

# Department of Psychiatry HEADLINES

 **DALHOUSIE  
UNIVERSITY**  
*Inspiring Minds*  
Faculty of Medicine

Volume 8, Issue 5  
September 2013

## Running for our mothers, sisters, daughters and friends

*Shoppers Drug Mart Run for Women supports Reproductive Mental Health*



L-R: Dr. Tanya Tulipan, Physician Lead, Heather Moyse, Olympic Gold Medallist, Kimberley MacLean MSW, Assessment Lead and Allison Wood, MSW, Social Worker.

On Saturday, Aug. 10 nearly 200 women (and a couple of men!) gathered at Shubie Park in Dartmouth to run in support of women's mental health. The Shoppers Drug Mart Run for Women, an event that celebrates the strength and courage of women across the country, with proceeds supporting local women's mental health programming, raised funds to support Reproductive Mental Health Services (RMHS) at the IWK Health Centre. With a 5K, a 10K and a 1K run for girls, the event was a great success, raising more than \$10,000 for RMHS.

In March of 2013 the Reproductive Mental Health Services team was approached by Ms. Sara Sterling from Raceworks, the event planner for the

Shoppers Drug Mart Run for Women, about being sponsored by the event. They of course accepted. Runs had been held in other cities in 2012 and they wanted to expand to Halifax. Because the event is in support of mental health, RMHS was chosen to benefit from the funds raised in Halifax.

"The boost in funding means that we can be more effective and efficient in treating women by alleviating some of the barriers to treatment and by running group therapy and psychoeducation programs," says **Dr. Tanya Tulipan**, a psychiatrist with RMHS. "Access to care is the biggest barrier in our population and these funds will be used to help women with transportation and medication costs, childcare and we

hope to start more group programming in community centres."

Dr. Tulipan, an avid runner, ran in the event and placed fourth overall, raising nearly \$1,900 for the cause. She recognizes the importance that events like the Shoppers Drug Mart Run for Women have on bringing mental health to the forefront. "Sometimes it seems like the only time perinatal mental health issues get attention is when there is a tragedy," she says. "It's nice to have an opportunity to discuss perinatal mental health in a positive, recovery-oriented way." Before the run began a patient who was treated at the Reproductive Mental Health Clinic spoke about her experience and recovery and Olympic gold medalist Heather Moyse spoke

*continued on page 6*

# Message from the Head

Dr. Nick Delva

On behalf of the department, I'd like to thank the Shoppers Drug Mart Run for Women, and Olympian Ms. Heather Moyse for their support of our Reproductive Mental Health Services (RMHS), and **Dr. Tanya Tulipan** for both participating in and providing the crucial liaison for this event. Fundraisers such as this serve to raise funds for important clinical services and also help to reduce the stigma associated with mental illness. Please consider helping build on the success of this inaugural run by participating in or otherwise supporting next year's event, the proceeds of which will once again be used to support RMHS.

A big thank-you is also due to all of the teachers in our department. We welcome our new PGY-1s, who started their residencies in July: **Drs. Jillian Boyd, Vhari James, Lesley Kirkpatrick, Jennifer Ojiegbe, Celia Robichaud, Kathleen Singh, and Daniel Toguri.** We also welcome the new President of Dalhousie University, Dr. Richard Florizone, who also started in July, and who had the opportunity to visit the laboratory of **Dr. Gail Eskes** in the initial days of his tenure (please see page 9). With the coming of September, our academic activities are once again in full swing, and this issue of *Headlines* lists many upcoming academic events and other offerings.

Congratulations to **Dr. Khalil Ahmad**, who received a Lifetime Service Award from the Division of Child and Adolescent Psychiatry. We thank him for his very significant and sustained contribution to the mental health of

children and adolescents in Nova Scotia.

This issue of *Headlines* also contains interesting reports from the Sun Life Financial Chair in Adolescent Mental Health, **Dr. Stan Kutcher**, the Dr. Paul Janssen Chair in Psychotic Disorders, **Dr. Phil Tibbo**, and the Day Treatment Program, led by **Dr. Jackie Kinley**.

At this year's meeting of the Atlantic Provinces Psychiatric Association, held in PEI, **Dr. Rudolf Uher**, Canada Research Chair in Early Intervention, gave a presentation on his FORBOW study (Families Overcoming Risks and Building Opportunities for Well-being). In the audience happened to be Dr. Peter Tyrer, editor of the British Journal of Psychiatry, who formed the opinion that FORBOW had the potential to be hugely influential in its influence on Psychiatry, and was motivated to write an editorial on the topic of "pre-emptive early intervention" (please see <http://bjp.rcpsych.org/content/203/2/160.full>). This strong endorsement for FORBOW (see update on page 7) comes from one of the most senior and respected psychiatrists in the world, and augurs well for the success of this ambitious study.

A major task over the coming months is the completion of an internal review of all of the services provided by the Capital Health Addictions and Mental Health Program and the CDHA Department of Psychiatry, with a view to determining the core services that should be provided and how best to support our clinical and academic mandates. Current realities include the



need to expand our array of services, including the development of new programs (e.g., for patients with anxiety disorders and borderline personality disorder) while controlling expenditures and a provincial physician resource plan that requires considerable work to be properly lined up with the current identified needs in the area of mental health. It is clear, however, that while change can at times be painful and difficult, and our clinical services and academic activities have already evolved to a great extent, further development is required and the role of the various health professionals needs to be made more explicit so that specialist expertise and care can be made more broadly available, and our activities can uniformly be described as excellent and up-to-date.

In closing, I'd like also to thank those who provided photographs for this issue – a picture is worth a thousand words, and the range of photographs in *Headlines* brings the text to life!

## IN THIS ISSUE

Run for Reproductive Mental Health	1	Clinical Divisions of the	8
Message from the Head	2	Department of Psychiatry	8
Research Section	3	News & Announcements	8
Education Section	3	News	8
Child and Adolescent Psychiatry	5	Announcements	10
SunLife Chair in Adolescent		Award Deadlines	11
Mental Health	5	Humanities Corner	12
Dr. Paul Janssen Chair in		Just for Fun	13
Psychotic Disorders	7	Photo Feature	14
Canada Research Chair in Early			
Intervention	7		

## HEADLINES

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## Research Section

Submitted by: Janet Bardon  
Research Administrator

This year's Psychiatry Research Day is scheduled for Friday, Nov. 1 at the Lord Nelson Hotel. Now in its 23rd year, this event promotes student involvement in research and showcases the Department's diverse expertise to our university and local communities. This year we will be giving presentation awards in the following categories:

- undergraduate
- graduate
- resident
- junior faculty
- psychiatry staff

We are pleased to announce that this year's keynote speaker will be Prof. Thomas Kirkwood, CBE. Tom Kirkwood is Associate Dean for Ageing at the University of Newcastle. Educated in biology and mathematics at Cambridge and Oxford, he worked at the National Institute for Medical Research, where he formed and led a new research division, until in 1993 he became Professor of Biological Gerontology at the University of Manchester. His research is focused on the basic science of ageing and on understanding how genes as well as non-genetic factors, such as nutrition, influence longevity and health in old age.

If you are interested in attending this year's Psychiatry Research Day, please contact **Ms. Jennifer Brown** at [Jen.Brown@dal.ca](mailto:Jen.Brown@dal.ca).

## Education Section

Submitted by: Annette Cossar  
Education Administrator

### Undergraduate News

The Class of 2014 finishes Med 3 on September 13 with the Comprehensive OSCE (all examiners recruited).

The Class of 2015 starts Med 3 on September 16. There are 114 students (72 in HRM, 28 in NB, 14 in Truro, PEI, Sydney). Three of the HRM students are IMUs and two are IMGs.

"Shadow a Preceptor" took place on September 3. Nine of our faculty offered to have a student shadow them for the day.

Many Med 1 and Med 2 activities began at the end of August /early September and many of our faculty are involved in the tutoring (all tutors recruited).

Clinical Skills II runs Sept. 12 – Oct. 3 and Oct. 17 – Nov. 7. All tutors have

been recruited!

A new Med 3 curriculum is being implemented for 2013/14. Full communication on these details should be distributed by UGME once everything is finalized.

OSCEs are changing for 2013/14. Med 3 will no longer have both a Formative and a Comprehensive OSCE and there will only be one Formative OSCE in September. Formative OSCEs are being implemented for Med 1 (May 10, 2014), Med 2 (May 27, 2014) and Med 4 (none until 2015).

Clerkship orientations are changing for 2013/14. We will no longer share orientation with family medicine and the orientation will be shortened to include only the orientation to the department

and the Psychiatric Assessment.

The other orientation lectures will be delivered in different formats – video, self-study module or incorporated into the lecture series. Orientation will be held every six weeks (rather than 12) in the morning at the start of each 6-week block.

A few of the lectures in the lecture series are being converted to self-study modules to allow less time in classroom and more time on service. Feedback on the two modules we already have in place has been positive so the goal is to move towards more modules over time.

A huge THANK YOU to faculty for their commitment to student teaching by signing up for various Med 1, Med 2 and Med 3 education activities.



## Postgraduate News

The academic year is in full swing and fall is in the air. Administratively, we are fortunate to have **Ms. Genevieve MacIntyre** continuing with us for PGY-1 resident matters, fellowships and observership coordination—contact information 473-5664 or [genevieve.macintyre@cdha.nshealth.ca](mailto:genevieve.macintyre@cdha.nshealth.ca). Genevieve is also the go-to-person for Continuing Education Activities. On behalf of the Education Section, I would like to officially welcome **Ms. Charlene Joseph-Dunbar** to the department. Charlene is covering PGY-2-5 resident matters, didactic series including the faculty presentations and appointments with **Dr. Rajda**, during **Ms. Norma Thompson's** leave. Please contact Charlene at 473-7122 or [charlene.joseph-dunbar@cdha.nshealth.ca](mailto:charlene.joseph-dunbar@cdha.nshealth.ca).

## Continuing Education Activities

### UPCOMING CONTINUING EDUCATION EVENTS

#### *Clinical Academic Rounds*

September 4	Child & Adolescent: <b>Dr. Stan Kutcher</b>
September 11	Psychiatry Debate: <b>Drs. Lara Hazelton, Zenovia Ursuliak, Kristin Bell and Vanessa Thoo</b>
September 25	CANCELLED: CPA week
October 2	Child & Adolescent: <b>Dr. Lukas Propper</b>
October 16	<b>Dr. Adriana Wilson</b>
October 23	<b>Dr. Martin Alda</b>
October 30	<b>Dr. Ronald Fraser</b>

#### *Inter-Professional Education Series*

September 10	Psychiatry: <b>Dr. Heather Milliken</b>
September 17	General Practitioners/Hospitalists: <b>Dr. Ian MacKay</b>
September 24	Community Mental Health: Bedford/Sackville: Colin DeFreitas
October 1	To be confirmed
October 8	Psychiatry: to be confirmed
October 15	Occupational Therapy: Ms. Janice Hussey, Mr. Brian Cooper, Ms. Kerry Earle, Ms. Joanne Boyd
October 22	Innovations in Care
October 29	To be confirmed

#### *University Rounds*

September 18	– Mr. Jason Butler (Drama Therapist – Concordia University)
October 9	– Dr. Michael First (Columbia University)

## Congratulations

### **Births:**

Emelia James Crouse born March 10 to **Carrie Wipp** and Steve Crouse; she weighed 9 lbs 3 oz.

Molly Leon Belston born April 17 to **Liisa Johnston** and Ryan Bell; she weighed 5lbs 10oz.

Jacob Robert Cheyne was born August 3 weighing 6 lbs 10 oz to **Cristina Aydin** and Ian Cheyne.

Sophia Saleh was born on August 9 and weighed 8 lbs 14 oz; second daughter to **Ahmed Saleh** and Reem Rostom.



Emelia James Crouse



Jacob Robert Cheyne

### **Marriages:**

**Dr. Katherine Matheson** was married April 11 to Mike Plume. Recent grad, Dr. Matheson, was accepted into the University of Ottawa Child and Adolescent Psychiatry fellowship, entry into which was highly competitive.

**Dr. Meagan MacNeil** was married in August to Michael Forbes in their hometown of New Glasgow, Nova Scotia.

**Dr. Sarah Fancy** was married on June 21 to Riley Stewart.

## Child and Adolescent Psychiatry Division

Submitted by: Michelle Patenaude

Child and Adolescent Psychiatry Administrative Manager

The Division of Child and Adolescent Psychiatry was pleased to present **Dr. Khalil Ahmad** with a Lifetime Service Award. This award is a small token of our appreciation to the years of dedication and commitment that Dr. Ahmad has given to our division and is an ongoing reminder of his achievements.

Dr. Ahmad has been an important figure in the Division of Child and Adolescent Psychiatry for over 40 years! For many years Dr. Ahmad ran the Princess Alexandra unit at the Nova Scotia Hospital. More recently Dr. Ahmad has been the staff psychiatrist for the Youth Forensics team in Halifax and Waterville as well as providing psychiatric services to our Community Mental Health Team.

## Sun Life Financial Chair in Adolescent Mental Health

Submitted by: Dr. Stan Kutcher

Sun Life Financial Chair in Adolescent Mental Health

### School mental health project in Brazil

**Dr. Stan Kutcher** is collaborating with faculty from the Federal University of Sao Paulo in a unique school mental health project in the State of Sao Paulo, Brazil. The project, called Cuca Legal, focuses on the training of a special type of teacher-counsellor (called P MEC) working in the State's educational system. The approach is to use the Mental Health and High School Curriculum Guide to train the P MEC, who have the responsibility of working in mental health and related issues in every school in the state. There are over 2,500 P MEC's who try to provide services to over five million students! The Cuca Legal team have translated the guide and the supporting educational materials from Teenmentalhealth.org and made appropriate cultural/feasibility modifications. In mid-July, Dr. Kutcher trained a cohort of 18 Cuca Legal trainers (child and adolescent psychiatrists, educators, psychologists, occupational therapists) who began the first training sessions for the P MEC in August 2013. In the first phase, 180 P MEC's will be trained and the impact of the program evaluated by the Brazilian team. A group from Porto Alegre (a city in the south of Brazil) also participated in the training and will be applying a similar intervention there.

"It's really exciting to see how this type of innovative approach to enhancing mental health literacy for educators is being sought after and applied around the world," says Dr. Kutcher. "Keep your eyes and ears open for the next one starting in December of this year – hint, it's in Latin America! It's very satisfying to see what we have been able to create and apply here in Nova Scotia being used to help improve the lives of youth and families globally."



Dr. Stan Kutcher and his Cuca training team in Brazil.

### Mental Health Curriculum Guide training complete for Nova Scotia

The Mental Health & High School Curriculum Guide was first applied in Nova Scotia in 2010 in collaboration with English Program Services, directed by Ann Blackwood, at the Nova Scotia Department of Education and Early Childhood Development. Since then,

Curriculum Guide training has been provided to all seven English school boards in Nova Scotia, meaning mental health education will be part of the grade 9 syllabus in September. Educators who teach the Healthy Living class and designated trainers (Train

the Trainer) will be trained by Dr. Stan Kutcher and members of his team and as a result, educators receive direct training, as well as a sustainable model for school boards to provide ongoing training to educators.

A program evaluation for the training

in each school board, as well as across the province has been completed. Overall, the results demonstrate that it helps to significantly improve educators' and trainers' mental health literacy. Participants demonstrated highly significant and substantially improved mental health knowledge and attitudes towards mental disorders and people

living with a mental disorder, as a result of the training. This helps set a strong foundation for the province to embed mental health literacy into the curriculum through classroom application of the Mental Health Curriculum Guide.

These positive findings from the data of the seven English school boards

provides sound evidence that the Mental Health Curriculum Guide training model may be an appropriate approach for other jurisdictions to follow in addressing youth mental health literacy needs in Canada. The full report is available at: [TeenMentalHealth.org/resources/entries/mental-health-high-school-curriculum-guide-training-report-for-nova-scotia](http://TeenMentalHealth.org/resources/entries/mental-health-high-school-curriculum-guide-training-report-for-nova-scotia).

## Academy in Mental Health a major success



Dr. Stan Kutcher addresses the crowd at the Academy.

The third annual Academy in Mental Health recently took place at Halifax West High School, where participants were provided with an arsenal of tools, information and techniques to help them better understand adolescent mental health.

The conference was structured into plenary sessions attended by all participants, as well as multiple streams of break-out sessions that allowed participants to tailor their learning experiences to their unique interests. Teaching faculty of the Academy included child and adolescent psychiatrists, **Drs. Kathleen Pajer, Sabina Abidi, Alexa Bagnell, Wade Junek, Suzanne Zinck** and psychologist **Penny Corkum**, as well as educators and mental health professionals. The Academy provided a rich learning environment for over one hundred participants from different areas of education, health services and community work.

Dr. Stan Kutcher was very happy with how things went. "This year's Academy once again illustrated the importance of understanding mental health for educators, and indeed, all those who work with you," he says. "I was especially impressed with the thoughtful sharing of information and experiences amongst the participants. There was a palpable desire to know more and understand the important issues."

Dr. Kutcher feels a major strength of the Academy is the attention paid to building knowledge, changing attitudes and supporting behaviors that advance the

reality that there is no health without mental health.

The Academy was assessed through program evaluations and participant feedback was outstanding – where the program evaluation showed an overwhelming satisfied group of participants, who found the Academy to be relevant and informative, and communicated that they would be likely to attend in the future. These results speak volumes to the value the Academy can have to an individual. The Sun Life Financial Chair team is looking forward to building on this year's success. Special thanks goes out to those who made the Academy possible, including partners, presenters, volunteers and participants. For more information on the Academy, visit <http://teenmentalhealth.org/for-educators/2013-academy-recap/>.

## Announcements

Transitions, a resource for teens transitioning from high-school to university or college, is being rolled out by several universities this Fall, with a tentative date scheduled for September 27. More information on this is coming soon. In the mean time, check out transitions at [TeenMentalHealth.org/resources/entrie/transitions](http://TeenMentalHealth.org/resources/entrie/transitions).

*continued from page 1*

about setting and reaching goals.

It's no coincidence that this running event was in support of mental health across the country. Studies have shown that running can increase the level of serotonin in the brain, which is a key treatment for depression. Dr. Tulipan makes a point of encouraging her patients to exercise to make themselves feel better, especially if it had been

something they did before they had children. "Now there are so many fitness and yoga programs for pregnant and new moms, not only do they get the exercise, but they often meet other moms and form new social support networks, which is another key piece to recovery," she says.

Besides Halifax, the Shoppers Drug Mart Run for Women hosted events in

Unionville, Vancouver, Calgary, Ottawa and Quebec City. Plans are already underway for the 2014 runs and Halifax is on the list, with RMHS once again being sponsored. For more information on the Shoppers Drug Mart Run for Women please visit [www.runforwomen.ca](http://www.runforwomen.ca).



## Dr. Paul Janssen Chair in Psychotic Disorders

Submitted by: Dr. Phil Tibbo

Dr. Paul Janssen Chair in Psychotic Disorders

The onset of a serious mental illness in young adulthood can have lifelong consequences for educational achievement, occupational or career opportunities, the formation and quality of personal relationships, and a young person's sense of self. Ultimately, the impact of mental illness places young people at risk for school failure, poor family and social functioning, and impaired or unstable employment, which are frequently difficult to reverse. Given the risks associated with the onset of mental illness in youth, the importance of early intervention for young people experiencing the onset of severe mental illness, such as first episode psychosis (FEP), has been readily recognized in the literature and by policy makers. Despite the effectiveness of early intervention programs to meet the needs of youth in the acute phase of the illness, the question of how to best sustain and support recovery during and following the transition from specialized early psychosis programs to full engagement in the community is concerning. Given the time-limited nature of these programs, the issue of where clients will receive care following treatment in early psychosis programs remains a challenge, a challenge readily identified by our decision makers/knowledge users and collaborators. Generally, transitions from FEP programs are to primary care, community mental health teams, or to SPMI teams depending on the needs of the patient.

The Janssen Chair is a co-investigator of a recently awarded Partnership for Health System Improvement (PHSI) CIHR research grant entitled "Sustaining Recovery: Supporting the Transition from Specialized Services to Community-based Primary Care for At-Risk Youth Who Have Experienced Early Psychosis." To the best of our knowledge, there are no intervention studies that address optimal follow-up care in primary health care settings following early intervention. The challenge is to determine how best to continue the growth and benefits attained in the early intervention programs and the need to address this challenge and knowledge gap is critically important to avert the substantial levels of disability observed in youth living with mental illnesses, such as psychosis. This research study will implement and evaluate an innovative multi-component intervention to sustain recovery and promote independence and meaningful engagement in the community following transition to community-based primary healthcare services. The multi-component intervention will inform a transitional model of care that is relevant, applicable, and builds capacity within a range of clinical settings and sectors. It is anticipated that this multi-component transitional intervention can inform the development of best practice guidelines and will lay the groundwork for more extensive scale up across sectors.

## Canada Research Chair in Early Intervention

Submitted by: Dr. Rudolf Uher

Canada Research Chair in Early Intervention

### Update on the FORBOW project

We have recruited and assessed 45 young people, most of them sons and daughters of parents with severe mental illness. We have received very good feedback from the families ('my daughters can't wait to come again,' ...) and all participants have agreed to follow-up and participation in intervention studies. Our team has grown and Ms. Jackie Glover has joined us since July to help with the assessments. FORBOW has received ethics approval from the Nova Scotia South West Health Authority in addition to the Capital District Health Authority and the IWK.

In August 2013, FORBOW received funding in the amount of \$147,275 from the Nova Scotia Health Research Foundation. This grant will fund the development and testing of the first intervention project within FORBOW: Cognitive-behavioural therapy for psychotic-like experiences and basic symptoms in children and adolescents: a pilot randomized controlled trial. We are delighted that we can start offering a helpful intervention to FORBOW participants as early as 2014.

FORBOW has also been highlighted by the Editor of the British Journal of Psychiatry in its August issue as an early intervention project with a difference: "*The FORBOW project differs from other forms of early intervention in identifying early antecedents of severe mental illness at a much earlier stage. It has already started this work in testing out what are called 'low-risk psychosocial interventions' in the relevant population.... This could be the best form of early intervention and PEIS (pre-emptive early intervention services) could then replace our present ones; there is reason to believe they would be more effective in at least one group of disorders and may resolve some of the issues over ethnic variation.*" (Peter Tyrer, The British Journal of Psychiatry (2013) 203: 160)



# Clinical Divisions of the Department of Psychiatry

Each month we highlight one of the many services offered by the Department of Psychiatry. This issue we feature Community Focused Living, a Capital Health program.

## Short Stay Unit

Submitted by: Dr. Nicole Herschenhou

Psychiatrist, Capital District Health Authority, Dalhousie Department of Psychiatry

The Mental Health Short Stay Unit (SSU) is a five bed in-patient unit located on the 6th floor of the Abbie J. Lane Building. The SSU was developed to help patients who require an inpatient mental health admission and who can be discharged within a 72 hour period. It is thus appropriate for patients who are in a mental health crisis, people who have personality disorders, substance use issues or any other mental health problem that does not require an acute care admission and can be discharged within three days. The most frequent diagnosis seen is Post-traumatic Stress Disorder (PTSD). The SSU works on stabilizing the patient in their acute crisis, including psychopharmacologic management and safety planning. The main focus is geared to developing a discharge plan that is appropriate for the patient, with the patient engaging in the outpatient plan after discharge. SSU provides follow-up for their patients who are awaiting outpatient follow-up, with the SSU social worker sometimes providing these visits with psychiatry back-up. The short stay team has welcomed several new nurses in the past few months, bringing a lot of energy and creativity into the unit. It has also welcomed a new psychiatrist and a new unit manager. The new and old staff members have gelled together well to create a cohesive and productive multidisciplinary team. In addition, the SSU continues to be a rich learning environment, with multiple clinical clerks, residents from a variety of programs, and now, all the psychiatry 2nd year residents rotating through the unit each year. The teaching environment is multidisciplinary, involving nursing and social work students as well.

## News & Announcements

### News

#### Dr. Joel Town invited to serve as faculty at Yale research event

**Dr. Joel Town** was invited to serve as faculty, courtesy of the American Psychoanalytic Association, at the recent Psychoanalytic Research Training Program (RTP). This event, held at the Anna Freud Centre, Yale School of Medicine, attracted fellows and scholars from across North America and Europe looking to extend their research interests in psychoanalysis.

The RTP offers a unique opportunity for fellows to set up collaborative, consultative bridges and receive mentoring in designing psychoanalytically relevant research. As well as four busy days of consultations, Dr. Town delivered a presentation on clinical-research integration in dynamic-analytic psychotherapy.

During the program, the RTP faculty produced a draft "white paper" for the American Psychoanalytic Association to offer guidance on what psychoanalytic research needs to be funded most urgently. Hopefully this paper will play an important role in guiding the next generation of empirical research in this field.



Yale Psychoanalytic Research Training Program faculty and fellows 2013.



## Faculty members attend Joanna Briggs Institute (JBI) Systematic Review Training workshop



From July 8 to 12, Dalhousie University faculty members, including **Drs. Andrea Murphy** and **Normand Carrey**, attended a Joanna Briggs Institute (JBI) Systematic Review Training workshop at Queen's University. They were led by Drs. Lisa Hopp and Leslie Rittenmeyer of the Indiana Center for Evidence Based Nursing Practice (a JBI Collaborating Centre, School of Nursing, Purdue University Calumet). Facilitating Faculty from the Joanna Briggs Collaboration for Patient Safety, School of Nursing, Queen's University included Dr. Margaret Harrison, Dr. Christina Godfrey, Ms. Janice McVeety RN MHA, and Ms. Amanda Ross-White MLIS. All faculty successfully completed the requirements within the training workshop and have received their JBI comprehensive systematic review certificate.

Pictured (L – R) are: Drs. Marilyn Macdonald (Nursing), Lisa Hopp (lead faculty), Normand Carrey (Psychiatry), Marsha Campbell-Yeo (Nursing), Andrea Murphy (Pharmacy, Psychiatry), Leslie Rittenmeyer (lead faculty), Janet Curran (Nursing), Ruth Martin-Misener (Nursing), Erna Snelgrove-Clarke (Nursing).

## New Dalhousie President visits Eskes Lab

Dr. Richard Florizone, Dalhousie's newly appointed President, visited the Cognitive Health & Recovery Research Laboratory on Thursday, August 15 to hear about their development of the Cognitive Repair Kit.



Mr. Graham Wilson explaining to Dr. Florizone (sitting) how to play the "N-Igma Machine," a mental exercise for improving working memory. Also seen are Drs. Gail Eskes and Josh Salmon.



Dr. Gail Eskes explaining how the Kit works to Dr. Florizone, with Ms. Franz Kintzel, Ms. Kerry Clifton, Ms. Anne-Sophie Champod (hidden) and Ms. Janet Green looking on.

## Update from the Day Treatment program: Strengthening the Psyche - Group Interventions Increase resilience

Resilience is the ability to maintain or regain mental health despite experiencing stress or adversity. Individuals with persistent mental illness often report lower levels of resilience. The Capital Health Day Treatment Program is an intensive group-based psychotherapy program serving patients with chronic and severe mental illness. The program teaches patients to access, utilize and transform negative emotions and maladaptive thinking in the service of enhancing self-understanding/acceptance and relationships with others. Therapy is primarily dynamic and emotion-focused, yet integrated with cognitive-behavioural components to target the multiple domains affected in mental illness. The program is ultimately designed to enhance resilience by developing skills to better process negative emotions and improve interpersonal functioning.

Despite initially presenting with a reduced ability to bounce back from challenges and setbacks, the patients demonstrated significant psychological

strengthening following participation in the intensive group therapy program. After six weeks in the Day Treatment program, patients' reported increased resilience not accounted for by changes in symptoms of mental illness, with improvements in resilience associated with increased self efficacy and improved interpersonal functioning.

The factors that prove therapeutic in group psychotherapy are closely related to the protective factors that underlie resilience. Group therapy provides the opportunity to enhance interpersonal functioning and take advantage of supportive adult relationships. The intensive dynamic-relational approach may also promote the psychological integration necessary for resilient responses by facilitating core emotional processing, altering maladaptive cognitions, and enhancing insight into dysfunctional behavior within a safe and supportive therapeutic milieu. The development of resilience in the context of therapeutic interventions



Day Treatment team members Dr. Jackie Kinley and Ms. Sandra Reyno.

may represent an important opportunity to acquire protective factors against the reoccurrence of psychopathology that may mitigate the emergence and/or severity of future psychiatric disorders.

Although further research is warranted, preliminary findings suggest resilience can be enhanced in the context of a group-based intervention, indicating therapeutic factors associated with participation in an intensive group therapy program may have a psychological strengthening effect.

## Announcements

### Nova Scotia Child Care Association Conference - September 21 & 22, 2013

The IWK Health Centre, Mount Saint Vincent University, the Margaret and Wallace McCain Family Foundation and Edward Jost Children's Centre are pleased to present Mental Health in the Early Years: A Tool Box for Practitioners. **Dr. Normand Carrey** is coordinating this unique, multi-disciplinary, two-day conference intended to strengthen ties, and expand collaborations between practitioners who work with children in the early years of life. Keynote speakers will be Dr. Charles Zeanah & Dr. Stuart Shanker. Professionals from all sectors and specialties are encouraged to participate.

Please email [conference@nschildcareassociation.org](mailto:conference@nschildcareassociation.org) or call (902) 423-8199 to register.

### New Mental Health Initiatives: *My Power Ball* and *Inspired Living Projects*

Submitted by: Dr. Eva Adriana Wilson, Psychiatrist

*My Power Ball* is an empowering children's book teaching kids to cope with other people's expectations, comments and put downs. It was created as a result of repeated unsolicited feedback from teachers, parents, psychologists and guidance counsellors about how helpful a particular metaphor I often used with youth in my practice. With the help of co-author K. Ryan Wilson, PhD

candidate in Clinical Psychology, we turned this metaphor into a children's book, "*My Power Ball*."

Although this is a children's book, I frequently use this same metaphor with youth and adults with an equally high uptake (about 70-80 per cent of people connect to it). I suspect it is because, at times, we all get overwhelmed by what other people expect from us, especially when it does not fit with what

is right or healthy for us. The message in *My Power Ball* is, therefore, a good reminder for teenagers and adults, as well as children. For more information about this book and where to get it, please go to [www.InspiredLivingMedical.com/MyPowerBall](http://www.InspiredLivingMedical.com/MyPowerBall).

*Inspired Living Projects* is a new website ([www.InspiredLivingProjects.com](http://www.InspiredLivingProjects.com)) that provides resources for personal growth and wellness

(promoting mental health), as well as opportunities to connect with others and contribute to change at personal, local, national and global levels, regardless of age. In order to be well, humans need both connection to a community and a purpose, and this website can facilitate both of these for interested patients.

There are a number of initiatives on the site we invite you to explore, including the *Learning for Life Contest*, the weekly value-based exercises

(informed by Acceptance and Commitment Therapy), Twitter to live their values (@DrAdrianaWilson), and Mentor of the Month.

Business cards are available with these resources on them for you to distribute as you see fit, if you would like some, please contact Jill at 902-445-7108.

Please feel free to inform your colleagues about these resources and to inform us of any resources or initiatives

you may think would be helpful for us to add.

The big launch for both of these projects will be Oct. 5, 2013 from 12-2 pm at Chapters, Bayers' Lake, Halifax, NS. I hope you will come and share in the festivities, including a coloring contest, kids creating their own Power Ball, refreshments, and valued based activities with prizes every 30 min for participants!

## 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 departmental 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, found on the departmental website ([psychiatry.medicine.dal.ca/awards/awards\\_date.htm](http://psychiatry.medicine.dal.ca/awards/awards_date.htm)). If no external deadline is listed, please refer to the website of the granting body for further information.

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

Internal deadline: Oct. 22, 2013

- Award for Outstanding Contribution to Faculty Development in Canada
- Young Educators Award
- John Ruedy Award for Innovation in Medical Education
- May Cohen Equity, Diversity and Gender Award
- President's Award for Exemplary National Leadership in Academic Medicine
- Infoway, e-Health Award

Granting body: **Canadian Colledge of Neuropsychopharmacology**

Internal deadline: Nov. 7, 2013

- Heinz Lehmann Award
- Innovations in Neuropsychopharmacology Research Award
- Medal Nomination
- Young Investigator Award

Granting body: **Canadian Medical Association**

Internal deadline: Nov. 7, 2013

- Medal of Service
- May Cohen Award for Women Mentors
- Sir Charles Tupper Award for Political Action
- Frederick Newton Gisborne Starr Award
- Award for Excellence in Health Promotion
- Award for Young Leaders
- Dr. William Marsden Award in Medical Ethics
- Physician Misericordia Award
- Medal of Honour

Granting body: **Dalhousie University**

Internal deadline: Nov. 23, 2013

- Rosemary Gill Award

For the terms of reference of awards please visit the website 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.



## Humanities Corner

Submitted by: Dr. Lara Hazelton  
Humanities Coordinator

### **Atlantic Film Festival**

The 33rd Atlantic Film Festival will be taking place from Sept. 12 -19, 2013. As in previous years, the Department of Psychiatry Humanities Program will reimburse the cost of a movie ticket for a limited number of department members (including residents). All you have to do is attend a film with a psychiatric theme and write a 250 word review for Headlines Humanities Corner. There is considerable flexibility in what may be considered 'psychiatric themes'. Please contact Dr. Lara Hazelton at [lara.hazelton@cdha.nshealth.ca](mailto:lara.hazelton@cdha.nshealth.ca) in advance to let her know what movie you are planning to review so that we can avoid duplication. Remember to keep the receipt for the ticket, and you will be reimbursed when the review is received. Reviews may be edited prior to publication.

## Upcoming Humanities Events

### **T.J. Jock Murray Visiting Scholar- Sept 19-20, 2013**

The purpose of the Dr. T.J. Murray Visiting Scholar in Medical Humanities is to encourage a greater understanding of the art of medicine and the human aspects of medicine in students and faculty, through exposure to the linkages between medicine and the humanities, notably literature including drama, poetry, art, photography, music, history and philosophy including ethics. The fund was created to honour the work done by Dr. Murray while he was Dean of Medicine (1985-1992).

### **Portia White Concert- Nov 29, 2013**

Humanities-HEALS Program in association with Nova Scotia Talent Trust features Dalhousie Health Professions' Chorale and Ensembles, and The Sackville Community Band. Proceeds go to the Portia White Award of the Nova Scotia Talent Trust.

### **Gold-headed Cane Awards- Feb 8, 2014**

Presented by the Faculty of Medicine at Dalhousie, and the College of Physicians and Surgeons of Nova Scotia to physicians nominated for their notable combination of scholarly attainments, humanism, professionalism, and service as an effective role model for others in the medical humanities. Dalhousie University's Faculty of Medicine award was established in 2002, funded by an endowment from Dr. Gerald and Gale Archibald. The College of Physicians and Surgeons of Nova Scotia award was first presented in 2008.

### **Music- The Best Medicine- May 2, 2014**

Humanities-HEALS, Music in Medicine Program presents Music- The Best Medicine concert featuring The Dalhousie Health Professions' Chorale and Ensembles, and Dalhousie Medicine New Brunswick Heartbeat and Ceol.

### **Quill & Stethoscope- May 3, 2014**

This annual event showcases the interface of writing & medicine. Hosted by Dalhousie University's Humanities-HEALS Program, students, faculty, and staff share their own prose, poetry, spoken word, and song in addition to readings by the Cynthia Davis Writing Award recipient(s). The Cynthia Davis Writing Award is given every year to a Dalhousie student from Medical Sciences and Health Professions, whose writing helps bring to light the experience of wellness or illness within the mental, physical, and/or spiritual domains.

## Just for FUN!

### Guess who?

Can you guess which department members are featured in these old photos?



## Has Dr. Bill Bradley has been keeping his previous career as a nurse from us all?

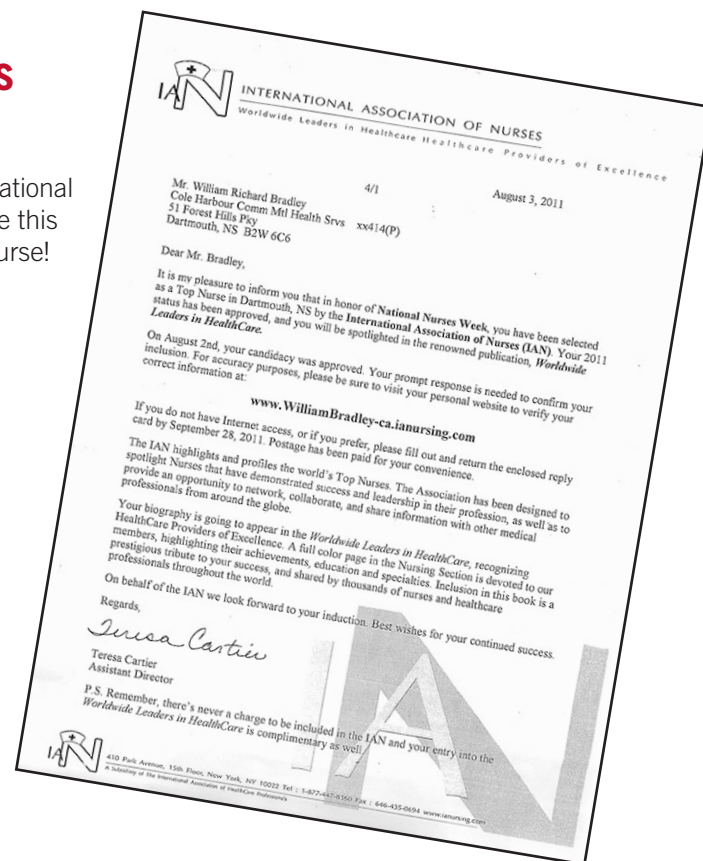
Dr. Bradley received the Top Nurse in Dartmouth Award from the International Association of Nurses (IAN), in honour of National Nurses week. Despite this honour, Dr. Bradley is a psychiatrist, and is not and has never been a nurse!

### 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 Nov. 1, 2013, with the deadline for submissions to be Oct. 18, 2013.

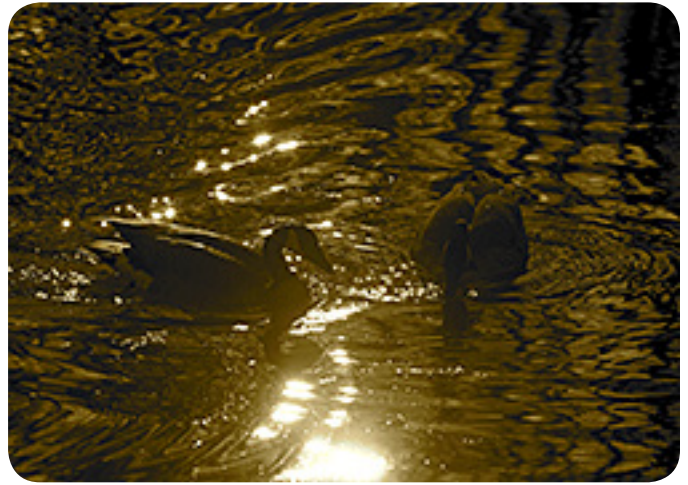
Please send all submissions to  
**Kate.Rogers@cdha.nshealth.ca**



## Photo Feature



A bridge in Woodstock, NB photographed by Dr. Shabbir Amanullah.



Swans in a pond in Byron Village, London, Ontario. Photographed by Dr. Shabbir Amanullah.