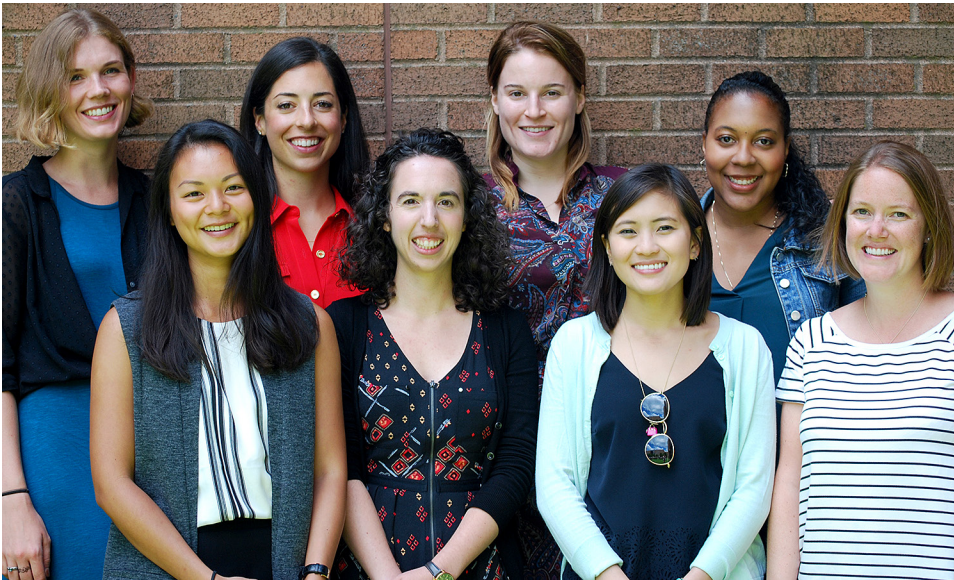


headlines

news from the department of psychiatry at dalhousie university

FEATURE

WELCOME TO THE CLASS OF 2022



New residents (clockwise from left) Drs. Emily Fraser, Amy Gough, Jill Cottreau, Cinera States, Marissa LeBlanc, Lauren Chan, Holly Greer, and Angela Wang.

Eight new PGY-1s join the department

On July 1, 2017 the Class of 2022 began their postgraduate training in the Department of Psychiatry. Among the eight PGY-1s are five graduates from Dalhousie Medical School, one from the University of Alberta, one from Queen's University and one from the University of British Columbia. The PGY-1 year differs from other postgraduate training years in

that the PGY-1 residents are scheduled to rotate through many other departments. The first block of the year is designed to help them become familiar with the Department of Psychiatry, while being matched with a psychiatrist mentor and attending a series of orientation sessions. Learners spend two blocks of training in psychiatry at the Saint John training site, which includes emergency and consultation/liaison rotations. They also have one block of emergency psychiatry in the ER at the Halifax Infirmary, two

blocks of training in general medicine, two in neurology, two in emergency medicine and one block of family medicine. Beyond this, they are permitted two blocks of their choice. Needless to say, our new PGY-1s are in for a busy year! You'll be introduced to each one of them below.

Lauren Chan

Where I call home: I'm from Edmonton, Alberta.

Where I attended medical school: I went to the University of Alberta.

What excites me most about being a part of Dalhousie Psychiatry: I'm most excited about being around a cohesive and supportive group of individuals who share my interest in mental health! Being by the ocean is an added bonus!

What I like to do outside of work: I enjoy swimming, reading, travelling, and spending time with my partner and our dog.

The high point of my first month here: There have been lots of mini victories, including the day I was able to drive home without using Google Maps.

My biggest challenge so far: I'd be lying if I said I wasn't a little homesick, but

continued on page 4



**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry

IN THIS ISSUE

1 WELCOME TO THE CLASS OF 2022

3 MESSAGE FROM THE HEAD

6 RESEARCH REPORT
EDUCATION REPORT

7 CHILD & ADOLESCENT
PSYCHIATRY REPORT

9 SUN LIFE CHAIR IN ADOLESCENT
MENTAL HEALTH REPORT

10 NEWS AND ANNOUNCEMENTS

12 MEET A STAFF MEMBER

13 HUMANITIES CORNER

14 PHOTO FEATURE

This newsletter is published for the Department
of Psychiatry at Dalhousie University.
5909 Veterans' Memorial Lane,
8th Floor, Abbie J. Lane Building
Halifax, NS B3H 2E2

Editor: Dr. Aidan Stokes

Compilation, Layout, and Design:
Kate Rogers

Submissions should be sent to:
Kate.Rogers@nshealth.ca

MESSAGE FROM THE HEAD

I hope you have all enjoyed this warm and sunny summer. With the disaster unfolding in Houston and surrounds, we should give thanks for our temperate and moderate climate.

This is traditionally the edition of Headlines where we welcome our incoming class of PGY1 residents. It is a great pleasure to welcome them to the start of their training in psychiatry. Their enthusiasm shines through the responses in the questionnaire. I expect we have many future leaders in clinical and academic spheres in this talented group of young people. It was also very nice to see some faces and names familiar to me from my days as assistant dean of Student Affairs in the Faculty of Medicine.

I am pleased to say that rates of coming and going in the department seems to be slower than at this time last year. We do extend a warm welcome to **Dr. Sanjana Sridharan**, who has joined the acute care services with beds on 6Lane, and who also is replacing **Dr. Curt Peters** in the role of Deputy Clinical Director for Acute Services.

Congratulations to **Dr. Lukas Propper** for a prominent publication, featured later in this edition. This adds to a truly impressive publication record for the department, and is tribute to the depth and breadth of research underway.

Congratulations also to **Dr. Amy Bombay**, who was named as a finalist for the Discovery Awards which will be presented in November. Dr. Bombay has carved out a unique niche at Dalhousie and has been highly productive in spite of the numerous calls on her time for involvement in community projects, and for teaching at all levels of the medical school, and other faculties.

This is a historic September for the Department of Psychiatry, as we welcome our first cohort of students to the Masters of Science in Psychiatry program. This



Dr. Michael Teehan

has been more than a decade in the planning stages, and it is extremely gratifying for the patient and dogged champions to see it finally realized. Please give the usual warm welcome to these talented students. On behalf of the department, I extend thanks to all who have participated in launching this exciting new direction. And linked to that same story, I am delighted that **Dr. Patrick McGrath** joined us on September 1. Pat will not only bring his immense research and leadership experience, but will also be working on the next phase of the Master's program as we hope to expand into a PhD program in the not too distant future.

It has been a quiet summer for provincial

services planning, but we expect that to resume shortly. Significant improvements have been mapped out for the province's services in Mental Health and Addictions. They will not be achieved easily, so some every hard work lies ahead of us. Our department members will continue to add their voice and input to this process.

For those of you with children starting their first day in school, and those returning, I hope this will be a good and happy year. For those with children fleeing the nest for university or other pursuits, expect sadness tinged with hopes. For all of us, I hope we can enjoy the upcoming season of "mists and mellow fruitfulness"

other than that, just figuring out how everything works in Halifax - both in and out of the hospital.

What I would be doing if I weren't in medicine: I'd open a doggy daycare!

An interesting fact about me: I played keyboard and was lead vocalist for a band in our med school. I'm not sure how technically sound we were, but it was a great time.

Jillian Cotteau

Where I call home: I'm from Yarmouth, Nova Scotia, but I have lots of family in Halifax.

Where I attended medical school: I went to Queen's University in Kingston, Ontario.

What excites me most about being a part of Dalhousie Psychiatry: I'm most excited about the collegial and supportive learning environment that I sensed on the interview tour and from my experience here so far.

What I like to do outside of work: I enjoy socializing, cooking, and gardening.

The high point of my first month here: On my first emergency call shift, I was able to form a therapeutic alliance with a patient in crisis and help them cope with their immediate situation. I left work on a high and felt really rewarded, as well as excited that I chose to enter psychiatry.

My biggest challenge so far: My biggest challenge so far has been not being too affected during encounters with patients whose problems/feelings I can relate to. Also, sorting out all my login information and various new accounts in week one was a bit of a headache!

What I'd be doing if I weren't in medicine: I'd be a high school math teacher! I studied and tutored math in my undergraduate degree. It's fun to work through the problems with teens and see their pride when they finally get it. I tutored one teen on my two months off prior to residency and was reminded of how much I enjoy it.

An interesting fact about me: I recently

forced myself to play piano at an open mic night because I wanted to try something new. I was terrified but didn't die. #exposuretherapy

Emily Fraser

Where I call home: I'm from Truro, Nova Scotia.

Where I attended medical school: I went to medical school here at Dalhousie.

What excites me most about being a part of Dalhousie Psychiatry: Working with and learning from such a diverse faculty.

What I like to do outside of work: I like to read, write, hike, and eat/drink delicious things with friends.

The high point of my first month here: Gaining a whole new appreciation for Halifax (and Nova Scotia), as I've re-discovered it with residents new to the area.

My biggest challenge so far: Navigating the transition from medical student to resident (and the intensified Imposter Syndrome that comes with it).

What I'd be doing if you weren't in medicine: Realistic answer: Something related to my undergrad degree in chemistry. Idealistic answer: I'd be a writer.

An interesting fact about me: I have not seen any of the Star Wars movies.

Amy Gough

Where I call home: I'm from Halifax, Nova Scotia.

Where I attended medical school: I went to medical school here at Dalhousie.

What excites me most about being a part of Dalhousie Psychiatry: I'm really looking forward to exploring areas of psychiatry that I have less experience with. As much as I'd love to dive in now, I think the off-service PGY-1 year will be a great foundation for the remainder of residency, so I'm looking forward to that as well.

What I like to do outside of work: Outside of work, I love to get outside -

either at the beach, hiking or running. Otherwise I'm at yoga, cooking or spending time with friends and family, including two adorable nieces and a nephew.

The high point of my first month here: My highlight was feeling so welcomed by all the members of Dalhousie Psychiatry. It was so great to start off residency feeling like part of a team.

My biggest challenge so far: My biggest challenge so far has been keeping in touch with friends who are also in residency, given busy/conflicting schedules. We're learning to plan things much further in advance!

What I'd be doing if I weren't in medicine: The other career options I considered before medicine were international public health, becoming an Italian professor, or a chef.

An interesting fact about me: I love to salsa dance, and try to squeeze it in once a week.

Holly Greer

Where I call home: Halifax, Nova Scotia.

Where I attended medical school: I attended medical school at Dalhousie University.

What excites me most about being a part of Dalhousie Psychiatry: I'm most excited about getting to work with a great team of supportive colleagues, as well as having the opportunity to pursue the specialty that I am most passionate about.

What I like to do outside of work: I like to read, go to yoga, run on a very recreational basis, try new foods/restaurants, travel, and go to the beach whenever the water is above freezing temperature.

The high point of my first month here: Meeting the team of residents and faculty, who have all been very welcoming, as well as getting a taste of practicing psychiatry as a resident.

My biggest challenge so far: The biggest challenge so far has been orienting to all the new systems and protocols of a

residency program, as well as procedures around activities such as call.

What I'd be doing if I weren't in medicine: Taking up residence as close to a beach as possible and/or becoming a literary editor (the idea of getting paid to read books has always appealed to me).

An interesting fact about me: I have an unhealthy amount of cute bulldog pictures on my phone. Part of my life plan is to own one someday.

Marissa LeBlanc

Where I call home: Dieppe, New Brunswick.

Where I attended medical school: I attended medical school at Dalhousie University.

What excites me most about being a part of Dalhousie Psychiatry: I'm most excited about working with the incredible team that surrounds us here.

What I like to do outside of work: I enjoy travelling, cooking, reading, camping, hiking, golf, yoga, spending time with family and friends.

The high point of my first month here: Meeting all the new staff, residents, and preceptors etc. that have been incredibly nice and helpful.

My biggest challenge so far: The biggest challenge so far has been gaining confidence!

What I'd be doing if I weren't in medicine: If I weren't in medicine I'd be a food and travel critic.

An interesting fact about me: I have been to Antarctica on an expedition as a chaperone for high school students.

Cinera States

Where I call home: Nova Scotia is the place that I call home.

Where I attended medical school: I attended medical school at Dalhousie University.

What excites me most about being a part of Dalhousie Psychiatry: What

excited me most about being a part of the Dalhousie Psychiatry program are the great people I have met so far. Staff, residents, and other faculty members have all been so kind and welcoming which has made the intimidating and, in some ways, scary transition into residency so much easier to bear. I am also excited to get to stay in Nova Scotia and continue to work in the communities I have established close connections too like the African Nova Scotian community.

What I like to do outside of work: Outside of work I spend the majority of my time with family. I have a huge tight-knit family here in Nova Scotia and take every opportunity I can to spend with them.

The high point of my first month here: The high point of my first month here have actually been Wednesday morning psychiatry lectures. I am currently on internal medicine and I always look forward to Wednesday mornings where I can learn about psychiatry and the topics that I am most interested in. My excitement for Wednesday teaching and enjoyment in catching up with my fellow psychiatry residents also reaffirms the fact that I have chosen the right profession!

My biggest challenge so far: My biggest challenge so far in residency would probably be getting over my fear of making a mistake and gaining confidence about the new responsibility that comes with being a resident. Starting on internal medicine did not make this fear any easier to overcome and potentially has made it more challenging. However, I am learning a lot in the process, trying my best to take it day by day, and reminding myself that I am not alone in this feeling.

What I'd be doing if I weren't in medicine: If I weren't in medicine I'd be a food and travel critic.

An interesting fact about me: An interesting fact about me is that I am the first person from my community of North Preston, Nova Scotia to become a doctor.

Angela Wang

Where I call home: I'm from Vancouver, B.C., but I wouldn't necessarily call it my

home. I haven't actually lived there for the past eight years of my life! I guess I've been a bit of a nomad lately, but I look forward to calling Halifax my new home!

Where I attended medical school: I went to UBC, the Kelowna Campus.

What excites me most about being a part of Dalhousie Psychiatry: Being a part of an amazing team! The people I have met and worked with thus far have been so incredibly welcoming and caring both to me and patients alike. I am excited to be surrounded by this positivity and look forward to training in this environment.

What I like to do outside of work: I enjoy hiking, camping, surfing, cycling, yoga, and being outdoors!

The high point of my first month here: The highlight so far has definitely been meeting my co-residents and exploring Nova Scotia.

My biggest challenge so far: Building my shelving unit...it is a true test of one's patience.

What I would be doing if I weren't in medicine: If I weren't in medicine I'd be traveling the world.

An interesting fact about me: If I smile really hard, I have three dimples.

RESEARCH REPORT

Department of Psychiatry Research Day 2017

This year's event is scheduled for Friday, Nov. 10 at the Lord Nelson Hotel. Now in its 27th year, Psychiatry Research Day promotes student involvement in research and showcases the department's diverse expertise to our university and local communities.

If you are interested in presenting, please contact **Jen Brown** for the form and then forward your completed abstract registration to Jen.Brown@nshealth.ca before Sept. 15, 2017.

If you are interested in attending, please

contact Jen Brown for the form and then forward your completed registration to Jen.Brown@nshealth.ca before Nov. 3, 2017.

The Research Day keynote address will be given by Dr. Roy Perlis on "Probabilistic Medicine: How do we get there from here?"

Dr. Roy Perlis is staff psychiatrist for the Massachusetts General Hospital Bipolar Research Program and the Depression Clinical Research Program in Boston. In addition, he is a psychiatry instructor at

Harvard Medical School in Boston.

Dr. Perlis focuses both his research and clinical work on treatment-resistant mood disorders, including bipolar disorder and major depressive disorder. His current efforts include exploring genetic variations that might predict treatment response or adverse effects, conducting proof-of-concept clinical trials with new treatments, and developing cost-effective methods for future genetics research using algorithms to search medical record databases.

EDUCATION REPORT

undergraduate education news

Following the conclusion of the 2016-2017 undergraduate year, we would like to thank our faculty for their ongoing contribution to teaching and supervising our medical students. Your dedication is truly appreciated.

The psychiatry undergraduate education committee would like to extend their appreciation to resident representative, **Dr. Tyson Rizzardo** and the various medical student representatives for

their contribution to the committee over the past year. We look forward to Dr. Rizzardo continuing as the resident representative for 2017-2018.

The development of the child & adolescent clerkship modules continued throughout the year with **Dr. Herbert Orlik** and will be ready for implementation for 2017-2018. The curriculum will consist of two self-directed online modules and an

interactive classroom case session. Also new to the clerkship curriculum will be a self-directed transgender module developed by **Dr. Shannon MacDonald**. The aim of the module is to enhance students' helping skills with patients identifying as transgender. **Mandy Eslinger** provided the guidance and coordination to the faculty for the module development.

masters in psychiatry research news

M.Sc. in Psychiatry Research Class of 2019

Welcome to our first M.Sc. in Psychiatry Research class! Stay tuned for more information on each student in the next issue of *Headlines* in November.

• Emily Howes Vallis – Dalhousie University (supervisor: Rudolf Uher)

• Kayla Joyce – Dalhousie University (supervisor: Sherry Stewart)

• Hayley Riel – University of Manitoba (supervisors: Derek Fisher & Phil Tibbo)

• Maria Simmons – St. Mary's University (supervisors: Jackie Kinley & Phil Tibbo)

• Jad Sinno – Dalhousie University (supervisor: Amy Bombay)

• Mehmet Topyurek – York University (supervisor: Kim Good)

continuing professional development news

The summer months have been busy for the new CPD director, **Dr. Lara Hazelton**. The 2017 - 2018 CPD schedule for University Rounds, Clinical Academic Rounds and Child & Adolescent Psychiatry Academic Rounds

UPCOMING CONTINUING EDUCATION EVENTS

University Rounds

September 20 - Dr. Neil Woodward, Ph.D., Bixler-Johnson-Mayes Chair, associate professor of psychiatry and behavioral sciences, and psychology, Topic: Brain connectivity in psychotic disorders

October 18 - Dr. Joseph Shay, Ph.D., Harvard University, Topic: Psychodynamic Group Psychotherapy

is set and available on the DoP website. Rounds begin on Wednesday, Sept. 20 with a guest speaker (see the University Rounds listing below for details). Also, the XXIX W.O. McCormick Academic Day Conference planning is in full swing.

Clinical Academic Rounds

September 13 - No rounds because of Canadian Psychiatric Association 67th Annual Conference

September 27 - **Dr. Joseph Sadek**, Topic: Long Term Outcome in ADHD treatment

October 4 - **Dr. Herbert Orlik** and Melissa Kemp; Eating Disorders Team

October 11 - **Dr. Ian MacKay** (R5); Dal Psychiatry, Topic: A Survey of Nova Scotian Psychiatrists' Screening Practices for the Metabolic Side Effects

The conference will be held on Friday, April 27, 2018 and the theme will focus on cannabis. Look for further details in future editions of *Headlines*.

of Antipsychotics in Patients with Psychosis

October 25 - **Drs. Lesley Kirkpatrick** (R5), and **Sabina Abidi**, team up against **Drs. Mandy Emms** (R5), and **Zenovia Ursuliak**, for the 10th Psychiatry Debate, Topic: Reefer madness! The highs and lows of cannabis legalization

CHILD & ADOLESCENT PSYCHIATRY REPORT

Education Update

Welcome party for our new subspecialty residents

On Sunday, July 9, the division of child and adolescent psychiatry officially welcomed our three fabulous subspecialty residents: **Dr. Gaëlle Bélanger** (PGY6), **Dr. Sarah Fancy** (PGY5), and **Dr. Celia Robichaud** (PGY5), with a summer party hosted by the host-with-the-most, **Dr. Herb Orlik**. Attendees enjoyed a delicious meal, great company, and the sound of the St. Margaret's Bay surf.



Resident Welcome Party 2017 L-R: Drs. Gaëlle Bélanger, David Lovas, Sarah Fancy, Celia Robichaud

THANK YOU to Our Departing PGY3s

We would like to extend a huge thank you to our most recent group of PGY3 residents: **Drs. Omar Alwatban, Jill Boyd, Vhari James, Justin Paradis, and Olga Yashchuk**. You have each been a pleasure to have on our service, and we truly enjoyed working with each of you.

Centre for Pediatric Pain Research: Update

Article from Pulse Week in Review
– Thursday, July 27, 2017 (IWK Newsletter)

Researchers at the Centre for Pediatric Pain Research have launched a new study into how a robot can help to reduce procedural pain and distress for children within the blood collection clinic.

The robot, purchased with funding from the Canada Foundation for Innovation, can be programmed to interact with children in a clinical setting and has a wide variety of capabilities ranging from calming breathing exercises to playing “rock-paper-scissors”.

LeAnne Revell, a Research in Medicine student at Dalhousie University is taking the lead on the project under the supervision of **Dr. Christine Chambers**, Canada Research Chair in Children's Pain.

The researchers will be hosting a series of focus groups throughout the summer. They are looking for children and teens age four to 15 who have previously had blood drawn at the IWK blood collection clinic to give feedback and share ideas about the robot.

They're also looking for the public's input in naming the robot and have launched a contest on Facebook.

If all goes well, the robot will be available for children to interact with at the blood collection clinic later this year.

The addition of a robot to the Centre for Pediatric Pain Research team is getting a lot of attention online. Global and News 95.7 got the scoop from Dr. Chambers and LeAnne Revell.

Dr. Christine Chambers also spoke to the New York Times about managing children's pain.

Kudos!

We would like to extend sincere congratulations to **Dr. Vhari James**, the recipient of an IWK Kudos in July 2017. Dr. James was commended on her initiative to see a patient while recently on call. The Adolescent Intensive Services (AIS) staff on the unit compliments both her skill and thoughtfulness exhibited throughout the encounter. Thank you, Dr. James!

In the News

Article from Pulse Week in Review –
Thursday, July 27, 2017 & August 10, 2017
(IWK Newsletter)

Dr. Stan Kutcher's Mental Health Academy was well received last week with coverage from CTV, CBC Mainstreet, Educhatter and the Global Morning Show.

Mental health expert, Dr. Stan Kutcher, shared recommendations with the provincial government following three cases of teen suicide.

This story was covered by: CTV News, CTV News (second story), CBC News, CBC News (second story), The Chronicle Herald, The Chronicle Herald (second story), LocalXpress, News 95.7, Metro Halifax, Cape Breton Post, CBC Mainstreet.

Research Feature

Dr. Lukas Propper's recent paper, *Disruptive mood dysregulation disorder in offspring of parents with depression and bipolar disorder*, has been highly sought after. With a front-page feature in the June 2017 publication of The British Journal of Psychiatry, we expect that the paper will become highly cited and influential. Congratulations, Dr. Propper!



Publication Cover, The British Journal of Psychiatry, June 2017

SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT

The summer months have remained busy for the Sun Life Financial Chair in Adolescent Mental Health team with lots of exciting things on the horizon for the fall.

Mental Health Academy Re-Cap

This year's Mental Health Academy was an immense success, welcoming 285 attendees from as far as the Northwest Territories and British Columbia, and international guests who made the trip from Romania, Portugal, Finland and the UK. The two days were filled with professionals from various sectors of health and education, all aimed at starting conversations surrounding adolescent mental health. At the conclusion of the conference participants received a certificate stating they had completed the Mental Health Academy, as well as 12 hours of professional development. We would like to once again thank all of our speakers who offered to be a part of the Academy and offer their expertise and to those who attended.

#ConvoPlate

Earlier this summer **Dr. Stan Kutcher** was presented with a #ConvoPlate from the Paul Hansell Foundation. The hand painted stoneware plates are given to individuals involved in mental health initiatives who are starting important conversations about mental health. The goal is for the plates to be shared amongst the community in the hopes of continuing these important discussions and breaking down stigma. The Paul Hansell Foundation was started by Brian Hansell in memory of his son Paul, who tragically died by suicide in 2010. The goal of the foundation is to start meaningful conversations and promote programs aimed at the mental and emotional well-being of youth. Dr. Kutcher and Starr Dobson, CEO of the Mental Health Foundation of Nova Scotia, who both received plates earlier this year, explained their importance during the opening remarks of the Mental Health Academy held in July. Over the two-day conference, attendees took photos with the plates and shared on social media to continue the conversation.



Dr. Kutcher and Starr Dobson with their Convo Plates at the opening of the Mental Health Academy

Training in Guatemala

At the end of August, Dr. Kutcher traveled to Guatemala City to conduct training on the Curriculum Guide with teachers and participants from the Ministry of Education. The training is part of a grant provided by Grand Challenges Canada and is being run by Dr. Arun Ravindran, professor and director of Global Mental Health Affairs at the University of Toronto and a staff psychiatrist in the Division of Mood and Anxiety Disorders at the Centre for Addiction and Mental Health (CAMH). The project, very similar to training previously conducted in Nicaragua, will hopefully be the start of a continuing relationship with the country in the hopes of improving mental health literacy.



Participants taking part in one of the break-out sessions offered at this year's Mental Health Academy.

Invitation from Her Excellency Sharon Johnston

On September 9, Amy MacKay will be representing TeenMentalHealth.Org at the Masquerade for Mental Health, taking place at Rideau Hall in downtown Ottawa. The event is championed by Her Excellency, Sharon Johnston and will welcome more than 40 mental health organizations from across the country. The evening aims to reduce stigma as guests will be invited to create their

own masks to wear for the duration of the event, and later in the evening be encouraged to remove them as a symbol of acceptance and solidarity. The earlier portion of the evening will allow guests the opportunity to walk around and take part in the interactive booths and learn about each of the organizations and their role in mental health. After the community portion there will be a live concert including, English, French and Indigenous performers.

The event is expected to attract over 5,000 guests of all ages to experience the unique

atmosphere. In her time at Rideau Hall, Her Excellency has had the opportunity to visit several of the organizations being represented. Given her supportive relationship with Dr. Kutcher and the chair team, we are thrilled to be taking part in the event raising awareness and reducing stigma. For more information on the Masquerade for Mental Health please visit: <http://www.gg.ca/document.aspx?id=16951&lan=eng> or follow updates on social media with the hashtag #RHMasquerade.

NEWS & ANNOUNCEMENTS

news from the department

Farewell to Doug Maynes

Dr. Doug Maynes retired from the department in April after many years of dedicated service. He joined **Dr. Michael Teehan** and some of his former colleagues for a celebratory lunch at the Ashburn Golf Club on July 21.



Faculty members (clockwise from left) Drs. Patty Pearce, Mike Flynn, Michael Teehan, Doug Maynes, Emmanuel Aquino, and Sreenivasa Bhaskara.

awards & honours

Dr. Amy Bombay named as finalist for Discovery Award

Congratulations to **Dr. Amy Bombay** who has been named as one of three finalists in the Emerging Professional category at this year's 2017 Discovery Awards for Science and Technology. The Discovery Awards began in the spring of 2002, to recognize talented individuals and outstanding companies in Nova Scotia for their national and international work in the science and technology fields. The three Finalists in each of the four award categories are invited guests to the 15th Annual Awards Gala on November 23 at the Cunard Centre where all finalists will be recognized at a special pre-dinner reception at the nearby new Discovery Centre and are profiled with a video vignette prior to announcement of the winners during the gala.



Dr. Amy Bombay

staff & faculty changes

Coming:

Dr. Patrick J. McGrath has joined the department as a full faculty member as of Sept. 1, 2017. He will be located on the 8th floor of the Abbie J. Lane building in room 8406 and can be reached at 902-473-5633 or by email: Patrick.mcgrath@nshealth.ca.

Dr. McGrath has served in the role of Vice President, Research, Innovation and Knowledge Translation for both CDHA (later NSHA)/IWK over the past 12 years. He has championed the integration of academic activity in all aspects of our services, and has helped sponsor a range of research activities across the age span.

Dr. McGrath has had a long and illustrious career. Among his many achievements, the establishment of a training program in Clinical Psychology at Dalhousie stands out as a lasting benefit

to our health care system and university. He will be working with members of our faculty, Faculty of Medicine, and upper campus on the development of a Ph.D program in Psychiatry, a logical sequel to the M.Sc. program which commences this September.

In addition to his major contributions to research administration, he has had a distinguished career in his own research path. He has had two main foci, both of which have been highly successful:

1. Paediatric pain and its treatment in the context of family, and health services issues.
2. Delivery of care for mental health and chronic illness issues to families, using a variety of technological vehicles.

Welcome Dr. McGrath!



Dr. Pat McGrath (right) receives the Governor General's Innovation Award in 2017.

MEET A STAFF MEMBER

Meet a Staff Member allows you to be introduced to all the members of our administrative staff. It was brought to our attention that some faculty don't know who we are or what we do to support them and we'd like to change that! In this issue we introduce you to **Tracy Fraser MacIsaac**, education coordinator.

Tracy came to the Department of Psychiatry (DoP) after more than seven years at Dalhousie's Undergraduate Medical Education (UGME) office. Although the UGME office provided a solid base for stepping into her new role, the learning curves haven't stopped yet.

Tracy is responsible for administering and coordinating the department's admission processes for the DoP's postgraduate programs (fellowships, subspecialties, and CaRMS for PGY1's). She coordinates the fellowship programs, geriatric psychiatry subspecialty (GPS) program and the department's continuing professional development (CPD) programming. She provides administrative and technical support to the director of education, director of continuing professional development, director of fellowships and subspecialties, director of postgraduate education (for the CaRMS process). She provides administrative support to the EMT (education management team) committee, CPD committee, geriatric psychiatry subspecialty training committee, geriatric psychiatry training competence committee and the fellowship and subspecialty selection committee. Tracy ensures weekly rounds go smoothly, which can mean being technical support for the in-room and online technology. Since implementing a test of the presentation materials in advance, it all goes well more times than not. When it comes to monthly guest speakers Tracy coordinates their travel and accommodation to ensure they have a pleasant visit and a successful university rounds presentation.

Implementing the newly accredited



Tracy Fraser MacIsaac

geriatric psychiatry subspecialty program for the first resident this July 2017 is what is new and exciting in Tracy's role. Things are going as expected. The next thing will be preparing for an internal review of the GPS program, scheduled for March 2018.

The PGY1 recruiting events and the weekly CPD rounds sessions are the typical events that you hear from Tracy about. She is very aware that neither could happen without such engaged and conscientious faculty and residents and her education colleagues, for which she is truly grateful!

Finally, Tracy most enjoys seeing all her hard work come to fruition – whether that be the execution of planning for the annual conference, seeing an award recipient being shown due appreciation, the shiny new recruits at orientation, or seeing speakers demonstrate what they've worked so hard at.

HUMANITIES CORNER

In the last issue of *Headlines* we featured one of the winners from our annual Student Writing Competition, Sarah Tulk. In this issue we feature an excerpt

from PAIN(T), Ricarda Konder's winning entry in the medical student category. Ricarda is a medical student at Dalhousie University. To read her full submission

please visit [https://medicine.dal.ca/content/dam/dalhousie/pdf/faculty/medicine/departments/department-sites/psychiatry/PAIN\(T\).pdf](https://medicine.dal.ca/content/dam/dalhousie/pdf/faculty/medicine/departments/department-sites/psychiatry/PAIN(T).pdf)

A year.

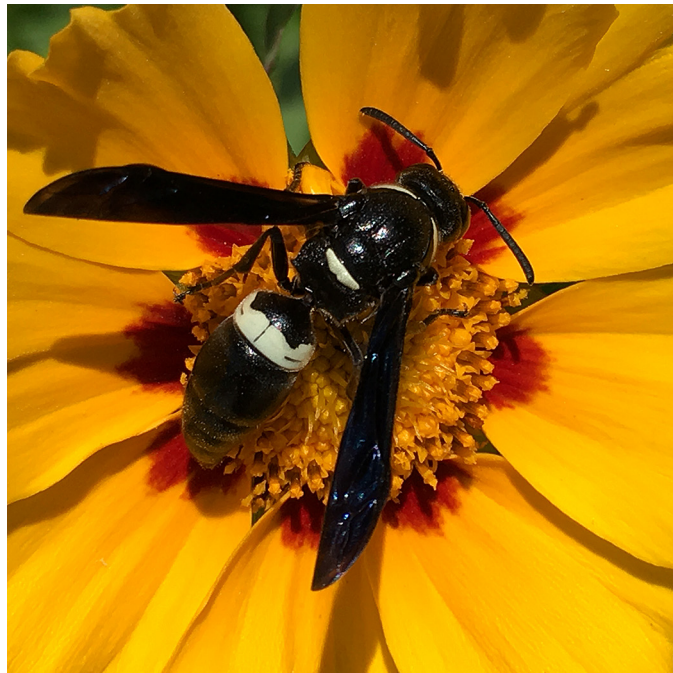
I look back and I think
it's been only a year
since I spiralled into crisis
since my only reason
for still standing upright
was that collapsing
meant failing.

It's been only a year
since I sought a teacher
in every person I saw
since I looked for release
in every book
in every gym
in every mindless activity
I could find.

And while people failed me
as I failed me
while institutions failed me
breathlessness to the point of exhaustion
failed me

one of those days
I picked up a paintbrush
and painting taught me.

PHOTO FEATURE



The beauty of summer (Photo by Dr. Shabbir Amanullah).

HEADLINES SUBMISSIONS

Headlines aims to provide a forum for the exchange of information, ideas, and items of general interest to the faculty, fellows, students and staff of the Department of Psychiatry. Your contribution(s) are needed and greatly appreciated.

The next issue of *Headlines* will be distributed on Nov. 1, 2017, with the deadline for submissions to be Oct. 13, 2017.

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