to Dr. Napier for his contributions.

Dr. Deborah Parker has joined the faculty as a Lecturer and Staff Psychiatrist, effective July 18. Dr. Parker will be working at Community Mental Health Services on Bayers Road.

Dr. Kathleen Pajer has been appointed the new Chief of the IWK Health Centre's Department of Psychiatry, as well as Senior Physician, IWK Mental Health and Addictions Program, and Head of Dalhousie University Department of Psychiatry's Division of Child and Adolescent Psychiatry, effective August 29. Dr. Pajer is a respected clinical teacher and presenter who has authored and edited countless book chapters, publications and abstracts. She has an established research career and has been awarded numerous major research grants. Dr. Pajer joins us from Ohio State University, College of Medicine where she was an Associate Professor of Pediatrics. She was also an Associate Professor of Epidemiology and Psychiatry with Ohio State University, Colleges of Medicine and Public Health.

Ms. Kate Rogers is the new communications coordinator for the Department, effective July 19. Ms. Rogers will be working with Dr. Nick Delva and Ms. Carolyn Sisley on a variety of communications initiatives and special projects.

Dr. Martina Ruzickova has joined Adult Specialty Psychiatry Services (Rehab/Recovery, SCOT Team and Connections Clubhouse) as an Assistant Professor and Staff Psychiatrist, effective April 4. Dr. Ruzickova is located in Cole Harbour Place with the SCOT Team.

Dr. Ian Slayter has resigned from his position of Clinical Director, Adult General Psychiatry. Dr. Slayter was appointed to this role in September 2003 and has led the department through a variety of change initiatives over the past eight years. Thank you and goodbye to Dr. Slayter. We will miss his steady hand and able leadership.

Dr. Scott Theriault has been appointed to the position of Clinical Director, CDHA Department of Psychiatry. This position replaces and builds on his previous role of Clinical Director of Specialty Services. Dr. Theriault has also stepped down from his position as Clinical Director of the East Coast Forensic Hospital where he has provided highly effective leadership for the past 10 years. His significant contribution to the leadership of the forensics team over has been very much appreciated. We are confident Dr. Theriault will continue to champion excellence in his new role.

Dr. Joel Town has joined the Centre for Emotions and Health (CEH) as a Clinical Psychologist, effective July 1. Joel will act as a clinician, teacher and supervisor within CEH and will be the Lead on the CEH Emergency Department Clinic for Medically Unexplained Symptoms. Dr. Town will be located on the 7th floor of the Abbie J. Lane Building and the Emergency Department of Capital Health.

Dr. Katherine Warren has resigned from her position with the Cowie Clinic in Shared Care and the Eating Disorder Clinic with CDHA, effective Spring 2011. Thank you to Dr. Warren for her contributions to the Department.

Dr. Randall Zbuk has joined the faculty as a Lecturer and Staff Psychiatrist, effective July 11. Dr. Zbuk will be located on 4South IWK and 7Lane.

Congratulations

Graduate student awarded masters fellowship from CIHR

Sarah Doucette, a graduate student working with **Dr. Anne Duffy** in the Department of Community Health and Epidemiology was successful in being awarded a Masters Fellowship from CIHR. Sarah was among 109 of 233 applicants who received approval. Sarah will be focusing on the association between early adversity, cortisol and psychopathology in the HR offspring. Congratulations to Sarah!

Dr. Benjamin Rusak wins Dalhousie University Excellence in Teaching Award

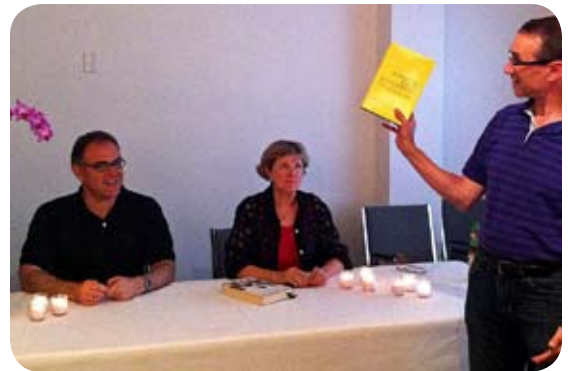
Congratulations to **Dr. Benjamin Rusak** who was awarded the Excellence In Teaching Award in Neuroscience from Dalhousie University in May.

Resident captains provincial frisbee team

Congratulations to PGY3 **Katherine Matheson**, who captained Team Nova Scotia at the Canadian Ultimate Frisbee National Championships in Ottawa Aug. 11-14, 2011. Well done!

Patricia Crittenden, Ph.D. co-authors book with Andrea Landini, M.D.

Congratulations to **Patricia Crittenden**, Ph.D. and Andrea Landini, M.D., who have published the first guide to the discourse analysis of the Adult Attachment Interview and other transcribed attachment texts. A book signing event was held in Miami in June, with Dr. Lane Strathearn giving an introduction. Dr. Strathearn heads the research team at Baylor Medical College that has provided fMRI data on Crittenden's theory of attachment and adaptation. Dr. Crittenden is an Adjunct Associate Professor at Dalhousie. Dr. Landini is on the teaching faculty of the Scuola Bolognese di Psicoterapia Cognitiva in Bologna, Italy. The method will be applied to research at Dalhousie with **Dr. Jacqueline Kinley**.



Dr. Lane Strathearn introduces Drs. Patricia Crittenden and Andrea Landini's new book, *Assessing Adult Attachment*, at a book signing event in Miami, June, 2011.

Announcements

Academic Day XXIII - Mark your calendars now!

The twenty third Annual Academic Day put on by NSH and Allied Sites will take place on Friday, April 27, 2012. The topic will be "PERSONALITY DISORDERS." One keynote speaker has already confirmed: Dr John Livesley of UBC.

More details will be circulated as the planning goes forward. If you have any queries you can address them to **Ms. Sandra Mader** at 902-464-3122, sandra.mader@cdha.nshealth.ca or **Dr. Bill McCormick** at 902-865-3663, william.mccormick@cdha.nshealth.ca.

World Mental Health Day 2011

The World Federation for Mental Health, in which the Dalhousie Department of Psychiatry is a voting member, coordinates and supports World Mental Health Day on Oct. 10 of each year. This year the theme is "*The Great Push: Investing in Mental Health.*" For more information please visit: www.wfmh.org.

News

News from Mental Health Day Treatment: Interest in research on integrated group therapy

Submitted by: Dr. Jacqueline Kinley

Director, Mental Health Day Treatment Program

Dr. Jacqueline Kinley and Marie Kavanaugh arrived home from Boston in June where they attended the Northeastern Society for Group Psychotherapy (NSGP) Annual Conference, coined Group and the Social Synapse. Kinley and Kavanaugh presented clinical research on Integrating Group and Attachment, how to accelerate change. They were among many distinguished presenters speaking in the area of attachment, group and psychoneurobiology.

Included in the photo are Dr. Phillip Flores from Atlanta, Georgia, a leading practitioner in Addictions and author of *Addictions as an Attachment Disorder*, and Dr. Scott Rutan from Boston, Massachusetts, author of *Psychodynamic Group Psychotherapy*.



In the Photo (L-R): Dr. Phillip Flores, Marie Kavanaugh, Dr. Jacqueline Kinley and Dr. Scott Rutan.



Second-year psychiatry residents studying TA in Halifax.

Standing L-R: Mary Goodman, PhD, PTSTA-P, leader of the training, Jacob Cookey, MD, and Ashwin Varghese, MD.

Seated L-R: Soroush Sadafi, MD, Cristina Aydin, MD, Katherine Matheson, MD, and Shauna Correia, MD.

Not pictured: Christian Wiens, MD, and Nancy Porter-Steele, PhD, TSTA-P.

From cowboys and quantum leaps to psychiatric residents—an integrative TA approach

Submitted by: Mary Goodman

Transactional Analysis (TA) is alive and thriving across Canada. From Ottawa and just down the road in Orangeville, and on to Alberta, TA training workshops are being offered and therapy practiced regularly. Beyond the Rocky Mountains in the Pacific Northwest, integrative and relational transactional analysis therapists work with these TA approaches in Vancouver and Victoria.

Here in Halifax seven second-year psychiatric residents in the Dalhousie Medical School program underwent exciting transactional analysis training this past January. Under the leadership of Dr. Mary Goodman, PTSTA, they began with a two-day Fundamentals of Transactional Analysis course. The

course was taught by Dr. Goodman, **Dr. Curtis Steele**, Jan Morrison PhD, and Dr. Nancy Porter-Steele. They continued with 10 weekly three hour group supervision sessions led by Dr. Goodman and Dr. Porter-Steele. These transactional analysis leaders enjoy helping the residents discover the usefulness of TA theory and practice.

Credit for establishing transactional analysis in the Dalhousie program goes to **Dr. Jackie Kinley**, the psychiatrist who heads the psychotherapy training section of the residency program. She intends it to be an ongoing part of the basic training.

Talking about trauma

Patricia Crittenden, Ph.D., gave an invited address entitled *Talking about Trauma: A Dynamic-Maturational Perspective on Danger, Attachment, and Adaptation for Division 56 (Trauma)* at the meeting of The American Psychological Association in Washington, D.C. on August 6, 2011. The talk was well received and will be presented a second time in Johannesburg, South Africa in September.

Dr. Benjamin Rusak wins Canadian Sleep Society Award

Congratulations to **Dr. Benjamin Rusak**, a Professor in the Departments of Psychiatry, Psychology and Pharmacology, who received a Distinguished Scientist Award from the Canadian Sleep Society this month. Dr. Rusak is the third recipient of this award. The Society recognized the significant impact his work has had internationally in the basic science area of sleep and circadian rhythms.

Dr. Rusak has made major contributions to our knowledge of the mechanisms regulating circadian rhythms and sleep in mammals and has been a tireless proponent of the importance of these fields to our understanding of both basic physiology and human health. He is the Director of Research in the Dalhousie Department of Psychiatry, Director of the Chronobiology and Sleep Program at Capital Health and has been a member of the Executive of the Brain Repair Centre since its formation in 2006. His contributions have been recognized by his appointment as a Dalhousie Faculty of Science Killam Professor, as a University Research Professor and as a Guest Professor at Jilin University, China, and by his election (1999) as a Fellow of the Royal Society of Canada.

He has served the research community as the founding Editor of the Journal of Biological Rhythms and on the executives of the Canadian Association for Neuroscience, the Society for Research on Biological Rhythms and the Canadian Sleep Society. In addition to his service to many granting agencies, he has been a member of research advisory committees for the Canadian Space Agency, the Nova Scotia Health Research Foundation, and the CIHR Institute of Circulatory and Respiratory Health, and served on a selection committee for new Fellows for the Royal Society of Canada.



First annual Dr. Kersti Covert Award presented to Mr. Jonathan Duplisea

Submitted by: Rachel Morehouse

Head, Department of Psychiatry, Horizon Health Network

On Thursday, July 28, 2011, the first annual Dr. Kersti Covert Award in Psychiatry was presented by Dr. William Covert (Husband to Dr. Covert) and Dr. Laurie Potter (Psychiatry Department Medical Education Director) at the

Dr. Covert Memorial Library/ Student Lecture Room at the Saint John Regional Hospital. The recipient of this year's award was Mr. Jonathan Duplisea, a third year medical student at Memorial University in Newfoundland.

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

Dr. Pam Forsythe and Dr. Rachel Morehouse each

reflected very fondly, and with great admiration, on their experiences in working with Dr. Covert. In presenting the award, Dr. Potter spoke of Jonathan's achievements during his Psychiatry rotation, noting his tireless dedication to patients and the overwhelming number of positive comments received from all staff about him.

An endowment fund has been set up for The Dr. Kersti Covert Memorial Award with Mindcare, New Brunswick. In addition to providing the \$500 scholarship for this year, the department psychiatrists donated an additional \$5000 to help set up this fund. Our hope is to be able to present this award annually. Donations are welcomed and appreciated.



In the Photo (L-R): Dr. William Covert, Dr. Rachel Morehouse, Mr. Jonathan Duplisea, Dr. Laurie Potter, Dr. Pam Forsythe.

Laing House's Community Outreach Initiative

Submitted by: Ron Patterson

Community Outreach Coordinator, Laing House

Laing House
Come as you are

At Laing House, our mission is to empower youth and young adults living with mental illness through innovative programming based on a peer support model. We are a place where members can embrace their unique gifts and find their way in a caring and supportive community environment. Laing House members are between the ages of 16 and 29 and have been diagnosed with a mood, anxiety and/or psychotic disorder.

We are excited to announce our new Community Outreach Initiative that will take our youth driven programming into communities where access to peer supports has proven difficult. This includes communities within the HRM boundaries and eventually throughout Nova Scotia. Laing House is partnering with Community Mental Health Clinics, along with other related organizations such as the Provincial branches of the Canadian Mental Health Association, to help build capacity for youth focused programming.

If you would like to learn more information about Laing House or our new Community Outreach Initiative please contact **Ron Patterson**, Community Outreach Coordinator, at 902-425-9018.



OneinFive.ca

OneinFive.ca was created by the Dalhousie University Department of Psychiatry in hopes of creating awareness of the prevalence of mental illness and providing information and resources for individuals and their families. It also highlights the people and groups working hard to deliver the research, treatment and support Nova Scotians deserve.

Email admin@oneinfive.ca to sign up for updates on the latest content

Features

With You: Patients get a fresh start

Submitted by: IWK Foundation

Jayme was only 11-years-old when she began focusing on healthy eating. She started to avoid foods like cheese and peanut butter and chose fruit and low-fat snacks instead. During the summer after Grade 5, Jayme's weight dropped so dramatically, her parents knew something was wrong.

"She spent many of our family camping trips acting depressed and lethargic," says Jayme's mom, Kerri. "I felt helpless and spent my alone time crying out to God for the strength to know how to help her."

The family found help through the Eating Disorders Clinic, part of the IWK's Mental Health & Addiction Services. Jayme was diagnosed with Anorexia Nervosa, a disorder involving an inability to stay at a minimum body weight considered healthy for the person's age and height. Jayme's heart was showing signs of damage due to the small amount of food she had been eating. She needed to be admitted immediately.

"It was scary the first day but after

a few days I realized it was going to be okay," says Jayme, now age 12. "I was never bored, there were lots of activities to do each day and my Mom and I spent lots of time decorating my room."

Jayme stayed at the IWK for three weeks and responded well to treatment. "She worked very hard every day, eating what was given to her and staying in bed with little activity to allow her heart to

"I often wonder what this journey would be like without the IWK. They are well equipped to handle eating disorders in children. An adult clinic just would not have met our needs." – Kerri Pierce

grow stronger," says Kerri. "I knew she was an amazing girl but our time at the IWK proved just how determined she is."

"We used a family-based treatment method in which Jayme and her family became part of our treatment team," says **Dr. Joanne Gusella**, clinical psychologist and Team Leader, Eating Disorders Clinic. "The goal was to fight the Anorexia Nervosa and help Jayme to

reclaim her healthy self. Jayme and her family worked very hard to bring Jayme back to health."

The Eating Disorders team at the IWK tailored Jayme's treatment based on her age. "I often wonder what this journey would be like without the IWK," says Kerri. "They are well equipped to handle eating disorders in children. An adult clinic just would not have met our needs."

Now in Grade 6, Jayme is at a healthy weight and is enjoying life. She is sharing her story to help other kids recognize the signs of eating disorders.

Mental Health & Addiction Services provides care across a wide spectrum of patient needs, including:

- Acute Inpatient Mental Health Services (4 South)
- Adolescent Centre for Treatment (ACT)
- Adolescent Day Treatment
- Child and Family Day Treatment
- CHOICES
- Compass
- Reproductive Mental Health



Humanities Corner

In this month's issue of Humanities Corner we reflect on a workshop facilitated by two of the three Artists in Residence with the Dalhousie Medical Humanities-Heals Program for 2010-2011, **Miro Davis** and **Don Rieder**. The June 15 event aimed to engage psychiatry residents in a way that fostered creativity and physician wellness. The Artists in Residence this year were funded by the Robert Pope Foundation.

Don Rieder is a performer and director who has worked with many theatre and circus companies including Cirque de Soleil. With Don, the residents explored movement, through individual, paired and group experiences. These experiences focused on playfulness, releasing tension, being in the moment and giving and receiving physically, rather than intellectually and verbally.

Miro Davis is a mixed-media artist who has been working on the Caduceus Project, which is a large scale sculpture of metal work and ceramics contributed to by members of the medical and healthcare community including everyone from nursing students, palliative care staff at the IWK, to the Dean of the Medical School. The art pieces symbolize what each individual values in the healing professions and what brought them to this work. The psychiatry residents contributed feathers to the wings of the medical symbol. The Caduceus along with an accompanying audio component will eventually be displayed at the medical school after a tour to various locations.



Psychiatry residents' contributions to the Caduceus Project.



Left: **Miro Davis** with resident contributions to the Caduceus Project. Right: **Don Reider** leads residents through an expressive exercise.

Canadian medical students and residents are invited to submit reflective essays, poetry, or short fiction that explore the intersection of mental health and the humanities to the Dalhousie Department of Psychiatry Annual Student Writing Competition. Each year, one entry in each category (medical student, postgraduate trainee) will be selected to receive a \$100 cash prize. Winning entries will be published in the Department of Psychiatry newsletter, *Headlines*, and on the Dalhousie Department of Psychiatry website. The maximum word count is 2,000 words.

This year's deadline is **October 11, 2011**. Entries can be sent as Word attachments to **Dr. Lara Hazelton**, Department of Psychiatry Humanities Coordinator, at: Lara.Hazelton@cdha.nshealth.ca. For more information, visit <http://psychiatry.medicine.dal.ca/education/humanities/contests.htm>