

headlines

news from the department of psychiatry at dalhousie university

FEATURE

WELCOME CLASS OF 2023



Back (L-R): Drs. Cody Sherren, Courtney Handford, Michelle MacDonald, and Mackenzie Armstrong.
Front (L-R): Drs. Kate Stymiest, Katherine Lines, Patricia Celan, and Shiloh Ricciotti.

Eight new PGY-1s join the department

On July 1, 2018 the Class of 2023 began their postgraduate training in the Department of Psychiatry. Among the eight PGY-1s are three graduates from Dalhousie Medical School, and one each from the University of Alberta, the University of Calgary, Queen's University, Western, and 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.

Mackenzie Armstrong

Where I call home: St. Margaret's Bay, Nova Scotia.

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**DALHOUSIE
UNIVERSITY**

FACULTY OF MEDICINE
Department of Psychiatry

IN THIS ISSUE

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MESSAGE FROM THE HEAD

As September, and a new academic year nears, I hope that you have all had the opportunity to rest and prepare for a busy year ahead. I would like to welcome our new postgraduate class of 2023, whose profiles and background are featured in this issue. Also a warm welcome to our incoming class of master's students. Many of the new residents have commented on the friendly and welcoming atmosphere they have encountered and I thank our faculty and current residents for their efforts to make it so.

The drive to complete arrangements for a PhD program, complementary to the master's, continues. **Dr. Pat McGrath** has diligently kept this on track, and we are nearing the final stages of approval. Our thanks are owed to Pat for his perseverance and skill in this important venture.

While in the past, clinical pressures have often eased during the summer season, we faced significant issues in clinical services over the last few months. The Garron Center at the IWK has been over census for much of that time, and has been coping with the added pressures of depleted psychiatric resources throughout the province. The forensic service has also been under pressure, with inpatient beds in the rehabilitation units almost fully occupied. That issue is in large part due to the chronic failure to address ALC (alternate level of care) numbers. That is, to place patients who are ready for discharge to the community, but for whom a suitable living arrangement cannot be found. An enquiry, chaired by Mr. Walter Thompson QC, is reviewing the issues around several patients who were detained in hospital for long periods simply because no community placement was forthcoming. **Dr Scott Theriault** and Ms. Rachel Boehm both provided testimony to the enquiry.

Eastern and Northern zones continue



Dr. Michael Teehan

to struggle with recruitment and retention issues, and this situation became critical in late August. There was a heartening response from members of this department and others, who are volunteering to spend short periods in those zones, providing locum coverage. Dr. Sanjana Sridharan is providing much needed leadership and direction in provincial efforts to recruit new staff to positions outside the central zone.

Congratulations to **Dr. Amy Bombay** on her successful CIHR grant application, and on her recent interview on CBCs Quirks and Quarks. Also to **Dr. Joseph Sadek** on the publication of his new book on co-morbidities with ADHD.

As you may well know, our postgraduate programs will be taking part in the Royal College of Physicians and Surgeons accreditation survey in November 2018. This is of course a major milestone for the program and for the department as a whole. We have a highly successful program as evidenced by the extraordinary success in recruitment in recent years and by a stellar record in final examinations. This exercise will dig into more detailed performance metrics and should help us strengthen the program even more. I have used the singular, and have been referring to the core training program, but should also note that our two subspecialty programs

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will be accredited, for the first time in their short tenure, during the same week in November. While trainee numbers are much smaller in each of these programs, the amount of work involved in preparation is not dissimilar. My

sincere thanks to **Drs. Mark Bosma, Sherry James, David Lovas and Terry Chisholm** for all of their hard work and dedication.

Finally, later in this edition you'll find

a short illustration of what vacationing in the Emerald Isle can be like. I hope it brings you a smile.

continued from page 1 Welcome class of 2022

Where I attended medical school: I went to Dalhousie University.

What excites me most about being a part of Dalhousie Psychiatry: Working with the nicest group of people I ever did know.

What I like to do outside of work: Birthday photoshops, Nintendo Switch, and pretending to exercise.

The high point of my first month here: Working with **Dr. Aileen Brunet** in Forensics has been a high point for me.

What I would be doing if I weren't in medicine: I'd be a journalist, if newspapers weren't all dying.

An interesting fact about me: I've seen every episode of Survivor, I'm in two Survivor pools and sometimes dress up like Jeff.

Patricia Celan

Where I call home: Vancouver, British Columbia.

Where I attended medical school: I went to UBC.

What excites me most about being a part of Dalhousie Psychiatry: This program is known around the country for having a fantastic work environment with a great emphasis on collegiality. I am also excited for the psychotherapy training, as Dalhousie provides one of the strongest psychotherapy programs available.

What I like to do outside of work: I enjoy travel, hiking, exploring new places or experiences, spending time with friends or any animals (especially my cats), eating out, going to the movies, and listening to

music.

The high point of my first month here: My co-residents have been fantastic and getting to know them has definitely been the high point of my first month here; we're a great fit and I feel very blessed to be with them during this residency.

What I would be doing if I weren't in medicine: It's hard to imagine doing anything other than psychiatry, because this has been my dream job for over a decade!

An interesting fact about me: When I was six, I took an egg from the fridge and gently sat on it in my room every day for two weeks, hoping to make it hatch. It didn't.

Courtney Handford

Where I call home: 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: The people! Everyone has been so welcoming and clearly loves their work. I'm excited to become part of the team.

What I like to do outside of work: I love to read and bake in my spare time. I also enjoy yoga and pretending I'm good at dancing.

The high point of my first month here: Starting off the year finally getting to do the medicine I love! Bonding with co-residents and getting to explore Halifax has been pretty great too.

What I would be doing if I weren't in medicine: Writing my best-selling novel

in my studio apartment in NYC above a cute little cafe (Yeah, I may or may not have spent a decent amount of time thinking about how alternate universe Courtney is spending her life).

An interesting fact about me: I am afraid of automatic doors, ever since I got my head stuck in one at a hardware store as a child. I apologize in advance for all the times I will rudely not be able to hold a closing elevator door for you.

Katie Lines

Where I call home: I am from Halifax Nova Scotia.

Where I attended medical school: I attended both undergraduate studies and medicine at Dalhousie.

What excites me most about being a part of Dalhousie Psychiatry: I am excited to be a part of Dalhousie Psychiatry because it is a program full of amazing mentors and colleagues.

What I like to do outside of work: For fun outside of work I like to horseback ride and hang out with my dog.

The high point of my first month here: I have had an amazing time so far getting to know my co-residents.

What I would be doing if I weren't in medicine: If I weren't in medicine I would definitely be a Mounted RCMP police officer or Broadway star.

An interesting fact about me: An interesting fact about me is that I have a 10 year old greyhound named "Toby" and he loves to sleep and be lazy.

Michelle MacDonald

Where I call home: Here! I'm from Halifax.

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

What excites me most about being a part of Dalhousie Psychiatry: The residents and staff are amazing, and have been so welcoming! I'm most excited about being part of this team.

What I like to do outside of work: Curl, Mom, Cook, and Travel.

The high point of my first month here: The whole mentor month was great; getting to know the other R1s (the best cohort!) and the upper years, and getting involved in psych right away.

What I would be doing if I weren't in medicine: I would be a teacher.

An interesting fact about me: When I was four-years-old, I aspired to be a crossing guard because "they get to talk to so many people"...I guess I was set for psych from the start!

Shiloh Ricciotti

Where I call home: I'm from Windsor, Ontario.

Where I attended medical school: I attended Western University - Windsor Campus.

What excites me most about being a part of Dalhousie Psychiatry: The friendly, collegial atmosphere - everyone is so welcoming and supportive.

What I like to do outside of work: I enjoy lifting weights, yoga, reading (biographies, true crime).

The high point of my first month here: The peanut butter burger at Darrell's (you have to try it!!).

What I would be doing if I weren't in medicine: I would be a lawyer or accountant.

An interesting fact about me: I skipped grade 3 (back when such things were allowed) and have always wondered what

exactly I missed out on there...

Cody Sherren

Where I call home: I am originally from PEI, but now I call Halifax home. I lived here for six years prior to medical school and am happy to be back.

Where I attended medical school: I went to Queen's University.

What excites me most about being a part of Dalhousie Psychiatry: I am excited to be part of a program that is full of valuable learning opportunities, while also being so collegial and welcoming.

What I like to do outside of work: Most of my time outside of work is spent with my wife and two kids (almost three years old, and nine months).

The high point of my first month here: My high point was seeing all of the orientation and education days in the first month. It felt like the program really wanted to set us up for success, compared to some of my colleagues who were thrown in directly to call shifts on July 1.

What I would be doing if I weren't in medicine: Realistically, I would probably still be working with the Department of Fisheries and Oceans. But I like to think I would have opened a food truck.

An interesting fact about me: After undergrad I was planning on applying to culinary school. I missed the deadline however, and ended up pursuing my MSc, which had a much later deadline, instead.

Kate Stymiest

Where I call home: I am from Fredericton, New Brunswick.

Where I attended medical school: I attended Dalhousie Medicine New Brunswick.

What excites me most about being a part of Dalhousie Psychiatry: I am very excited to be learning with and from a group of supportive, kind and intelligent people from many different backgrounds. I think this will be the perfect place to begin working toward a career in a field that I am passionate about.

What I like to do outside of work: I love spending time with my friends and family, trying my hand at graphic design and painting, as well as reading books and listening to podcasts.

The high point of my first month here: Exploring Halifax and getting to know my new co-residents has been really great. I can already tell that we make a great group. Also, a surprise cake from Dr. Sridharan on my last day of Mentor Month was a sweet and thoughtful send off to my off-service rotations.

What I would be doing if I weren't in medicine: If I weren't in medicine, I would be doing special effects makeup.

An interesting fact about me: I am a retired synchronized swimmer. My specialty was the "solo" category, which most people find both confusing and amusing.

RESEARCH REPORT

Department of Psychiatry Research Day 2018

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

This year's keynote speaker is Dr. Christopher Mushquash, Canada Research Chair in Indigenous Mental Health and Addiction, associate professor in the Department of Psychology at Lakehead University, and the Northern Ontario School of Medicine, and clinical psychologist at Dilico Anishinabek Family Care.

Dr. Mushquash is Ojibway and a member of Pays Plat First Nation. He obtained his Ph.D. in clinical psychology at Dalhousie University and completed his pre-doctoral residency in the Faculty of Medicine at the University of Manitoba, specializing in rural and northern

clinical practice. His work is focused on determining evidence-based approaches that align with First Nations values, understanding culture-based approaches to healing and wellness, and ensuring that these approaches are appropriate for the context – depending on the community and factors such as remoteness, and access to other resources, or determinants of health.

For more information and to register for the event, please contact **Jen Brown** at jen.brown@nshealth.ca

M.Sc. in Psychiatry Research Class of 2019

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

- **Maya Biderman** – Dalhousie University (Supervisor: **Dr. Amy Bombay**)
- **Laura Dixon** – Saint Mary's University (Supervisors: **Dr. Aaron Keshen/Pat McGrath**)
- **Lezlee McKenzie** – Acadia University (Supervisor: **Dr. Phil Tibbo**)
- **Athena Milios** – Dalhousie University (Supervisor: **Dr. Pat McGrath**)
- **Jocelyn Paul** – Mount St. Vincent University (Supervisor: **Dr. Amy Bombay**)
- **Alex Pizzo** – Dalhousie University (Supervisor: **Dr. Barbara Pavlova**)
- **Andrea Sandstrom** – Western University (Supervisor: **Dr. Barbara Pavlova**)

meet a researcher: dr. kim good

This issue profiles Dalhousie researcher **Dr. Kim Good**. *Meet a Researcher* is a recurring article in the research section of *Headlines*. If you are interested in being profiled in an upcoming publication, please contact **Jen Brown** at Jen.Brown@nshealth.ca.

My current research interests: I have been involved in two major projects, both of which attempt to understand brain function in health and in disease. Most of my research currently involves neuroimaging. My area of expertise is the olfactory system and how olfactory deficits may be predictive of the development of, or poorer disease outcome in, neuropsychiatric disorders.

Research projects I'm currently participating in: I am currently the Principal Investigator (PI) on a study trying to identify potential biomarkers for the identification of patients who are destined to develop Parkinson's.

This project involves olfactory testing, MRI (diffusion tensor imaging and resting state function MRI), assessment of cognitive functioning and sleep assessments.

The second set of projects involves the examination of substance use in psychotic disorders. One study is aiming to understand how tobacco cues (conditioned stimuli that influence cigarette craving and consumption) are processed in the brain in current dependent smokers, formerly dependent smokers, non-daily non-dependent smokers, and dependent smokers who are initiating a quit attempt. Both those

with and without psychotic disorders make up my sample. Using fMRI, we examine the brain activation patterns and connectivity among regions that are known to be engaged (e.g., the reward pathway) when smokers are presented with smoking stimuli (either conditioned or non-conditioned). We are examining the importance for non-pharmacological factors (i.e., these tobacco cues) in psychotic patients compared to non-psychiatric controls. The results of this study may shed light on why psychosis patients smoke at alarmingly high rates (~80 per cent vs. 20 per cent in the non-psychiatric populations).

Finally, I am supervising my graduate student's work on the effects of caffeine on cognition in patients with psychotic disorders. As with tobacco, psychosis patients consume more caffeinated drinks than the psychiatrically healthy population; the reasons for this are still unclear.

A typical "Day in my work life": I read. A lot. And I write. A little. If this typical day is a teaching day, I arrive at the office and review my lecture for the day. I read the emails from students and try to put out fires before they consume my day. Teaching takes up a very small percentage of my time, but I enjoy it. Most of my undergraduate classes have greater than 75 students, so the demands are high. I sit for an hour after the lecture as I have office hours (sadly, no one shows for these, unless the results of a recent midterm have been posted online...). I return to my research office to, again, read email and put out fires and begin the research part of my day. I read. I write.

What I wish I knew (but didn't) when I first contemplated becoming a researcher: How long and soul destroying the act of writing a grant proposal is (and as researchers, a lot of our time is spent doing just that—destroying our souls, bit by bit.). I also wish I had known how hard it is to be a good teacher. Lecturing is easy, instructing is harder. But being a true teacher is a TOUGH job!

The most satisfying and frustrating aspects of doing research: I am a statistics nerd. I love crunching numbers—having a hypothesis, and finding that my data supports my a priori assumptions is very satisfying. The least satisfying aspect is receiving a rejection (paper or grant application) where the reviewers clearly did not understand/did not fully read the document.

The experience that best prepared me for my position: My post doc (here at Dalhousie) was an eye opener. Prior to that experience, I had not had to liaise with ethics boards, I had never been a PI on a grant application, nor had I had to develop my own research direction.



Dr. Kim Good works with her research assistants.

I learned a great deal the first two years in the Department of Psychiatry at Dalhousie.

My research mentor(s): Dr. Lili Kopala can be credited with being the most influential person for my career development. One of her biggest strengths is her dedication to student learning and I have tried to continue that with my mentoring of up-and-coming researchers. My friend and colleague, Dr. Jeff Martzke was a member of my PhD supervisory committee and he was extremely helpful to me during the preparations for my defense. His consistent reminders that I could ACTUALLY complete my dissertation were affirming and life changing.

Most recently, **Dr. Harry Robertson** has been influential in my continuing career development. His uncanny ability to respond to reviewers' comments with dignity and hidden sarcasm is a skill that I aim to emulate.

My second career choice: During my undergraduate degree, I had hoped to go into medicine. However, when I realized that I didn't like people enough to want to be around them all day, researcher was the next best option!

What I do in my spare time: I have two teenaged children. As a single parent,



Dr. Good with horse, Felix.

I do my best to make sure that they are safe and fed. I'm in the process of teaching my 16-year old daughter to drive (#gawdsaveme) and getting my 18-year old son ready to begin an undergraduate degree. In a past life, I had horses. Recently, I had begun feeding my horse 'addiction' vicariously through my daughter. Most recently, I started riding at Bengal Lancers (across the road!). My life is complete! When I'm not overstressing my adrenals, I can be found with a power tool or two, renovating my home or cottage.

EDUCATION REPORT

undergraduate education news

As we wrap up the 2017-2018 undergraduate academic year, we would like to thank our faculty for their ongoing contribution to teaching and supervising our medical students. Your dedication is truly appreciated.

During 2017-2018:

- 73 clinical clerks rotated through the department in the Halifax Regional Municipality (HRM), five in Amherst, five in Truro, four in Sydney, three in Charlottetown, and 30 at various sites in New Brunswick.
- The department received 129 clerkship elective requests (38 of those from Dalhousie clerks) and successfully placed 48 of them (21 of those were Dalhousie clerks) for a 37 per cent placement rate (55 per cent for Dalhousie clerks). The department also received eight

pre-clerkship elective requests from Dalhousie students and successfully placed all eight. Various observership requests were also received and accepted by various faculty throughout the department.

As we start the 2018-2019 academic year:

- To date we have received 60 clerkship elective requests (20 of those from Dalhousie clerks) and have successfully placed 45 of them (16 of those are Dalhousie clerks) on various services throughout HRM for a 75 per cent placement rate (80 per cent for Dalhousie clerks); our best yet!
- During the upcoming Med 2 Skilled Clinician interviewing skills unit, we will be introducing a 'Hearing Voices' simulation, an empathy-building exercise created by psychologist Patricia Deegan

in the United States, to help students understand the challenges faced by patients who hear voices. Further details and kits will be distributed to tutors prior to the start of the unit.

- We have completed the UGME tutor recruitment for the upcoming year with the exception of three short clerkship tutorials. If you are interested in tutoring, please contact **Mandy Eslinger** at mandy.eslinger@nshealth.ca.

Our Undergraduate Education Committee would like to thank resident representative, **Dr. Tyson Rizzardo** and the various medical student representatives for their contributions to the committee over the past year. We look forward to Dr. Rizzardo continuing as the resident representative for 2018-2019.

continuing professional development news

Announcement

Planning for the XXX W.O. McCormick Academic Day conference has begun. The conference will be held on Friday, May 10, 2019 at the Westin Nova Scotian, Halifax. Registration will open in early March. Look for further details in future editions of *Headlines*.

Recent Events

2018/07/31 Special Lecture
Churchill, Grant C., PhD, University of Oxford: "Academic drug repurposing reveals a lithium mimetic for bipolar disorder: from in vitro identification to clinical trials."



Special rounds speaker Dr. Grant C. Churchill.

Upcoming events

DoP Workshops

2018/10/25 MCQ Writing Workshop
9-11am, Halifax, AJLB, room 4074

Rounds

2018/09/12 Clinical Academic Rounds
Dr. Kathleen Singh, PGY-6, **Dr. Ian MacKay**, PGY-6; Geriatric Psychiatry.
"Gramma's got a problem: Practical Aspects of Alcohol Use Disorder in the Elderly"

2018/09/19 University Rounds
Dr. Vicky Stergiopoulos; Faculty of Medicine's 150 Signature Event. "The Future of Psychaitry and Mental Health Care"

2018/09/26 No rounds - CPA Annual Conference Toronto, Sept 27 - 29

2018/10/03 Child & Adolescent Psychiatry. **Dr. Cornelis DeBoer**
"Wood Street Centre Treatment Program"

2018/10/10 Clinical Academic Rounds
Shawna O'Hearn, "Social Accountability"

2018/10/17 University Rounds
Dr. Sophia Frangou; "Severe Mental Illness"

2018/10/24 Clinical Academic Rounds
Dr. Andrew Travers. "Innovations in service delivery, EHS, ED, and mental health"

2018/10/31 12th Psychiatry Debate
Dr. Ali Manning, PGY-4, **Dr. Katie Radchuck**, PGY-4

fellowship and subspecialty training news

Geriatric Psychiatry

We are excited to welcome **Drs. Kathleen Singh** and **Ian MacKay** to the Geriatric Psychiatry Subspecialty program. Drs. Singh and MacKay both graduated from the Dalhousie Psychiatry general program in June 2018 and began their subspecialty program July 1. We look forward to welcoming **Dr. Olga Yashchuk**, Dalhousie Psychiatry PGY-5, to the program next year.

The Canadian Geriatric Psychiatry programs did a combined call for applications, with standardized timelines for applications, interviews and offer letters. We are currently accepting applications for a start date of July 1, 2020. The deadline for submission is Monday, Sept. 10. Please contact the education coordinator, **Tracy Fraser MacIsaac** at tracy.fraser@nshealth.ca to apply.

We are almost finished preparing for the November 29 Royal College accreditation visit. Wish us luck!

Child and Adolescent Psychiatry

On Saturday, July 7, the Division of Child and Adolescent Psychiatry officially welcomed subspecialty residents **Drs. Celia Robichaud** and **Sarah Fancy** at a summer party hosted by **Dr. Herb Orlik** and Mrs. Phyllis Orlik. We were very fortunate to also include both incoming subspecialty residents, **Drs. Vhari James** (PGY5) and **Joshua Smalley** (PGY5), as they are spending a majority of their PGY5 year completing C&A subspecialty rotations to prepare to start the subspecialty program July 1, 2019. Attendees enjoyed a delicious meal, great company, and the sound of the St. Margaret's Bay surf.



Resident Welcome Party 2018: (L-R:) Drs. Vhari James, Joshua Smalley, David Lovas, Celia Robichaud. Missing: Dr. Sarah Fancy

education kudos corner

Kudos Corner

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

SLIIC at Dalhousie

Well done **Dr. Cheryl Murphy** who completed the Simulation Leader Interprofessional Instructor Course (SLIIC) held at Dalhousie University.

faculty development

Faculty Development Opportunities

Dalhousie Continuing Professional Development

FacDev Thursdays Seminar Series (webinars)

September 27 8:00pm – 9:00pm **Competence Committee Development and Function**

October 25 8:00pm – 9:00pm **How to Communicate with Learners Around Controversial Issues - Finding Respectful Grounds**

November 1 8:00pm – 9:00pm **How to Critically Appraise Research Papers**

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

Teaching and Assessing Critical Thinking (TACT) Program (online)

The first course in the online TACT Program begins this fall.

TACT 1 | September 24 - December 3

Registration fee: \$100 Dalhousie Faculty

For more information and to register visit: <https://registration.cpd.dal.ca/Registration/Welcome.aspx?e=DF51BC46E959AD3EB5E41327BC34052D>

Fundamentals of Clinical Teaching & Supervision Course (online)

October 1 – November 1

Registration fee: \$60 Dalhousie Faculty

For more information and to register visit: <https://registration.cpd.dal.ca/Registration/Welcome.aspx?e=1B34387AA3D1A20197AD9288B0E20784>

Fundamentals of Didactic Teaching Course (online)

November 13 - December 18,

Registration fee: \$60 Dalhousie Faculty

For more information and to register visit: <https://registration.cpd.dal.ca/Registration/Welcome.aspx?e=1B34387AA3D1A20197AD9288B0E20784>

Medical Education Institute 2018 | Step Up Your Teaching

September 14 7:30am – 4:00pm Theatre A | Moncton City Hospital, NB

To register visit: <https://registration.cpd.dal.ca/Registration/Welcome.aspx?e=C1DD20257DD2FB5648FFFD9F1B16983A>

For more information contact Angela.Hogan@Dal.Ca.

Tutor Skills Development Program

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

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

Dalhousie Psychiatry Opportunities

How to Write Good Quality MCQs

The workshop meets Performance Assessment (Section 3) criteria as defined by the Maintenance of Certification Program of The Royal College of Physicians & Surgeons of Canada. You may claim a maximum of six section 3 credits by participating in this workshop.

October 25, 2018, 9:00 – 11:00 am, Abbie J. Lane Building, Room 4074

Workshop Objectives:

At the end of the workshop, participants will be able to:

1. Recognize the importance of well-written MCQs
2. Discuss the elements of a well-written MCQ
3. Reflect on the quality of MCQs they have written prior to the workshop
4. Apply knowledge to critique and revise previously written MCQs

For more information please refer to the faculty database. To register please visit: <https://surveys.dal.ca/opinio/s?s=45202>

PLEASE NOTE: Space is limited to 15 participants. Registration closes after October 1st.

CHILD & ADOLESCENT PSYCHIATRY REPORT

Trans* Health Symposium

The 1st annual Trans* Health Symposium took place April 19 and 20. This inaugural conference was well attended by over 60 physicians, clinicians, and staff from across the Maritimes. The theme of this year's conference was integrated care for gender dysphoria, gender non-binary, and transgender children into adulthood and featured many talented speakers including: **Dr. Suzanne Zinck** (assistant professor of child and adolescent psychiatry at Dalhousie University), Dr. Arati Mokashi (associate professor of pediatric endocrinology at Dalhousie University), **Dr. Shannon MacDonald** (assistant professor of psychiatry at Dalhousie University), Nancy Wright, MSW (clinician therapist at the IWK Health Center), Becka Hartling, MSW (clinician therapist at Phoenix Youth and Family Therapy), and Dr. Françoise Susset, Psy.D. (psychologist with the Institute for Sexual Minority Health, Montreal). The Youth Project and Pride Health also joined a Q&A panel of speakers on access to care.

The symposium covered the assessment and psychological and medical treatment of gender diverse children and transgender teens and the health outcomes research for community inclusion practices, individual and family support, hormone and surgical treatments. All sessions were highly regarded in evaluations.

Attendees included mental health and primary care clinicians, as well as some medical specialists from every centre in the Maritimes, creating a network of clinicians trained in the WPATH standards of care. These clinicians are supported by a monthly telephone peer supervision group moderated by the



Dr. Suzanne Zinck

IWK Trans Health team clinicians. Care capacity has increased as a result: already, dozens of patients who would have been seen at the IWK are now receiving assessment and support in their own communities.

A highlight of the event included the Trans voices panel – a presentation by transgender youth and their families, moderated by Robert Bartlett, MSW, a clinician therapist with the IWK. The session received many accolades commending the youth for their powerful expressions of their lived experiences, with the session summarized very aptly by one attendee: “These youth never cease to impress me with their insight, willingness to be vulnerable and courage; [It is the] most rewarding aspect of my career.”

A special thank you is extended to **Debi Follett** and **Megan Bellefontaine** for their support of this symposium.



Dr. Shannon MacDonald

11th Annual Atlantic Provinces Child & Adolescent Psychiatry Conference

The 11th Annual Atlantic Provinces Child and Adolescent Psychiatry Conference took place June 15 to 17 at White Point Beach Resort. This year's conference was very well attended by over 25 child and adolescent psychiatrists from across the province. The theme was “Environmental Triggers for Psychiatric Illness in Children and Youth,” focusing on determinants of health that contribute to development or exacerbation of psychiatric illness and how to recognize and manage these.

Our keynote speaker was **Dr. Ronald Fraser**, associate professor of psychiatry at McGill and an assistant professor of Psychiatry at Dalhousie. Dr. Fraser is the head of the inpatient detoxification service and an attending staff physician on the addiction unit of the department of psychiatry at the McGill University Health Center (MUHC). He is also the director of the Long Term Treatment Program for Borderline Personality

Disorder in the Department of Psychiatry at the MUHC. Additionally, he is a consulting psychiatrist for addiction services in the Nova Scotia Health Authority and the Co-Founder and Clinical Director of 360dtx treatment facility in Montreal Quebec. His presentation, “Cannabis in Canada: Cause for Concern,” was very well received by attendees, with Dr. Fraser being praised for the incredibly timely and useful information presented.

We were fortunate to have many other talented presenters including Debbie Phillips, and **Drs. Gaëlle Bélanger,**

Ali Manning, David Lovas, Cornelis DeBoer, Suzanne Zinck, David Aldridge, Sabina Abidi, and Jonathan Brake.

Highlights of the event included our annual rousing game of “Jeopardy” that brings out the competitive spirit of all involved and an evening of lobster dinner and dancing.

Media Highlight

Following a concerning interview with former Olympian Ross Rebagliati (CTV News Atlantic, June 27, 2018), **Dr. Alexa Bagnell** sat down with Amanda Debison, CTV News Atlantic, to discuss cannabis from a health care professional’s point of view. For more information on this visit:

<https://atlantic.ctvnews.ca/video?clipId=1432186>

<http://www.iwk.nshealth.ca/news#/news/rebagliati%E2%80%99s-cannabis-claims-unfounded-misleading-and-harmful-say-health-experts-iwk>

SUN LIFE FINANCIAL CHAIR IN ADOLESCENT MENTAL HEALTH REPORT

Throughout the summer months the Chair team has worked diligently to keep mental health literacy a top priority.

Core Training

In July, educators, school counsellors and administrators from Canada, the United States and Wales took part in a three-day core training session held in Halifax. The learning platform, which encompasses the Curriculum Guide and the Go-To educator training, was led by **Dr. Stan Kutcher, Dr. Yifeng Wei** and Andrew Baxter of Alberta Health Services. Upon completion of the core training program, all attendees received a certificate of completion and are equipped to train others in their various areas of jurisdiction.

Many of the participants had a vested interest in adolescent mental health and the majority are working collaboratively with the Chair on various ongoing projects. For example, the Jordan Binion Project in



Core Training sessions held this summer welcomed attendees from Canada, the US and Wales.

Washington State has been implementing the Guide into schools for the past two years, with 99 school boards participating to date. They are currently working on expanding this work elsewhere within the US. A team from Wales, affiliated with

Action for Children is currently working on translating the Guide into Welsh and will begin training in their region this fall. Across Canada, several school boards were represented including a 12 person group from Chilliwack, British

Columbia. In addition, 11 independent schools from Ontario, New Brunswick and Nova Scotia took part helping to connect the Curriculum Guide with the private education sector.

Mental Health Academy

On July 9 the sixth Mental Health Academy was held at Saint Mary's University and welcomed 170 attendees from the Maritime Provinces. For the second year in a row the event was sponsored in part by the Nova Scotia Department of Education and Early Childhood Development. This year's program focused primarily on educators and aimed to answer their questions about everyday situations that arise in the classroom. Keynotes included a timely discussion on cannabis use in teens from **Dr. Phil Tibbo** and restorative approaches for educators on the maintenance of positive mental health from Joanne Syms (Nova Scotia Department of Education and Early Childhood Development). In addition to a series of selected break-out sessions, the day concluded with a panel discussion featuring all of the invited presenters. This allowed all attendees the opportunity to learn from each speaker and ask any questions that weren't already covered. A survey was sent to all who attended and the feedback has been overwhelmingly positive. A report is currently being compiled.

Teach Mental Health

A comprehensive mental health literacy learner resource for pre-service teacher candidates and practicing teachers has recently launched through the Faculty of Education at the University of British Columbia. Teach Mental Health is a modular based, online, professional development/education resource that addresses educator mental health literacy, an area often missed in most teacher education courses. The project is a partnership of the Faculties of Education at St. Francis Xavier University, Western University, UBC, and the team at TeenMentalHealth.Org. The course is free, easily accessible and content will be available to all Faculties of Education in Canada. Teachers and other educators who are currently in schools are also welcome to take the course. Although the course



Over 150 educators and administrators gathered for this year's Mental Health Academy.

has been available for less than two weeks, international interest in the course has already begun.

For more information visit: <https://www.teachmentalhealth.org/> or to register visit: <http://pdce.educ.ubc.ca/teach-mental-health/>.

Cannabis Resources

Dr. Kutcher, along with **Drs. Selene Etches** and Phil Tibbo, have developed a series of infographics on cannabis and youth. These resources are tailored for specific audiences and cater to the needs of teachers, parents and caregivers, school-based clinicians and young people. The purpose of the resources is to educate and answer some of the most commonly asked questions about cannabis. There will also be a corresponding web-based information portal available with electronic versions of the infographics, along with a more detailed list of specific links to best evidence-based resources for anyone interested in learning more about this topic. With the upcoming legalization of cannabis, the goal is to provide young people and schools with best available evidence-based information so they can make informed decisions. To learn more check out: www.teenmentalhealth.org/cannabis.

DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS REPORT

Janssen Chair Attends a Wasan Island International Think Tank

The Janssen Chair, **Dr. Phil Tibbo**, was invited to attend a German-Canadian think tank on care for individuals with psychosis in July 2018. This was hosted by the Breuninger Foundation of Germany in Muskoka, Ontario, and occurred over three days. Invitees included a small group of leaders in the field of psychosis care in Canada, including family members and first voice, as well as representatives from Germany, including a lawyer specializing in social law.

Schizophrenia and its associated spectrum disorders require both considerable care and reflection from adequately trained teams of health care providers and adequate human and financial resources. This is the case for health care systems, societies and economies worldwide. Critics of health care processes and health systems in some developed countries maintain that shortcomings in responsibilities towards youth in early phase psychosis may be emblematic of troubling issues in other domains of mental health care; and, therefore, that improvement in care of schizophrenia overall could have transformative effects across a broader spectrum of mental health issues.

The think tank tackled a number of issues including, but not limited to: how to develop a mindset within health care providers to create robust and positive contacts with individuals with psychosis; how to reduce frequency of hospital visits (what is necessary to maximize relapse prevention), establishing models



Sunset on the Muskoka, where Dr. Tibbo attended the Wasan Island International Think Tank.

of intervention that respect and develop the capacity of the patient; what models of team-based support and intervention exists (nationally and internationally) and what can we learn from them; and what conditions would be required in society and health care systems to optimize outcomes for individuals with schizophrenia and their families.

There will be further activities of this group, including pursuing issues that were examined and clarified, with particular reference to ‘conditions for success.’

NEWS & ANNOUNCEMENTS

news from the department

Three Killam Scholars among department ranks for 2018-2019 year

The Department of Psychiatry is pleased to announce three learners have been awarded Killam Scholarships for the 2018-2019 academic year. As mentioned in our May issue of *Headlines*, **Dr.**

Abraham Nunes, PGY-5, was awarded a Killam Postdoctoral Scholarship, while Master's in Psychiatry Research students **Maya Biderman** and **Laura Dixon** each received Killam Predoctoral Scholarships.

The Killam Scholarships are funded through the Killam Trusts established by Izaak Walton Killam and his wife

Dorothy J. Killam in 1965. In the Postgraduate category, scholarships are awarded to postgraduate students in their third, fourth or fifth year of training in one of Dalhousie Medical School's clinical departments. Selection by the Faculty Awards Committee is based on the recommendation of the department head that the candidate is likely to contribute to the advancement of learning or to win distinction in his/her specialty and could be recommended for appointment to the faculty of a medical school on completion of training.

Killam Predoctoral Scholarship are awarded to graduate students with outstanding academic records. There are two levels of scholarship valued at \$26,000, and \$30,000 respectively. Those who receive scholarships will have been nominated by the graduate coordinator of their program and must be able to hold the scholarship for up to two years, and to a maximum of four.

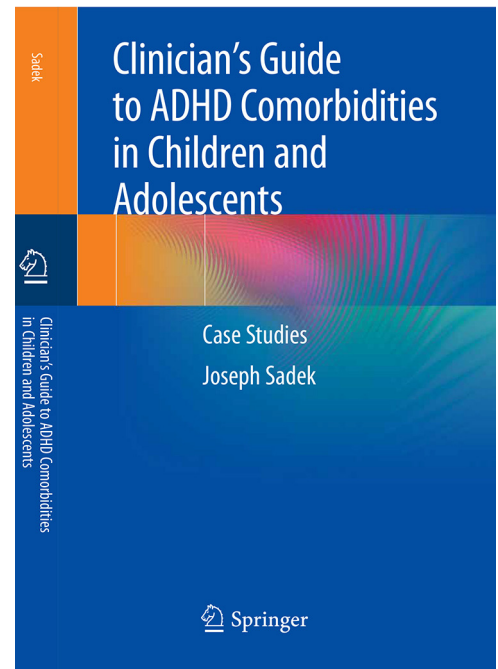
Congratulations to our successful students!

Dr. Joe Sadek releases newest book

Dr. Joe Sadek recently published a book on case studies called "Clinicians Guide to ADHD Comorbidities in Children and Adolescents." The book focuses on understanding the diagnosis and management of ADHD comorbidities and how to manage them in children and adolescents. It uses a case-based approach to explain several areas in the diagnosis and management of ADHD in presence of several comorbid disorders in children and adolescents. Each case is supported by a literature review on different areas such as epidemiology, etiology, morbidity, diagnosis and management. This book captures some important disorders that co-occur with ADHD such as anxiety

disorders, depression, conduct disorder, oppositional defiant disorder, tic disorder, borderline personality disorder in adolescence, substance use disorder, obesity, and seizure disorder. In addition several resources are included to help clinicians expand their knowledge on ADHD comorbidities.

The book has been entirely reviewed by Dr. Lily Hechtman, professor of psychiatry at McGill University, who also wrote the forward, as well as department members **Drs. Alexa Bagnell, Normand Carrey, Anita Hickey, Suzanne Zinck** and **Gerald Gray**.



Amy Bombay receives CIHR funding

Dr. Amy Bombay was one of 10 researchers affiliated with Dalhousie, NSHA and the IWK who together received \$7.2 million in funding from the Canadian Institutes of Health Research (CIHR) Project Grant Program. These multi-year grants are designed to support researchers at various stages in their careers as they conduct health research and knowledge translation projects that cover the full range of health research topics. Recipients are leaders in their fields and their projects tackle pressing health issues that matter to Canadians.

Dr. Amy Bombay received \$765,000 over five years for her project, “First Nations views towards biological health research: Before and after participation in a two-eyed seeing curriculum.” Over the last two years a team made up of First Nations knowledge holders and researchers in Canada have come together to discuss advances in biological health research and how they may be relevant to First Nations health. In order to address some of the barriers to First Nations-led biological health research, the team is developing

an educational curriculum to provide communities with an opportunity to learn about how biological health research can help address their health priorities. The proposed research will assess the expectations that participation in the curriculum will result in a number of positive outcomes related to support for First Nations-led biological research and in relation to certain aspects of well-being and capacity building. It is also the goal of this research to assess views towards biological health research in communities beyond those who participate in the curriculum to assess how this type of research is perceived among First Nations community members and leaders from across Canada. Dr. Bombay and her team will also evaluate how the western science and First Nations knowledges presented in the curriculum resonate with local understandings, and how the curriculum is perceived as a tool for enabling biological research projects that are led by First Nations communities.

It is expected that this curriculum



Dr. Amy Bombay

can serve as a tool that can be used in the initial stages of First Nations led research projects to build Ethical Space for culturally safe knowledge exchange between First Nations communities and researchers that is beneficial for everyone involved.

Medically Unexplained Symptoms: Toward a Provincial Approach

A broad working group led by staff at the Centre for Emotions and Health is developing a plan for education and care of patients with somatic symptom disorders or what is more broadly called medically unexplained symptoms (MUS).

You may not know that 10 per cent of hospital admissions, 17 per cent of emergency visits and up to one half of all medical consultations are for MUS conditions. These conditions are extremely common in those with other mental disorders so patients end up in care in several parts of the health

system, costing them and the system a great deal in terms of service costs, wait times, investigation costs, medication costs, disability costs and more. In Nova Scotia the estimated costs of MUS is over \$600,000,000 per year.

The good news is a series of studies conducted here in Nova Scotia and elsewhere show that detecting and treating these problems results in major reductions in doctor use, disability costs, medication costs and hospital costs. These service and cost savings far exceed direct treatment costs.

The plan includes education for health professionals, training to primary care professionals, self-directed modules, evidence-based brief psychotherapy and tertiary level care models to be delivered throughout the province.

A draft version of this plan is available at www.nshealth.ca/mus. Please email **Dr. Allan Abbass** at allan.abbass@dal.ca with any comments or questions.

Better Nights, Better Days for Children with Neurodevelopmental Disorders (BNBD-NDD) Research Study

Better Nights, Better Days for Children with Neurodevelopmental Disorders (BNBD-NDD) is an evidence-based eHealth program to support parents of children with insomnia and neurodevelopmental disorders (NDD). The interdisciplinary research team has modified the Better Nights, Better Days (BNBD), a multi-component, online intervention that was developed through a Canadian Institutes of Health Research team grant for typically developing children, so that it is tailored for parents of children with Attention-Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), and Fetal Alcohol Spectrum Disorder (FASD). Supported by the Kids Brain Health Network, the innovative transdiagnostic BNBD-NDD program was designed by a national team of pediatric sleep researchers including Dalhousie University's **Dr. Penny Corkum** (Co-Principal Investigator), Dr. Sarah Shea, and Dr. Isabel Smith (Co-Investigators). The BNBD-NDD program is being evaluated using a pragmatic RCT launching in the autumn of 2018. The research team will be recruiting Canadian parents of children ages 4-10 years old with ADHD, ASD, CP, and FASD. Interested families can visit www.ndd.betternightsbetterdays.ca for more information.



**Better Nights
Better Days**
for Children with
Neurodevelopmental
Disorders

**~90% of children with
Neurodevelopmental Disorders
experience Insomnia**

Insomnia is categorized by:






**Sound familiar?
Consider
participating
in our study!**




**Even a little sleep loss can lead to big problems.
It can make it harder for your child to:**

★ control their behaviour ★ control their emotions ★ play safely

★ be physically active ★ make healthy eating choices ★ learn

Better Nights, Better Days
for Children with Neurodevelopmental Disorders

An online program that provides accessible, evidence-based treatment tailored for children ages 4-10 years old with Attention Deficit/Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Cerebral Palsy (CP), and Fetal Alcohol Spectrum Disorder (FASD)



Distance Treatment Program
The online program is fully accessible from computers, laptops, tablets, or smartphones



Support from Start to Finish
Built-in support and program tools will guide and motivate you as you complete the program



Save Time and Money
All information and materials are provided online - no need to travel to appointments!



Empower Parents
The program is designed to empower you to improve your child's sleep on your own. You can rest assured that the information and support you require is at your fingertips



The Latest Research
Using evidence-based research and best clinical practice, the program has been developed by a team of leading health experts across Canada



Transdiagnostic Approach
Specifically developed to meet the unique needs of children with ADHD, ASD, CP and FASD

bnbd-ndd@dal.ca
www.ndd.betternightsbetterdays.ca

Contact Us!

















Dr. Amy Bombay interviewed on CBC Radio show, Quirks & Quarks

Dr. Amy Bombay was interviewed on the June 22 edition of the award-winning CBC radio science program Quirks & Quarks. The program was focused on how traumatically separating children from parents, as has been seen at the U.S. border as of late, can negatively affect brain development. Dr. Bombay was interviewed along with Dr. Michael Meaney, a neurobiologist from McGill University. Dr. Meaney says that the best way to understand what happens to children in these situations is that their

brains are forced to grow up too fast.

"When you separate parents from children, what you do is basically accelerate the development of those systems that are meant to defend the brain and the rest of the body against stressors."

Dr. Bombay relates the situation to that of residential schools here in Canada, which she has studied extensively. Her studies have found the same results described by Dr. Meaney.

You can listen to the interview in its entirety by visiting: <http://www.cbc.ca/radio/quirks/separating-children-from-parents-can-negatively-affect-brain-development-1.4715620>

Quirks & Quarks is the award-winning radio science program of the Canadian Broadcasting Corporation. The program is heard by a national audience in Canada of nearly 800,000 people, and by thousands more around the world on our weekly podcast.

staff & faculty changes

Arrivals:

Dr. Igor Yakovenko has joined the department as an assistant professor, effective July 1, 2018. Dr. Yakovenko has a primary appointment in psychology and will spend 40 per cent of his time with us in psychiatry. He will be working with **Dr. Sherry Stewart** and will be located in the Life Sciences Centre in room 3263 and can be reached by email at igor.yakovenko@dal.ca, or by phone at 902-494-1074.

awards & honours

Dr. Mark Bosma receives Program Director's Innovation Award

Congratulations to **Dr. Mark Bosma** who was awarded the Program Director's Innovation Award from the Faculty of Medicine at Dalhousie. The award recognizes a program director's skill in leadership and innovation to facilitate postgraduate medical education at Dalhousie. Dr. Bosma has been program director for the Dalhousie Psychiatry Residency Training Program since July 1, 2014. In his role he has made many significant contributions to both

the residency program and Dalhousie postgraduate medical education. The result of his effective leadership has resulted in a substantial improvement in resident morale and an overall healthy training environment. A long list of his contributions was presented to the Faculty of Medicine Awards Committee who deemed him to be the most deserving recipient among a vast number of nominations.

Dr. Bosma will receive his award at the September Postgraduate Education Meeting. Congratulations again, Dr. Bosma!

Dr. Zenovia Ursuliak receives Best Paper Award

Congratulations to **Dr. Zenovia Ursuliak** who was awarded the R.O. Jones Best Paper Award from the Canadian Psychiatric Association (CPA). Her paper, "How do adults living with

symptoms of depression and anxiety in Halifax Regional Municipality get well? A pilot study of treatment preferences and experiences of people with lived experience," was chosen to receive the

first place award and will be presented at the CPA conference in Toronto in late September.

MEET A STAFF MEMBER

Meet a Staff Member allows you to be introduced to all the members of our administrative staff. In this issue we re-introduce you to **Mandy Esliger, evaluation specialist.**

mandy esliger: evaluation specialist

Mandy Esliger is a face you will recognize in the Department of Psychiatry. She has been with us since January 2012. Until recently she held the undergraduate coordinator position. As of July 3, she is the new evaluation specialist in the department. She holds a Bachelor of Commerce degree, an Applied Information Technology Diploma, and is currently completing her Masters in Medical Education.

This new position, with an initial two-year term, will provide support to our faculty in curriculum development, evaluation, and scholarly projects in the field of medical education. The need for this area of expertise arose out of the education strategic planning retreat this past year.

Contact Mandy if you have an idea related to a medical education scholarly project that you would like to see further developed. She can be reached at 902-473-4883 or by email at mandy.esliger@nshealth.ca.



Mandy Esliger

HUMANITIES CORNER

In the last issue of *Headlines* we featured one of the winners from our 2018 Student Writing Competition. In this issue we feature an excerpt from Harald Gjerde's

winning submission, *Le Fou Bonnet*. To read Harald's entire entry please visit [https://medicine.dal.ca/departments/department-sites/psychiatry/ education/](https://medicine.dal.ca/departments/department-sites/psychiatry/education/)

[medical-humanities/writingcompetition.html](https://medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writingcompetition.html).

Le Fou Bonnet

I know they're not real, what I'm seeing.
But they look real.
Nobody believes me;
They think I'm crazy – "le fou" they secretly call me,
Just because I see things they don't.
Now I'm in this hospital... this institution.

They say I have les cataractes
And that I'm blind.
I beg to differ –
I see many things scattered about in this room.
How can my eyes not be working
If I can still see?!
Let me show you the world through my eyes,
And you be the judge.

When the candles get lit,
I see a bright scatter, a flash.
The flicker from the flames makes the world move
And lights up a tapestry on the wall.
The colours that paint the rolling hills of Bretagne,
So vivid, so green.
When I ask the nurses about it,
They say there is no tapestry; just a white wall.
They keep pushing medications on me.
I believe them, since no one seems to see it.
Mais, mon Dieu! – It looks so real!

FEATURES

celebrating DalMed 150

2018 marks Dalhousie's 200th anniversary, and Faculty of Medicine's 150th anniversary. To mark this milestone, we will be featuring a short quiz on an eminent figure from the Department of Psychiatry in each issue of *Headlines* between now and the end of the year. This month's subject: Dr. Alexander Leighton and Dr. Jane Murphy. Thank you to **Dr. Lara Hazelton** for the contribution. (Reference: Leighton, A.H. and Murphy, J.M. *In Dalhousie's Department of Psychiatry; a Historical Retrospective*. Patrick Flynn, Ed. 1999.)

1. In addition to their professional collaboration, Dr. Leighton and Dr. Murphy had another connection. What was it?
 - a. They were married to each other.
 - b. They were brother and sister.
 - c. They were second cousins.
 - d. They were father and daughter.
2. What was the name of their pioneering study of psychiatric epidemiology, carried out in Nova Scotia?
 - a. The Nova Scotia Study
 - b. The Catchment Area Study
 - c. The Stirling County Study
 - d. The Mount Hope Study
3. While Dr. Leighton passed away in 2007, Dr. Murphy has continued to publish results from the study they led while at Dalhousie. What is the year of the most recent PubMed-indexed publication on which she is a co-author?
 - a. 2008
 - b. 2010
 - c. 2014
 - d. 2018
4. Which award given out annually by the Dept. of Psychiatry is named after Dr. Leighton?
 - a. Highest Mark in Psychiatry (Med II)
 - b. Resident of the Year
 - c. Researcher of the Year
 - d. Best Paper by a MSc Candidate

travelling with Teehan

As this long hot summer draws to a close, I look back on a lovely couple of weeks spent with my family in various parts of Ireland. We spent part of the time at remote cottage in the northernmost part of County Donegal. I thought you might be taken, as I was, by the style of direction we were given to finding it. We did miss the turn and reached the lighthouse!

“It is about 3 miles from here to where you will take a left to the cottage. When you are near look out for a farm yard with sheds and machinery. There is a little pink cow painted on the gable of the barn! On the right facing you on a corner is the windowed gable of Ned’s Cottage. White pillars with red top. Our road is immediately after – left on a corner. It is easily missed so slow down at the farmyard. Take this left and ahead of you is a new 2 story house and the sea. If you would happen to miss the road and end up near the lighthouse turn around and watch out for the first road on your right.”



Brenda's cottage, which we eventually found!

PHOTO FEATURE



Summer's splendor (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, 2018, with the deadline for submissions to be Oct. 19, 2018.

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