

# Department of Psychiatry HEADLINES

## Fellow lives out Department's mission in NWT

Dr. Arlene MacDougall headed to Yellowknife to *Educate, Discover and Heal*

**Dr. Arlene MacDougall** has joined the Dalhousie Global Psychiatry team as part of her Fellowship and will be working extensively on a partnership between the Department and the Stanton Territorial Health Authority (STHA), with the goal of developing and implementing a comprehensive collaborative care approach to strengthen clinical care services currently available to the population of the Northwest Territories and western Nunavut.

Dr. MacDougall, who completed her medical degree at the University of British Columbia and psychiatry training at McMaster University, will be a Fellow with the Department from July 1, 2012 to June 30, 2013. She will make at least three visits to the NWT, the first beginning late August and ending at the end of September. The other visits will be two weeks in length. She will be working mostly at a psychiatry outpatient clinic in downtown Yellowknife, but will also complete some inpatient work at Stanton Territorial Hospital and will be involved in travel clinics in the outlying communities of Hay River, Fort Simpson and Fort Providence.

When Dr. MacDougall is not on site in the NWT she will be providing telehealth consultations to patients there. This "distance clinical service delivery," as it is being called, will be used to enhance the existing psychiatry services and is a key part of the collaboration with STHA. The NWT has not had a permanent psychiatrist in a number of years, so the collaboration is something they are relying on and hope will be long-term.

The Department will also be partnering with STHA to develop systems delivery, mental health education and training for health care professionals, and a research agenda for the Territories— all of which will align with the directions outlined by the NWT's new Mental Health Strategy.

"This will be transformational for the Territories," says Dr. MacDougall, who spent much of July and August working out the details and goals of the partnership. "There will be



(L-R) **Dr. Arlene MacDougall**, Ms. Debra George (Community Mental Health Nurse), Ms. Georgina Carr (Case Manager, Adult Services) and Mr. Vincent Belanger (Community Mental Health Counsellor, Outpatient Psychiatry).

opportunities for residents to be part of this, as well as any interested faculty members," she says.

**Dr. Sonia Chehil**, Director of Dalhousie Global Psychiatry, will be the physician lead on the project. She too will visit the NWT in the coming months, as will **Dr. Nick Delva**. Dr. MacDougall however, will be doing most of the hands-on work.

The Northwest Territories and Western Nunavut will provide the team with some very unique challenges clinically, as well as with service delivery. Some of the main issues faced by the population are trauma, significant alcohol issues and drug addictions, high crime rates, isolation and remoteness, and high rates of suicide.

If faculty or residents are interested in becoming involved in the NWT project, either directly or through the provision of telehealth services, please contact Ms. Julie O'Grady, Administrator for Dalhousie Global Psychiatry, at [Julie.Ogrady@cdha.nshealth.ca](mailto:Julie.Ogrady@cdha.nshealth.ca) or by phone at 902-473-4252.

# Message from the Head

Dr. Nick Delva

In 2009, the Department of Psychiatry commissioned a review of what was then known as our International Psychiatry Section (IPS). This was conducted by Dr. Martine Durier-Copp, Director, Centre for Advanced Management Education, Faculty of Management, Dalhousie University, and Dr. Richard Swinson, recently the Chair of the Department of Psychiatry and Behavioural Neurosciences at McMaster University. The review was laudatory and made several recommendations, one being that the IPS focus to a greater extent on underserved areas of our own country, and on aboriginal mental healthcare: "The sphere of activity of the IPS should also be delineated, and the decision to include First Nations and Inuit health activities as part of its mandate, made." In consequence, the IPS was renamed "Dalhousie Global Psychiatry" (DGP), and when the opportunity to develop a partnership with the Northwest Territories arose, the course of action was clear.

The Mission Statement of the Stanton Territorial Health Authority (STHA) is "Caring people providing excellent and culturally-relevant health services, as a territorial referral centre, to residents of the Northwest Territories and the Kitikmeot region of Nunavut." Thus the catchment area of the STHA is vast, while the catchment population is only about 50,000 people, who speak eleven different languages. As you will read in the front-page story of this issue of Headlines, in its partnership

with the Government of the Northwest Territories Department of Health and Social Services, the Yellowknife Health and Social Service Authority, and the STHA, DGP will provide clinical care, both on-site and via telehealth, and guidance on the development of mental healthcare services, and will also collaborate on teaching and research. As a resident, **Dr. Arlene MacDougall** had worked with **Dr. Sonia Chehil**, Director of DGP, and now, as a Fellow, Dr. MacDougall will be leading the development of our partnership with the NWT. Like the other territories and provinces, the NWT wishes to utilize its healthcare dollars wisely and also have a skilled and reliable workforce – the Dalhousie-NWT partnership will be devoted to these ends. The reader will be interested to examine the NWT's strategic plan for mental health, released in June of this year: "2012 • 2015 A Shared Path Towards Wellness – Mental Health and Addictions Action Plan." This is available at: [http://www.hlthss.gov.nt.ca/pdf/reports/mental\\_health\\_and\\_addictions/2012/english/a\\_shared\\_path\\_towards\\_wellness.pdf](http://www.hlthss.gov.nt.ca/pdf/reports/mental_health_and_addictions/2012/english/a_shared_path_towards_wellness.pdf). The Plan includes the following action for 2012-13: "In partnership with Stanton Territorial Hospital, collaborate with the Department of Psychiatry at Dalhousie University to explore the potential for expanded clinical service delivery and mental health program development." We are aiming to have the kind of long-term, high-quality relationship with the NWT as currently pertains with our



partners in the Caribbean area: Tobago, Grenada, St. Lucia and Guyana.

September, of course, represents the start of another school year, and the resumption of our rich and varied opportunities for learning, not that academic activities came to a standstill in the summer months! As can be seen within the pages of this issue, a number of summer students were busily engaged in research projects, the Sun Life Financial Chair in Adolescent Mental Health, **Dr. Stan Kutcher**, ran the Second Annual Academy in School Mental Health, Dalhousie Global Psychiatry conducted more than one visit to the Caribbean area (as well as preparing for the NWT initiative), our first Clinician Investigator Program resident, **Dr. Daniel Rasic**, successfully defended his MSc thesis, grant applications were prepared, preparations were made for teaching in the 2012-13 academic year, Simpson Landing (the new community-focused integration and recovery units) was

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## Department of Psychiatry HEADLINES

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## Research Section

Submitted by: Janet Bardon  
Research Administrator

In this issue of Headlines, we are profiling two of this year's psychiatry summer students: Ms. Caoimhe McParland and Ms. Kristen Higgins.

### Caoimhe McParland

Ms. Caoimhe McParland returned to work with the Mood Disorders group this summer after a successful summer last year with the research program. Ms. McParland is a student of Acadia University, entering her second year of studies in September. She is a member of the Acadia University Global Brigades and volunteered at a medical clinic in Honduras with the organization. Ms. McParland also volunteers with Acadia's SMILE program where she works with a child with Autism. Once the captain of her high school soccer team, she went on to play centre mid-fielder for the Acadia Axewomen soccer team.

Her studentship project with **Dr. Martin Alda** and the Mood Disorders group examines the relative efficacy of combination treatments with that of monotherapies using data from clinical trials of prophylaxis of Bipolar Disorder. She is reviewing published studies and applying for access to data from unpublished trials that compared combinations of two drugs with mood stabilizer monotherapy. Extracted data is being entered in a database to be analyzed. Ms. McParland is assisting in writing the final report and presenting findings.



**Dr. Martin Alda** and summer student, Ms. Caoimhe McParland.

### Kristen Higgins

Ms. Kristen Higgins developed her research skills in psychiatric epidemiology under the supervision of Dr. Lachlan McWilliams at Acadia University. She is joining us as a summer student with the Early Psychosis program under the supervision of **Dr. Phil Tibbo**. Kristen completed her BSc. Honours in Psychology degree this year, with her thesis titled "Orthographic Influences on Metaphonological Tasks: Evidence from Event-Related Brain Potentials (ERP)" and will be applying to do her post graduate degree in clinical psychology. She was president of the Acadia University Psychology Association and works as a research assistant for Dr. Randy Newman in psycholinguistic research.

Following a similar one-year project in the Capital District Health region, Ms. Higgins is working to delineate the pathways to care in first episode psychosis in the Annapolis Valley Health region. She is interviewing patients, organizing and analyzing data, and writing up the results at the end of the summer. She will present the results of the study at this year's Department of Psychiatry Research Day.



**Dr. Phil Tibbo** and summer student, Ms. Kristen Higgins.

## Save the Date - Research Day 2012

Mark your calendars for the 2012 Department of Psychiatry Research Day on November 2 at the Lord Nelson Hotel.

## Education Section

Submitted by: Annette Cossar  
Education Administrator

### Postgraduate News

With the passing of the summer vacations and the July start for the new PGY-1s, the academic year kicks into gear. We thought it appropriate to clarify the administrative support that will be provided by **Ms. Norma Thompson** and **Ms. Carrie Wipp**. For PGY-2 to -5 resident matters, didactic series including the faculty presentations and appointments with **Dr. Rajda**—please contact Norma at 473-7122 or Norma.Thompson@cdha.nshealth.ca; for PGY-1 resident matters, fellowships, observerships—please contact Carrie at 473-5664 or Carrie.Wipp@cdha.nshealth.ca. Carrie will continue to be your contact for Continuing Education activities.

### Undergraduate News

Our final rotation of Class of 2013 clerks finishes on September 17, with our first clerks from the Class of 2014 starting September 10 (Orientation Day). The additional Clerkship Orientation dates for 2012/13 are January 2, April 2 and June 24. The week of September 10-17 represents the annual overlap of classes so the units are extra busy!

Many of the Med 1 & 2 activities are now underway with many of our faculty involved, including **Dr. Joe Sadek** who has been newly appointed the Component Head for the part of the Professional Competencies course that relates to the Neuroscience block.

The Clinical Skills II blocks kick off September 13 for the first group and runs until November 8.

We had a great outcome from the new IPP Process this year and 12 of our faculty were recruited for this year's 'Med 1 Shadowing Preceptor 2012' experience held September 4.

The Clerkship Comprehensive OSCE will be held on Saturday, September 15 and MCQ exams on September 13 & 14.

All clerkship seminars are now held in the Tupper Building, Room 2L7 videoconferencing suite so all distant-site clerks will have a more enriched experience.

A Sexuality module is being added to the seminar series as a Resident project. This is being led by **Dr. Shauna Correia**, PGY-4, with guidance from **Dr. Cheryl Murphy**.

### Continuing Education Activities

#### Upcoming Continuing Education Events

##### Clinical Academic Rounds

*September 5* - "Antipsychotics and Nova Scotia's Youth"

Presented by David Gardner PhD and Andrea Murphy PhD

*September 12* - Dr. Lorraine Lazier

*October 3* - "Personality Disorders: The Future of Diagnosis- DSM 5"

Presented by Dr. Michael Butterfield  
PGY 2

*October 17* - Dr. Lukas Propper

*October 24* - Dr. Tom MacKay

*October 31* - Dr. Lara Hazelton

##### Inter Professional Education Series

*September 11* - Psychiatry

*September 18* - Seniors Outreach

*September 25* - TBA

*October 2* - General Practitioners

*October 9* - Community Mental Health

*October 23* - Sex Offenders Team

*October 30* - Acute Care

##### University Rounds

*September 19* - Dr. Ari Zaretsky  
Director, Postgraduate Medical Education, Director, Medical Education and Head Mood Disorders Clinic, Centre for Addiction and Mental Health, Associate Professor, Department of Psychiatry, University of Toronto

*October 10* - Dr. Janet Treasure  
Psychiatrist and Director of the Eating Disorder Unit at the Maudsley NHS Trust in London

*October 10* - Special Noon Hour  
University Rounds, with a speaker from Global Psychiatry

##### Upcoming Workshops

*September 19* - Dr. Ari Zaretsky will be putting on a CBT workshop for the residents

# Sun Life Financial Chair in Adolescent Mental Health

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

## Collaboration with China and Sun-Life Chair proving successful

More than two and half years ago **Dr. Stan Kutcher** gave the keynote address on *Mental Health and the School Environment: Secondary Schools, Promotion and Pathways to Care*, at the 19th World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions conference in Beijing, China. It was this address that would initiate a flood of requests to work with the Sun Life Financial Chair team.

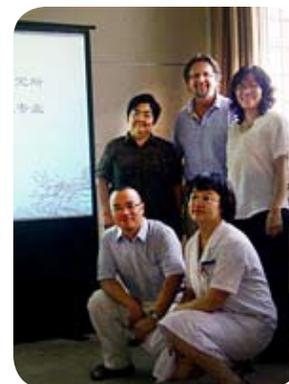
Since then Dr. Stan Kutcher and his team have been working with various partners in China. They worked with the Shanghai Mental Health Centre of Shanghai Jiaotong University to develop a comprehensive community and school-based approach to ADHD in children and adolescents. The approach was adapted from Dr. Kutcher's School Mental Health Pathways to Care model, and focused on ADHD training for educators, health professionals and parents. The modified program was

applied in Shanghai and implemented in more than 200 schools where it was exceptionally successful. The feedback received was excellent and the program will be extended to other areas in China.

The Sun Life team has also worked with Peking University Sixth Hospital (Peking University Mental Health Institute) to help develop a mental health training program. The hope is to create a more formal collaboration between the Dalhousie Department of Psychiatry, the IWK and Peking University.

The final relationship is with Beijing Normal University. Here the desire is to take the mental health curriculum and teacher training program developed by Dr. Kutcher and modify it for use in China.

Dr. Kutcher is happy with how things are going and says "I'm very pleased to have established these collaborations and am hoping they will become more formalized and continue in the future."



**Dr. Stan Kutcher** works on curriculum with Drs. Wang and Liu and two faculty members from the Peking Mental Health Institute.

## Academy in School Mental Health

In July, our team hosted the Second Annual Academy in School Mental Health at Halifax West High School. This annual summer workshop provides educators with an opportunity to receive mental health literacy training from a team of mental health care professionals and educators. The structure of the Academy focuses on the most common mental illnesses seen in teenagers and provides strategies for educators to better support these students.

This year more than 120 educators from across North America participated in the three-day training session, which proved to be an even bigger success than last year. Our Provincial Minister of Education, Ms. Ramona Jennex, and Provincial Minister of Health, Mr. David Wilson, were on hand to show their support for school mental health. We are pleased to announce that planning is already underway for next year's Academy.



Above: **Dr. Stan Kutcher** and Education Minister, Ms. Ramona Jennex. Left: **Dr. Alexa Bagnell** presenting at the Academy in School Mental Health.



## Mental Health & High School Curriculum Training across the Province

A recent national survey stated that Canadian teachers are feeling ill equipped and under-resourced to adequately support the mental health of students. Many are calling for better mental health resources and professional development in schools.

Our team is currently working with the Province to implement School Mental Health Curriculum Training in every high school in Nova Scotia. Teachers have already been trained to use this curriculum in both the Halifax Regional School Board and Tri-County Regional School Board and we hope to ensure that all nine school boards are fully trained by 2013.

This initiative represents a major step for the mental health of young people in the Province of Nova Scotia as a result of the sustained collaboration between our team and the Nova Scotia Department of Education. Although Nova Scotia is our primary focus, we will continue our collaboration with agencies and institutions outside the province to support school mental health across the country.

## Announcements

**Ms. Christina Carew**, who has served three years as the Public Affairs Advisor to the Chair, has decided to take her talents in a different direction. She will be attending the Canadian College of Naturopathic Medicine in the fall. We would like to wish Ms. Carew the best of luck with in her future endeavours.



## Dr. Paul Janssen Chair in Psychotic Disorders

Submitted by: Dr. Phil Tibbo

Dr. Paul Janssen Chair in Psychotic Disorders

It is very pleasing to see the continued increase in depth and variety of psychosis research in the Department of Psychiatry. Current investigations range from identifying biological correlates of psychosis using neuroimaging and genetic techniques, to pharmacologic and non-pharmacologic treatment studies, to investigating psychosis with respect to health systems. While not an exhaustive list, below is a summary of active studies.

### Clinical trials

Clinical trials (headed by **Dr. Heather Milliken**) are currently focusing on pharmacological treatments for residual positive and negative symptoms in psychosis. In addition, there are two trials examining adjunctive medication options in the treatment of psychosis (Niacin, Metformin).

### Neuroimaging

DPRF (Department of Psychiatry Research Fund)-and CIHR (Canadian Institutes of Health Research)-funded neuroimaging studies in high field strength spectroscopy continue, examining white matter changes in early phases of psychosis. The Janssen Chair was also recently successful in obtaining a NSHRF (Nova Scotia Health Research Foundation) Establishment Grant to examine the neuroimaging correlates of NPAS3 gene variants in psychosis.

**Dr. Jacob Cookey**, a psychiatry resident in the Clinical Investigator Program, has started his two-year research program with the Janssen Chair and **Dr. Denise Bernier**. He will be focusing his MSc studies on a project investigating age of initial cannabis use on white matter structures using multimodal imaging techniques. Using fMRI, **Dr. Kim Good** continues with her investigation on reward motivation and

expectancy in early phase psychosis smokers.

### Summer students

We were very pleased to have two summer research students working the Janssen Chair and his team. As mentioned on page 3, Ms. Kristen Higgins investigated the Pathways to Care in Early Phase Psychosis in health regions outside of HRM. We wish Kristen well as she enters her PhD Program at Dalhousie University in Psychology.

Ms. Alisha Hiscott was a summer co-op student from St. Mary's University and examined the implementation, barriers and facilitators of the new provincial Early Psychosis Standards with all the health regions in the province. She interviewed members of the Provincial Psychosis Network in addition to administrators in all of the nine health regions in the province. The document summarizing her work, will prove very beneficial in moving the provincial standards forward. We also wish her well in her final year at SMU.

### Family studies

It is important to note two studies that are centered on family members of individuals with psychosis. Ms. Margie Crown is investigating two modes of family education in early psychosis and their effects on levels of distress and knowledge. **Dr. David Whitehorn** is examining Mindfulness-Based Therapy for family members. Both DPRF funded projects have direct applications to family care.

The Janssen Chair will be attending the 8th International Conference on Early Psychosis (IEPA) in San Francisco in October. He will be accompanied by other NSEPP Staff and researchers, as five abstracts have been accepted for presentation at the IEPA Meeting. This international conference is only held every two years and focuses not only

on research, but also programming, in the area of early phase psychosis.

In addition to the above health systems projects, the Janssen Chair is actively involved with a project entitled "Sustaining recovery: Supporting the transition from

specialized services to primary care for at risk youth." This project is supported through a CIHR Meetings and Planning grant and the Chair will be in Toronto in the fall to meet with other Canadian researchers to further the research in this area.

## Dalhousie Global Psychiatry

Submitted by: Dr. Sonia Chehil  
Director, Global Psychiatry

### Global Psychiatry welcomes Dr. Arlene MacDougall



**Dr. Arlene MacDougall** joined the Global Psychiatry team on July 1. She is completing a joint Fellowship in Global Psychiatry and First Episode Psychosis under the co-supervision of **Dr. Sonia Chehil** and **Dr. Phil Tibbo**.

Dr. MacDougall's Fellowship work in the Global Psychiatry Section is focused on the establishment of a collaborative partnership between the Dalhousie Department of Psychiatry and the Stanton Territorial Health Authority, though she is also involved in the curriculum development and implementation of the post-graduate Master's of Medicine in Neuropsychiatry Program (MMNP) in Guyana. As well, she is studying the prevalence of mental illness in people living with HIV in Guyana and their current access to mental health care.

In keeping with her clinical and research

interest in psychotic disorders, Dr. MacDougall will also be working with the Nova Scotia Early Psychosis Program over the course of her Fellowship year.

Dr. MacDougall completed an Honours BSc (Human Biology and Bioethics double major) at the University of Toronto prior to obtaining her MD degree at the University of British Columbia. Following medical school, she completed her postgraduate medical training in Psychiatry as well as Master's Degree in Neuroscience at McMaster University. To date, her clinical research interests have included the characterization and diagnosis of late-onset psychotic disorder and autobiographical memory functioning in schizophrenia and mood disorders.

### Global Psychiatry Visits Tobago

Submitted by: Mr. Peter Croxall  
Global Psychiatry Team

**Ms. Sandra Hennigar** and **Mr. Peter Croxall** visited Tobago, the smaller of the two main islands which make up the Republic of Trinidad and Tobago in the Southeastern Caribbean, during the week of June 24 to June 30. A new hospital is nearing completion in Scarborough, the main town, and among other things it will have a brand new 12-bed inpatient psychiatry unit, to replace the current unit in the old hospital. This has raised issues about the physical security features of the new unit, staff training and unit programming, staff and psychiatrist roles, relationships with the ambulatory mental health services across the island, specialized longer-term residential recovery services for those with severe and persistent mental illnesses, overall organizational structure of the services, and the need for a mental health strategy for the island within the Trinidad and Tobago Mental Health Strategy. Ms. Hennigar and Mr. Croxall were warmly welcomed By Drs. Crooks, Parillon and Vince, as well as



inpatient and ambulatory staff. Meetings and discussions were held with mental health professionals, as well as with Mrs. P. Cumberbach, the Tobago Health Authority CEO. It is anticipated that recommendations contained in the trip report will lead to training and other projects over the next year or two.

(L-R): Psychiatrist Dr. Jonathan Vince, **Ms. Sandra Hennigar**, community psychiatrist Dr. Helene Crooks, head nurse at the psychiatric inpatient unit, Ms. Jacqueline Alonzo, Chief of Psychiatry Dr. Anthony Parillon, and **Mr. Peter Croxall**.

## Police and Mental Health Project in Guyana

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

Ms. Mary Pyche, **Dr. Scott Theriault**, Constable Angela Balcom, HPD and **Ms. Sandra Hennigar** joined **Dr. Sonia Chehil** in Georgetown, Guyana on July 14 for a week. The team was there to consult with various ministries on improving their first responder response to emotionally disturbed persons (EDP). Currently, stigma combined with lack of an integrated system results in poor outcomes for the EDP and loss of work productivity due to staff stress and burnout. The team spent the first two days meeting with top administrators of the Police Commissionaires, the Director of Police Training, the Director of Prisons, and the Permanent Secretary for Homeland Security, Human Services and Local and Municipal Governments, as well as mental health staff from the Ministry.

A group of 35 individuals from various ministries came together for a stakeholders meeting to begin the conversations about the outstanding issues and shared concerns and potential new ways of moving forward.

Ms. Pyche and Constable Balcom presented some initial information about models of response, including the model used in Halifax. In the afternoon, they led the group through table discussions on how to proceed from this point.

The last two days were spent on training, giving the group an idea of the type of training that occurs in Nova Scotia with our new recruits and regular police officers. The overall response from our Guyanese partners was extremely positive from all levels of government. Everyone agreed this is an extremely important issue for Guyana, its police force and other first responders, as well as those who are mentally ill and their families. Representatives for the



An article praising the workshop featured in the July 20 issue of the *Stabroek News* in Guyana.

Regions agreed to continue the multi-stakeholder meetings and to push their respective ministries to find resources to make this a priority. The Dalhousie Department of Psychiatry will continue to support the project by seeking funding opportunities. The first funding submission was made for the Grand Challenges Canada Stars in Global Health Grant, which was due early in September.



(L-R) **Ms. Sandra Hennigar**, Ms. Mary Pyche, Mr. Clinton Conway, Head of Police Training in Guyana, Constable Angela Balcom, and **Dr. Scott Theriault**, during the police and mental health training in Georgetown during the July visit.

# Clinical Divisions of the Department of Psychiatry

Each month we highlight one of the many services offered by the Department of Psychiatry. In this issue we feature information on the Mood Disorders Program at both CDHA and the IWK.

## Mood Disorders Program

Submitted by: Dr. Martin Alda, Director, Mood Disorders Program, CDHA and Dr. Suzanne Zinck, Psychiatrist, IWK Health Centre

### CDHA Mood Disorders Program

The Mood Disorders Program is a tertiary-care outpatient program serving patients with bipolar disorder and major depression. The clinic currently follows approximately 500 patients, with outpatient appointments averaging 4300 per year. In addition the Program receives about 400 referrals annually from psychiatrists and family physicians. The Annual Review Clinic, which follows former patients of the clinic in collaboration with their family physicians and allows a quick access back into the clinic, sees over 100 patients per year. More than 500 outpatient visits are to psychotherapy and education groups. Community stakeholders and organizations are actively involved.

The Program contributes to undergraduate and postgraduate teaching of psychiatry and also regularly supervises residents, graduate students, clinical research Fellows and medical students on an elective basis.

The research focus of the program includes the clinical and genetic aspects of mood disorders, pharmacogenetics, neurobiology of affective disorders and suicide, studies of children of bipolar parents, and brain imaging studies. Through research grants the members of the Program have established and supported The Maritime Bipolar Registry, a voluntary confidential registry of over 450 subjects that serves as a resource for research, clinical care and education.

### IWK Mood Disorder Team

The IWK Mood Disorders Team, based at the IWK Maritime Outpatient Psychiatry clinic, provides consultation and follow-up for youth up to the age of 19 years. The clinic accepts referrals for diagnostic assessment from the Maritime Provinces and will follow youth within the Halifax Regional Municipality who have either recurrent or treatment-resistant major depression, major depression with psychotic features or bipolar disorder. The Mood Care Path team, which includes the Mood Disorders team and clinicians from the three IWK Community Mental Health Clinics, provides education to IWK clinicians about mood disorders, and organizes CBT groups for teens with depression or mixed anxiety and depression.

## News & Announcements

### Congratulations

#### Dr. Alissa Pencer publishes work in International Journal of Mental Health and Addiction

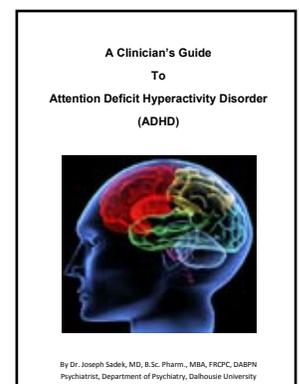
Congratulations to **Dr. Alissa Pencer** who recently published: *Relations of Personality to Substance Use and Mental Health Symptoms in Two Clinical Samples of Adolescents* in the International Journal of Mental Health and Addiction. This publication comes from a research project that started in 2005 and involved data collection at the Community Mental Health Clinics and Choices

#### Dr. Daniel Rasic successfully defends thesis

Congratulations to **Dr. Daniel Rasic**, PGY-5, who successfully defended his thesis, "Time trends in the associations of religiousness and depression: Findings from the Stirling County Study," on July 31. Well done Dr. Rasic!

#### Dr. Joe Sadek publishes ADHD guide for clinicians

Congratulations to **Dr. Joe Sadek** who has published a Clinician's Guide to ADHD. The publication is currently available in bookstores and will soon be available online. For more information please contact Dr. Sadek at [Joseph.Sadek@cdha.nshealth.ca](mailto:Joseph.Sadek@cdha.nshealth.ca).



### **Dr. Sanjay Rao co-edits Royal College of Psychiatry publication**

Congratulations to **Dr. N Sanjay Kumar Rao**, Associate Professor of Psychiatry and Head of Psychiatry, Annapolis Valley Health Authority, who co-edited the second Edition of Seminar Series in Liaison Psychiatry, a publication of the Royal College of Psychiatry, London, UK. This book is a popular practice resource for general psychiatrists and trainees interested in consultation liaison psychiatry. The book can be viewed online at: <http://www.rcpsych.ac.uk/publications/books/rcpp/9781908020345.aspx>

## **News**

### **Art show creates space for dialogue on mental health stigma**

Every month since May, Ms. Stella Ducklow, the artist-in-residence for TeenMentalHealth.org, and a group of local youth have been organizing a gallery show and open mic for youth in HRM who want to talk about mental health—and people have been listening. With little promotion and a very small budget, the YOUth Against Stigma events have been jam-packed each month, with a roster of talented young performers, ranging from professional performers to youth who are taking the stage for the very first time. The audience has been diverse, with escorted visits from inpatient youth from 4 South at the IWK, to parents, teachers and teens from all over HRM.

JustUs Café on Spring Garden Road has generously supported each event by providing the venue free of charge. On the upper level, each wall has featured original work by youth on the topic of mental health and illness. This month the gallery space features photographic work from a workshop in 4 South facilitated by Ms. Ducklow.

The YOUth Against Stigma Coffeehouse and Art Show series will take place on the 3rd Friday of each month for the fall and winter season at JustUs Café on Spring Garden Road. YOUth Against Stigma is free and open to the public.



YOUth Against Stigma organizing committee members and participants Allyssa Walsh and Taylor Crosby.

For the fall and winter season, the Sun Life Financial Chair in Adolescent Mental Health will be sponsoring a series of art workshops for youth and young artists who want to find creative ways to talk about stigma in their community. Participants in the arts workshops will be invited to perform or show their work at the monthly coffeehouse and art show. For more information please contact: [Ardath.Whynacht@iwk.nshealth.ca](mailto:Ardath.Whynacht@iwk.nshealth.ca).

## **Faculty in the News**

### **Dr. Stan Kutcher's mental health curriculum incorporated into grade nine classrooms province-wide**

The province was commended by Mr. Ted Wright, a psychology professor at St. Francis Xavier University, for incorporating Dr. Kutcher's mental health curriculum into grade nine classes throughout the Nova Scotia, in a July 19th letter to the editor in The Chronicle Herald. Mr. Wright believes this initiative will save thousands of young Nova Scotians inestimable amounts of pain and it will reduce our health care costs. His comment came after an earlier article in the Herald about Dr. Kutcher's program.

### **Dr. Mary Lynch on national strategy for prescription drug abuse**

Dr. Mary Lynch was featured in several articles in July focused on the need for a national strategy to fight prescription drug abuse. Dr. Lynch stated the need for more education of healthcare professionals on pain assessment and management. The article was featured in The Chronicle Herald, Metro News and the Winnipeg Free Press.

### **Dr. Rachel Morehouse comments on use of sleeping pills**

This past July Dr. Rachel Morehouse was featured in multiple media outlets that ran a story on the increasing use of sleeping pills in the country. Dr. Morehouse commented on the misuse of tranquilizers for insomnia. The story was featured in the British Columbia publications, Times Colonist and the Nanaimo Daily News, as well as the Leader Post in Regina.

## Announcements

### Eating Disorders Association of Canada 3rd biennial conference in Halifax Oct. 11-12

Registration has opened for the Eating Disorders Association of Canada 3rd biennial conference, Eat Play Live, at the Westin Nova Scotian in Halifax on Oct. 11 and 12. There will be over a dozen skills-based workshops on innovative treatments in Working with Families, Physical Activity and Eating Disorders, Emotion-Focused Therapy, Eating Disorder Prevention, CBT and Acceptance and Commitment Therapy Interventions in Body Image, Working with Transition Age Youth, Guidelines for Involuntary Treatment, Community-based Efforts and more. There will also be paper and poster sessions by colleagues from across the country. For registration and more information please visit [www.edac-atac.ca/upcoming-conferences](http://www.edac-atac.ca/upcoming-conferences).



### Research Opportunity: Making Memory Better for Older Adults with Mild Cognitive Impairment

Dr. Karen Chipman, Neuropsychology, recently received a grant from the Nova Scotia Health Research Foundation to pilot a 10-week memory training group for older adults with Mild Cognitive Impairment (MCI).

The Memory for Life study will offer the training group on several occasions over the next three years to individuals with MCI and their study partner (e.g., family member or friend). Participants will learn and practice strategies that will address ways to manage day-to-day memory issues, including how to remember appointments, learn people's names, remember passwords or PINs, and keep track of personal belongings.

The Memory for Life study is now welcoming referrals from clinicians in the Capital District Mental Health Program. If you have a client with suspected or diagnosed MCI who may benefit from the memory training program, they would love to hear from you!

Consider referring if your client:

- Has recently noticed a change in memory or thinking ability
- Has mild trouble with the more complicated tasks of daily life
- Does not meet the criteria for dementia
- Does not have a chronic psychiatric illness (e.g., Schizophrenia, Bipolar disorder)
- Has been on stable medications for at least 4 weeks
- Is willing and able to participate in an 8-month study

Memory for  
Life

For more information, please contact:

Dr. Karen Chipman, Principal Investigator, at 464-6059  
 Laura Hamilton, Study Coordinator, at 464-3434  
[memoryforlife@cdha.nshealth.ca](mailto:memoryforlife@cdha.nshealth.ca)

Neuropsychology Service, Nova Scotia Hospital, Capital District Mental Health Program



## 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 November 1, 2012, with the deadline for submissions to be October 19, 2012.

Please send all submissions to [Kate.Rogers@cdha.nshealth.ca](mailto:Kate.Rogers@cdha.nshealth.ca)

### The Debate Continues...

The Psychiatry Debates are gearing up again for the second debate which will take place during Grand Rounds on November 7, 2012. Created to open a forum where controversial and philosophical aspects of mental health practice can be discussed, the debate topics are chosen so that there is no “right” answer (at least that we know of). The debates follow a structured format, guided by four principles. The two sides, consisting of one staff psychiatrist and one resident each, argue opposing sides of the issue.

The first debate took place last spring with **Drs. Morrison** and **Rasic** arguing for the motion that “the Study of Neuroscience will lead to an Understanding of the Mind,” and **Drs. Kinley** and **Cookey** opposing the motion. There was a large audience present to watch the debate, which in the end was declared a ‘draw.’

Based on the experience of the first debate however, there will be some format changes to enhance the overall experience. The main change will involve increased audience participation. The time available for the debaters will be reduced in favor of greater time allotted for audience questions and discussion.

We look forward to seeing you there!

Psychiatry Debates Guiding Principles
Respect for others’ opinions, for individuals with mental illness and those who care for them.
The goal of the debates is learning. Debating differing opinions will increase our appreciation of the complexities within our discipline.
The “truth” almost always lies between the two sides of the debate.
All levels of evidence for an argument are welcomed, but highest levels of evidence should be weighed most heavily, if available for the issue at hand.

## Upcoming Award Deadlines

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

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

Granting body: **The Association of Faculties of Medicine of Canada**

Internal deadline: October 22, 2012

- Award for Outstanding Contribution to Faculty Development in Canada (Nov. 9)
- Young Educators Award (Nov. 9)
- John Ruedy Award for Innovation in Medical Education (Nov. 9)

Granting body: **Canadian College of Neuropsychopharmacology**

Internal deadline: November 7, 2012

- Heinz Lehmann Award (Nov. 30)
- Innovations in Neuropsychopharmacology Research Award (Nov. 30)
- Medal Nomination (Nov. 30)
- Young Investigator Award (Nov. 30)

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

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opened, and our clinical services to the District, Province and Maritime provinces continued as usual.

In perusing this issue of Headlines, the reader will be struck by the large number of partnerships between Departmental members and local, Provincial, national, and international partners. These collaborative activities

strengthen everyone involved, allow expertise to be shared and discoveries to be made, and keep the Dalhousie Department of Psychiatry on the cutting edge.

In closing, on behalf of the Department, I'd like to express our condolences to the family of Dr. Irmingard Lenzer, a valued member of

the Centre for Emotions and Health, who died on May 15, 2012. Dr. Lenzer's contributions to teaching, research and clinical care were significant, and are described in the last story in this issue. She will be much missed.

## Humanities Corner

Submitted by: Dr. Lara Hazelton  
Coordinator

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.

**Who is eligible?** Medical students, residents and Fellows at Canadian medical schools.

**Maximum word count:** 2,000 words

**Deadline:** This year's deadline is October 12, 2012

To ensure confidentiality is maintained, patients and anyone else described in essays, stories, or poems must be fictional or composite characters (with the exception of the narrator him/herself). Please indicate in your e-mail whether you are a medical student or a resident/Fellow. Faculty from the Dalhousie Department of Psychiatry will act as judges.

Entries can be sent as Word attachments to **Dr. Lara Hazelton** at: [Lara.Hazelton@cdha.nshealth.ca](mailto:Lara.Hazelton@cdha.nshealth.ca)

## In Memoriam: Dr. Irmingard Lenzer

Submitted by: Dr. Allan Abbass, Director, Centre for Emotions and Health, and Dr. Phil Street, Department of Psychology, Saint Mary's University

Members of Dalhousie's Centre for Emotions and Health, the Halifax Infirmarium's Emergency Department, and those who knew her in the wider community were saddened to learn that Dr. Irmingard Lenzer passed away on May 15. She was 73.

Dr. Lenzer's work in the innovative Medically Unexplained Symptoms clinic as an Intensive Short-Term Dynamic Psychotherapy (ISTDP) practitioner was the culmination of more than a decade of study and training in the Centre for Emotions and Health and of a lifetime of study and devotion to helping others.

After completing a BA at UC, Los Angeles and a PhD in physiological psychology from Indiana University in 1969, Dr. Lenzer was appointed Assistant Professor in the Department of Psychology at Saint Mary's University. She was promoted to a full Professor in 1981. That year she also completed her tenure as a founding member of the Nova Scotia Board of Examiners in Psychology. Just prior,

she had served for three years as Chair of the Psychology Department.

During her thirty-five years with Saint Mary's, Dr. Lenzer was active in basic and applied grant-funded research, administrative duties at all levels, professional practice, and teaching at both the graduate and undergraduate levels. She joined Dalhousie's Centre for Emotions and Health in 2001 and



(L-R) **Dr. Allan Abbass**, Dr. Sam Campbell, chief of Charles V. Keating Emergency and Trauma Centre, Dr. Irmingard Lenzer and **Dr. Joel Town**.

worked in ISTDP until her final days.

Donations in her name can be made to the Mental Health Foundation of Nova Scotia (MHFNS), which has graciously assisted in establishing the Irmie Lenzer Memorial Scholarship. Through this an award will be made via Dalhousie's Centre for Emotions and Health to support a practitioner training in ISTDP, the treatment model that Dr. Lenzer helped to establish at the Medically Unexplained Symptoms Clinic in the Halifax Infirmarium Emergency Department. This scholarship will be awarded to the candidate who is thought to best reflect the spirit of dedication with which Dr. Lenzer undertook learning this method. Online donations may be made via the MHFNS website. Cheques can be made payable to the Mental Health Foundation NS - Irmie Lenzer Memorial Scholarship and forwarded to: The Mental Health Foundation of Nova Scotia, PO Box 1004, 300 Pleasant Street, Dartmouth, NS, B2Y 3Z9.