

HEADLINES

November 2022 / VOLUME 17 / ISSUE 2



EXTENDING THE FRONTIERS

DEPARTMENT HEAD
ESTABLISHES COLLABORATIONS
LOCALLY AND ABROAD

IN THIS ISSUE

FEATURES

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“THE BEAUTIFUL GAME:” Psychiatrist in Sydney, NS represents Canada on national medical soccer team *page 21*

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HEAD LINES

MESSAGE FROM THE DEPARTMENT HEAD

I am pleased our department's newsletter is returning. Since the last issue in January 2022, much has transpired within the department.

We have updated the department's [Strategic Plan](#) to incorporate the Transformational Plan. Now in year two of the Transformational Plan, we can see some of these changes take shape. Perhaps most notable are the structural changes within the department with the creation of new clinical academic sections and leadership positions. We also cannot overlook the progress we have made in developing new programs, and forming new committees that will help us build a department that lives up to our vision. You can read about many of these changes in the department's 2021/22 Annual Report which is now [available online](#).

In September, I hosted my fourth Town Hall Meeting as Department Head that reviewed the progress of year one of the Transformational Plan and looked at building on its success. The [video](#) of the Town Hall Meeting is available on the department's YouTube channel. Following the meeting, a survey seeking feedback on the Transformational Plan was circulated to faculty, learners, and staff. The results of the survey were recently shared, and I want to again thank everyone who took the time to respond.

As you will read in this issue of Headlines, I recently visited Dublin, Ireland, and distributed learning sites in Nova Scotia



Dr. Vincent Agyapong

and New Brunswick to explore areas of collaboration. The visits resulted in some excellent opportunities for the department.

Also in this issue, we celebrate our annual Café Scientifique and Research Day, which took place this October, marking the first time these events have been held in person since 2019. Thank you to all the presenters, speakers, and attendees, and congratulations to all the award winners.

I would also like to commend department members for all the awards and honours they have received. We are grateful to have such successful learners, educators, researchers, and clinicians.

In September, the Atlantic provinces were hit by hurricane Fiona which had devastating impacts on some of our communities. Thank you again

to those who worked during the weekend the hurricane made landfall. This type of dedication strengthens the community of our department. I am pleased the department also participated in the relief effort by collecting items for a food drive and donating to the Canadian Red Cross.

Finally, as you will see in this issue of Headlines, we have had many new members join our department since the last newsletter, as well as some departures. In closing, I welcome you all and extend well wishes to those who have left.

Dr. Vincent Agyapong
Head, Department of Psychiatry,
Faculty of Medicine, Dalhousie
University
Chief, Department of Psychiatry,
NSHA Central Zone

ON THE COVER

EXTENDING THE FRONTIERS:

Department Head establishes collaborations locally and abroad

With the Transformational Plan now in its second year, work continues to advance the plan's goals and priorities.

One such goal is extending the frontiers of the department — the success of which Department Head Dr. Vincent Agyapong believes rests with partnering with local and global institutions.

“We cannot become a great department by just being focused on Nova Scotia,” says Dr. Agyapong. “We cannot become a great department by just working alone or working in silos. We can become a great department if we are able to establish partnerships and *lead* partnerships throughout the world. Countries and institutions become leaders when they have other partners they are able to bring together for the common good.”

Dr. Vincent Agyapong recently visited Dublin, Ireland and some of the distributed learning sites in Nova Scotia and New Brunswick to explore partnerships.

The Dublin connection

In Dublin he visited St. Patrick's University Hospital and Beaumont Hospital. Having



Department Head Dr. Vincent Agyapong visits Dublin, Ireland to explore collaborations.

trained at both institutions, and having collaborated with them before, made the hospitals a natural starting place to reach out, he says.

The discussions in Ireland centered around neuropsychiatry, global mental health, and electroconvulsive therapy (ECT) research.

During the visit, Dr. Agyapong consolidated an agreement with Beaumont Hospital, which has a centre of excellence in neuropsychiatry, to offer training to one of our senior-year residents in neuropsychiatry.

“As an academic center, it would be useful for us to have a neuropsychiatrist, and build a neuropsychiatry program,” says Dr. Agyapong.

Part of the agreement includes waiving the usual fee for an international fellow to train at their institution.

With St. Patrick's University Hospital, he explored opportunities for them to

participate in some of our global health initiatives, such as training international fellows from low- and middle-income countries and being a site for the in-person portion of our international diploma in clinical psychiatry program, he says.

Another area of potential collaboration is with ECT research says Dr. Agyapong. “We are looking at opportunities to begin collecting systematic data from our ECT program.”

Participating in this international, collaborative research program is something the distributed learning sites across Nova Scotia have also expressed interest in, says Dr. Agyapong.

The groups will continue to meet to discuss these areas of collaboration.

Looking outside of Halifax

In addition to sites across Nova Scotia, from an academic standpoint, the Department of Psychiatry covers the Maritimes including New Brunswick

and PEI. Dr. Agyapong visited some of these sites to explore opportunities for collaboration in education and research.

It was important to him to visit these sites as Department Head so he could understand what resources and infrastructure are available, what faculty are at the sites, what has been their participation in research, what have been the barriers to research, and to gauge their interest in participating in distributed learning, he says, so we can begin to address those barriers.

Dr. Agyapong sees leveraging the opportunities presented by the distributed learning sites as a way to meet the expectation of the Government of Nova Scotia to increase the number of people in the department's residency program.

The rationale is for the sites to become more involved in distributed learning, research, and other scholarly activities, he says.

So far, he has visited the Western Zone, the Eastern Zone, and New Brunswick, with plans to visit the Northern Zone soon.

At each site, Dr. Agyapong requests the site chiefs meet with their teams and provide him with feedback about the level of involvement they want to have from an academic standpoint. He notes the visits have been very positively received and feedback indicates excitement and enthusiasm from the faculty at the sites.

He says the next step is determining how they can be involved and sustaining their interest, and that follow-up meetings will be held.

However, Dr. Agyapong notes the collaborations locally and in Dublin are just the beginning.

“We need to begin to build alliances, we need to begin to lead alliances.”

Sample feedback from distributed learning sites

“Thank you for visiting our site and as we discussed, we at the Valley site would welcome more collaboration with the Dalhousie Department of Psychiatry in resident/other learners’ education.”
— Dr. Ahmed Saleh, Psychiatrist, Valley Regional Hospital

“It was a pleasure to meet you during your reach out trip through New Brunswick. I must say, you have generated significant interest amongst the Psychiatry group at Horizon. As you must have noticed, we are a keen group and enthusiastic about participating in learning activities.” — Dr. Nachiketa Sinha, Chief of Psychiatry, Moncton, Interim Clinical Lead, Psychiatry Program Management, Horizon Health, Regional Chief of Staff, Horizon Health NB.

“We appreciate your outreach visit and believe it’s stimulated much interest amongst us, in working closer to achieve further excellence in training, research and clinical care standards.” — Dr. Anthony Njoku, Chief of Psychiatry, Addictions and Mental Health Services, Zone 3, Fredericton, NB

“In particular, we are interested in having senior residents (PGY-2-6) as well as participating in supervision of international fellows. We are also interested in having residents for longer rotations than we currently have PGY-1 rotations (one-month rotations currently).” — Dr. Satyendra Satyanarayana, Department Head and Clinical Chief, Dalhousie Medicine NB

Visit to Dublin, Ireland



Visit to NS Western Zone



Visit to New Brunswick



Visit to NS Eastern Zone



RESEARCH REPORT



Congratulations to DPRF Grant Recipients

Congratulations to Drs. **George Robertson** and **Igor Yakovenko** who were awarded grant funding in the spring round of the Department of Psychiatry Research Fund (DPRF) competition!

Funding was awarded for the following submissions:

- Dr. George Robertson:
“Development of an intranasal nanoparticles of lithium”
- Dr. Igor Yakovenko:
“Risk factors and support needs in Canadian Online fantasy sports gamblers”

We look forward to hearing about the results from these interesting areas of research.

Well Wishes to DPRF Summer Students

We extend our thanks and well wishes to the department’s 2022 DPRF summer students:

- Tessa Cosman (Supervisor: Dr. Sherry Stewart)
- Steven Jackson (Supervisor: Dr. Barbara Pavlova)
- Catherine Standage (Supervisor: Dr. David Gardner)
- Adam Makarov (Supervisor: Dr. George Robertson)

Thank you all for your contributions to the department this summer. We wish you well in your future endeavours!

2022 DPRF Summer Students



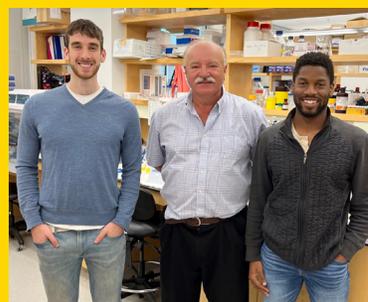
Tessa Cosman



Steven Jackson



Catherine Standage



Adam Makarov

Research Events

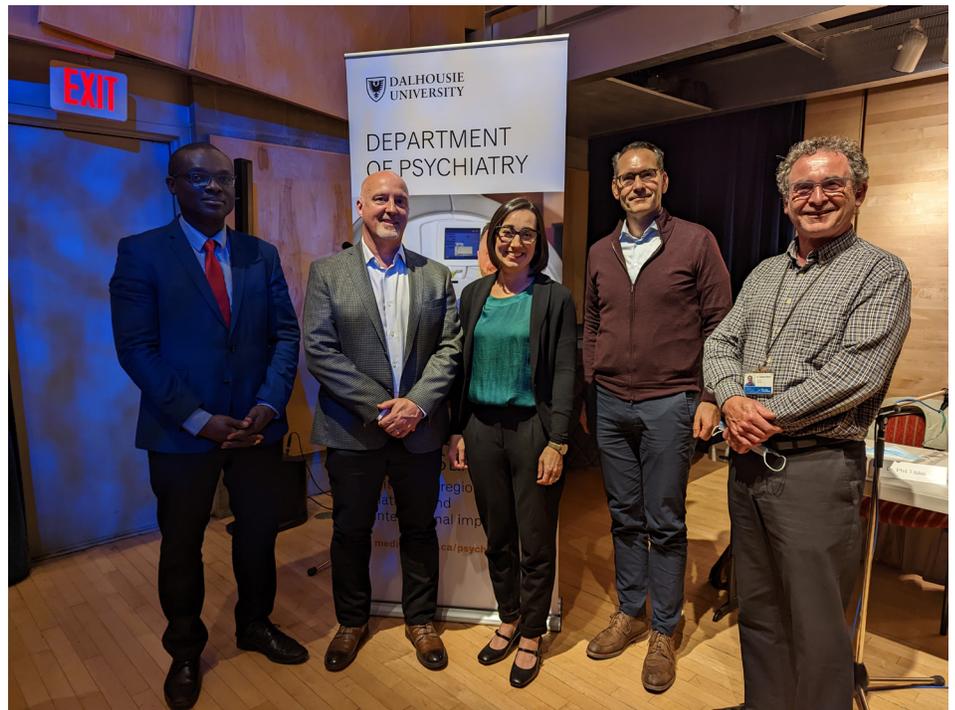
Café Scientifique 2022

Each year, to coincide with the Department of Psychiatry Research Day, the department hosts a public discussion on an important topic for researchers and the local community.

This year's Café Scientifique, titled "Mental health service delivery post-pandemic: Lessons learned" was held at the Peggy Corkum Music Room on Oct. 20. Attendees heard from our panelists:

- Dr. **Paul Kurdyak**, Psychiatrist, Centre for Addiction and Mental Health (CAMH) Toronto
- Dr. **Vincent Agyapong**, Head, Department of Psychiatry, Dalhousie University; Chief, Department of Psychiatry, Nova Scotia Health Central Zone
- Dr. **Jill Chorney**, Associate Professor, Department of Psychiatry, Dalhousie University; Clinical Psychologist and Advance Practice Leader, Mental Health and Addictions Program, IWK
- Dr. **Andrew Harris**, Senior Medical Director, Mental Health and Addictions Program, Nova Scotia Health Authority
- Dr. **Phil Tibbo** (moderator), Director of Research, Department of Psychiatry, Dalhousie University; Psychiatrist, Nova Scotia Health Central Zone

The discussion explored important themes such as the long-term impact of long-covid, virtual care, collaborations, measurement, future of psychiatric education, echo pandemic, burnout, collective mourning, and prevention. Thank you to the panelists for sharing their time, expertise, and insightful comments.



2022 Café Scientifique panelists. From left to right: Drs. Vincent Agyapong, Phil Tibbo, Jill Chorney, Paul Kurdyak, and Andrew Harris.



Research Day 2022



Left to right: Dr. Phil Tibbo (Director of Research, Department of Psychiatry, and event chair), Dr. Vincent Agyapong (Head, Department of Psychiatry), Ross Langley (Best Presentation Award Graduate Student), Nicole Stinson (Best Presentation Award Psychiatry Staff), Dr. Matthew McAdam (Best Presentation Award Psychiatry Resident), Dr. Abraham Nunes (Best Presentation Award Junior Faculty/Post-Doctoral Fellow).

Missing from photo: Tessa Cosman (Best Presentation Award Undergraduate Student).

The department's 32nd Annual Research Day was held on Oct. 21 at the Atlantica Hotel. The event saw an increase in registrations and abstracts with 175 people registered for the event, and a total of 67 abstracts accepted. In addition to showcasing the department's excellence in research, the event was a buzz of energy having been held in person for the first time since 2019!

Dr. Phil Tibbo, the department's research director, welcomed everyone and introduced our keynote speaker Dr. Paul Kurdyak, a psychiatrist at the Centre for Addiction and Mental Health (CAMH) in Toronto. We were pleased to host Dr. Kurdyak as our keynote speaker. His presentation "Impact of the COVID-19 pandemic on Ontario's Mental Health System: lessons learned and a way forward," opened the event. Dr. Phil Tibbo and Dr. Kim Good were the moderators of the morning and afternoon sessions. There was a total of 15 oral presentations in the Guild Hall, with each presenter having ten minutes to present, and five minutes for questions. Poster presentations were viewed during the

breaks and lunch period in the Commons Room where a total of 52 poster presentations were set up.

The day concluded with presentations of awards in five categories:

- Best Presentation Award Undergraduate Student: Tessa Cosman
- Best Presentation Award Graduate Student: Ross Langley
- Best Presentation Award Psychiatry Staff: Nicole Stinson
- Best Presentation Award Psychiatry Resident: Dr. Matthew McAdam
- Best Presentation Award Junior Faculty/Post-Doctoral Fellow: Dr. Abraham Nunes

Congratulations to all the award recipients!

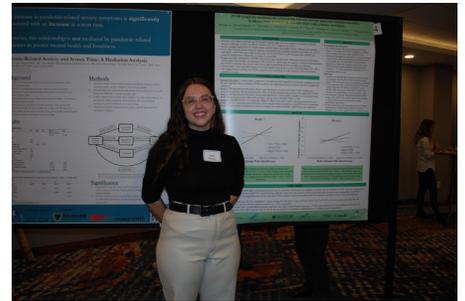
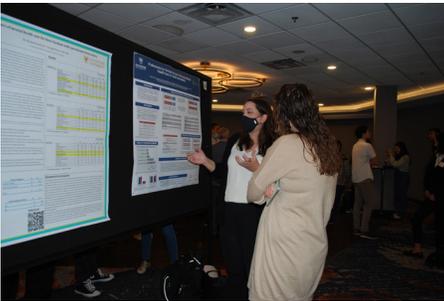
Thank you to all the speakers, presenters, judges, and attendees!

Champion of Mental Health Award

The department also had the opportunity to present Rachel Boehm with the Champion of Mental Health Award for her exemplary leadership of the Central Zone MHAP and for her support for the department.



Research Day 2022



EDUCATION REPORT



UNDERGRADUATE EDUCATION NEWS

Psychiatry Interest Group

We would like to welcome the new Psychiatry Interest Group chairs – **Victoria Taylor & Ahmed Hussin**. We would also like to thank **Shirley Xu & Prathiksha Nalan** for serving as the chairs of the Psychiatry Interest Group in 2021/22. The interest group is a valuable link between the department and the medical students, increasing awareness and facilitating discussion about mental health as well as encouraging students' interest in the field of Psychiatry.

New seminar

A new seminar has been added to our Clerkship curriculum developed by Dr. **Laura Downing** and Dr. **Jason Morrison** entitled *Optimizing Care for People with Serious Mental Illness*.

Undergraduate Education Committee

The Undergraduate Education Committee welcomed Dr. **Michelle MacDonald** to the committee as the resident representative.

Skilled Clinician

Our Med 2 Skilled Clinician block is winding down in early November. Thank you to our faculty and residents for tutoring and our many volunteers for participating!

Clerks' Choice Award winner

Annually, the department recognizes a resident for their outstanding teaching efforts; the teaching may be didactic or clinical in nature. The winner is based solely on nominations and feedback given by the clinical clerks throughout the year. We would like to congratulate Dr. **Shiloh Ricciotti** for being the 2021/22 Clerks' Choice award winner!

Overall, our residents received 80 nominations from the clerks; a testament to how valued the residents are for their dedication to teaching. From the comments provided by the clerks, there are many recurring themes: enthusiastic, approachable, kind, supportive teachers who actively involve clerks and provide constructive feedback to facilitate their learning. Thank you to our residents for providing such a positive experience to our medical students!

Visiting electives

Visiting electives for students at Canadian Medical Schools will resume in January 2023.

POSTGRADUATE EDUCATION NEWS

Welcome to our new PGY-1 residents!

While most of the department will have a chance to meet our new residents in a professional setting, we've included a few keywords to help get to know them better on a personal level.

Natalie Chartrand (McMaster University) – former flight attendant, triathlon competitor, spin instructor, dog parent

Jasmyn Cunningham (McMaster University) – back country camper, dancer, baker, knitter

Natasha Glover (Memorial University Newfoundland) – cinephile, writer, cook, painter

Emma Hazelton-Provo (Dalhousie University) – basketball player, trombonist, hiker, dog parent

Taylor Legatto (University of Manitoba) – former nurse, cross-country skier, hiker, board gamer

Lauren Miller (Dalhousie University) – runner, cat parent, cyclist, outdoor enthusiast

Joseph Saunders (Dalhousie University) – teacher, gardener, rock climber, golfer

Jay Toulany (Dalhousie University) – basketball player, chess player, runner, cinephile

Dawn Veinot (Queen's University) – yogi, curler, baker, board gamer

Thank you to the residents on call for their service the weekend of Hurricane Fiona

Drs. Niamh Campbell, Alec Watts, Julie Leblanc, Michelle MacDonald, Kara Yeung, Julie Munich, Marissa Leblanc, Cameron Taylor, LeAnne Revell, and Madeline Ferracuti

Announcements

This summer was an event-filled summer for residents in the department.

Congratulations:

Drs. Shiloh Ricciotti, Shaheem Abid, and Taylor Legatto on their summer weddings.

Drs. Anastasia McCarvill and Matt McAdam for their new babies.

Dr. Katie Lines on her recent engagement.

Events

Postgraduate Program Internal Review

- November 4

Mid-Year STACER exams

- December 1
- December 6
- December 8

CaRMS 2023

- February 7
- February 9
- February 23
- February 24

FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

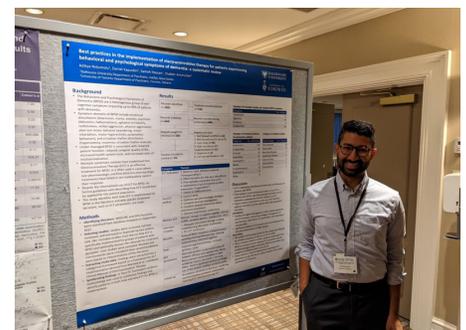
Geriatric Psychiatry subspecialty program

Drs. **Sameh Hassan, Keri-Leigh Cassidy, Ian Mackay, Amy Gough, Alex Whynot and Adi Nidumolu** attended the Canadian Academy of Geriatric Psychiatry and Canadian Coalition for Seniors' Mental Health Annual Scientific Meeting, Oct. 14-15, 2022.

Congratulations to Drs. Amy Gough and Adi Nidumolu who won the resident awards for their poster presentations.

Dr. Cassidy is part of the steering committee of the Canadian Coalition for Seniors' Mental Health (CCSMH), and Dr. Hassan is a member of the board of directors of the Canadian Academy of Geriatric Psychiatry (CAGP).

The next CAGP-CCSMH Annual Scientific Meeting will be held Sept. 29-30 in St. John's, NL.



Child and Adolescent Psychiatry subspecialty program

Welcome new CAP Residents

We are pleased to announce that after a three-year hiatus, due to the pandemic, we were able to host our annual child and adolescent subspecialty welcome event. Faculty and staff look forward to this event each year, as it provides an informal opportunity to meet our new residents. This year's event was a success with all four CAP residents in attendance! We also had special guest appearances from Dr. **Wade Junek** and Dr. **Aidan Stokes!** A heartfelt thank you to Dr. Herb Orlik and his wife Phyllis for hosting the event at their summer home.

C&A Psychiatry Subspecialty Applications

The child and adolescent psychiatry subspecialty accepted applications for the class of 2025, we had eight applicants and interviews are currently underway.

Accreditation – Internal Review

The child and adolescent psychiatry team is preparing for an accreditation internal review of the subspecialty program on November 14.

CAP Education Upcoming Events

The next CAP Journal Club will be held on November 28, with Dr. **Emily Fraser** presenting.

The next Atlantic Canada Child and Adolescent (faculty) retreat will be held on November 18.



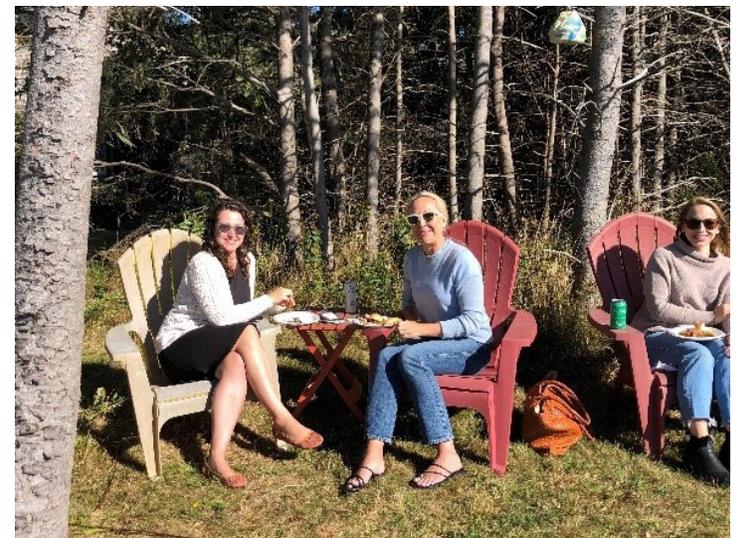
Left to right: Drs. Emily Fraser, Courtney Handford, Kate Stymiest, Lauren Chan, David Lovas



Dr. Wade Junek & wife, Dr. Herb Orlik



Left to right: Dr. Lukas Propper, Adrienne McCarthy, Michelle LeBlanc, Dr. Aidan Stokes



Drs. Alexandra Manning, Katie Radchuck, Kate Stymiest

International Fellowships program

Department welcomes its first international fellow

“Dr. **Yasmin Demiroz** arrived at Connections Dartmouth on Thursday, October 6 and hit the ground running! A visiting psychiatry fellow, the eager enthusiasm of Dr. Demiroz to learn anything and everything about our outreach service was immediately felt. Dr. Demiroz has been exposed to the many facets of our service including, but not limited to, psychiatry appointments, medication and case reviews, community outreach, group outings and events, and so much more. Jennifer Davy, Health Services Manager, has ensured Dr. Demiroz has access to all the necessary programs and supports to make the fellowship a fulfilling and rewarding one. We welcome the feedback and perspective that Dr. Demiroz has to offer and are thrilled to have her here with us!”

— Connections Dartmouth Team



The department's first international fellow, Dr. Yasmin Demiroz, with the Connections Dartmouth Team.

GRADUATE PROGRAM

New graduate students

In September, the department welcomed its new class of graduate students. We hope you enjoy your time with the department – welcome!



Nick Murray, (MSc.) Medard Adu (PhD), Thomas Snooks (MSc.), Gloria Obuobi-Donkor (PhD), Anastasia Harris (MSc.), Isaiah Burton (MSc.), Akua Agyare (MSc.), Simon Leger (MSc.).

MSc. students graduate this fall

Congratulations to **Caitlin Robinson**, **Jenna Bissonnette**, and **Anna Nazarova** who graduated with their MSc. in Psychiatry research this fall!



Left to right: Caitlin Robinson, Jenna Bissonnette, and Anna Nazarova

Department of Psychiatry

Workshop

Person Centered Mental Health Services: A Workshop

When: Friday, Nov. 18, 2022 from 2 to 4 p.m.

Where: On Zoom

Presenter: Dr. Abraham Rudnick, Head, Section of Community Psychiatry

Objectives:

1. Define recovery of people with mental health and/or substance use challenges
2. Describe key principles and features of Person Centered Mental Health Services (PCMHS)
3. Provide evidence on policy, practice, and experience of PCMHS
4. Demonstrate basic skills of PCMHS

How to register:

RSVP to Tyler Creelman at Tyler.Creelman@nshealth.ca

The deadline to register is the end of the day on **Tuesday, Nov. 15, 2022.**

All registered participants will be provided with a Zoom link prior to the workshop.



CHILD & ADOLESCENT PSYCHIATRY REPORT

Faculty updates



Dr. Chelcie Soroka started in the Division of Child and Adolescent Psychiatry on August 10, 2022. Dr. Soroka is

appointed as assistant professor and is a staff psychiatrist based at the IWK Community Mental Health and Addictions Clinic (Halifax) and Emergency Mental Health and Addictions Service (EMHAS).

Dr. Soroka completed her general psychiatry training at Dalhousie University and child and adolescent psychiatry residency at the University of Toronto in June 2022.

On July 28, Dr. **David Lovas**, Dr. **Nicole Herschenhous**, Maddy and Winter welcomed their new baby sister Orenna to the world. Congratulations!



We wish to congratulate Dr.

Sandra Meier and Dr. **Manuel Mattheisen** on the birth of their son Emil on September 15!



Atlantic Provinces Child and Adolescent Psychiatry Conference (APCAPC)

On June 10–12, the 14th Atlantic Provinces Child and Adolescent Psychiatry Conference was held at White Point Beach Resort. The theme of this year's conference was "Connection and Collaboration" with focused discussions and presentations on the importance of cohesion and connection to each other and our patients and families as an essential tool to best help Maritime youth with mental health needs.

Continuing our tradition one of the highlights at the APCAPC has been the Psychiatry Jeopardy. Not surprising to attendees, Dr. Stokes' team gained the trophy!



Research



Dr. Jill Chorney has been appointed the Research Director for the Division of Child and Adolescent Psychiatry for a three-year term, effective July 1, 2022. Dr. Chorney will provide leadership and support to the members of the division of child and adolescent psychiatry in the development of research, quality improvement and scholarship that enhances the clinical activities in the division.

SECTION OF COMMUNITY PSYCHIATRY

The section of Community Psychiatry was established in April 2022 and is inaugurally headed by Dr. Abraham (Rami) Rudnick. Its associate head and education leader is Dr. Aaron Keshen, its research director is Dr. David Gardner, and its three clinical academic leaders are Dr. Greg MacMullin for the Bedford/Sackville and West Hants sites, Dr. Josh Green for the Connections sites, and Dr. Anand Natarajan (interim) for the Bayers Road site; the

clinical academic leadership positions for other sites are still vacant. The section has three subsections – general outpatient psychiatry (including various sites), specialized psychiatry (including various services), and Connections services. The section and subsections have been meeting, and involving related Nova Scotia Health administrative leaders and staff as needed. Short and longer-term priorities of the section have been discussed, planned,

and are being actioned, such as addressing clinical service gaps, educational needs and research opportunities, including synergies such as expanding shared mental health care to Dalhousie University’s Family Medicine clinics with supervised senior psychiatry residents. More to come.

SECTION OF GERIATRIC PSYCHIATRY

The section of Geriatric Psychiatry is inaugurally headed by Dr. Mark Bosma. The section’s inaugural research director is Dr. Gail Eskes, and Dr. Terry Chisholm is the director of the geriatric subspecialty residency program.

The Geriatric Psychiatry Outreach Team, located at the Abbie Lane and NSH (Mount Hope), continues to provide high-quality clinical care in a variety of settings. Assessment settings include outpatient clinics, home

visits, long-term care settings, and inpatient settings include Psychiatry adult acute care units and the Geriatric Assessment Unit. Meetings are planned to review and improve processes.

The section is compiling a list of current research projects and generating ideas for future projects. The section has strong output, with frequent collaboration between physicians and medical learners, and representation at national specialty society meetings.

The subspecialty program continues to implement competency-based medical education, with regular ongoing faculty development sessions to facilitate this process.

SECTION OF FORENSIC PSYCHIATRY

The section of Forensic Psychiatry is inaugurally headed by Dr. Risk Kronfli. The section's inaugural research director is Dr. Kim Good.

The Section of Forensic & Correction Psychiatry is undergoing an overhaul of all services and procedures including a review of security and model of care. They continue to rely on each other and on an excellent relationship with the administrative leaders. They also established a transparent and

structured process to involve every member of the service and the patients under their care.

The section underwent a major review of the service that led to many recommendations. They established a timeline for implementing these recommendations, and overall, are on schedule. The recommendations, presented in large categories, include: understand patient needs, identify best practices and standards, organizational

structure/governance, facilities, equipment, policies and procedures, and, role definitions and intra-professional team functioning. The section has had accomplishments towards these recommendations which include recruitment, patient care needs assessment, standard operating procedures, and organizational structure. The section continues to innovate and improve morale and clinical care with an eye on research and outcome measures.

SECTION OF ACUTE, CONSULTATION AND EMERGENCY PSYCHIATRY

The section of Acute, Consultation, and Emergency Psychiatry is inaugurally headed by Dr. Sanjana Sridharan. Its inaugural associate head is Dr. Pamela Arenella, and its inaugural research director is Dr. Candice Crocker.

The section has been working to fill vacancies, has increased patient capacity through the day hospital, has generated research ideas, and the Text4Support program has been gaining momentum.

Demands for acute beds have been overwhelming PES. Thanks to the tireless interdisciplinary team and all the staff & residents who have been covering this difficult situation.

The team would like to thank Dr. Mirika Kolajova for her tireless work on inpatients especially during the COVID phase. She is now in Outpatients/EPP and they wish her all the best.

DR. PAUL JANSSEN CHAIR IN PSYCHOTIC DISORDERS REPORT

Dr. Phil Tibbo

The Janssen Chair's research group have a number of projects ongoing, and others starting. To highlight a few:

The Janssen Chair is the PI on a grant from the Canadian Center on Substance Use and Addiction (CCSA) that has been examining cannabis related presentations to the ED. This project will be finishing data collection soon, screening over 50,000 ED records, in determining the frequency of physical and mental health related adverse events related to cannabis use since cannabis legalization in Canada. Additionally, associations between variables such as gender, sex, age, ethnicity or socioeconomic status and risk of experiencing an adverse event with cannabis use that requires an ED visit will be investigated. Monitoring emergency department outcomes has been previously identified as an important metric for measuring the impact of cannabis legalization on the healthcare system in Canada and our deeper dive will not only provide the data to examine this metric, but also on care pathways arising from the ED.

A recent CIHR-funded study that the Janssen chair is PI on includes piloting a psychosocial intervention using cognitive enhancement therapy (CET) and comparing it to treatment as usual which involves brief (1 session) psychoeducation, to reduce alcohol use in

youth and young adults with early psychosis. In addition to examining the impact on clinical metrics, we plan to measure social determinants of health such as return to school or work and resumption of relationships. These variables have not been a focus previously in alcohol use interventions for this population, but in our experience, these measures are the best indicators of long-term recovery from psychosis.

As co-PI of a CIHR Team Catalyst grant, the Chair's team has also just launched an imaging study involving adolescents, to evaluate the extent to which past and current cannabis use are associated with brain measures of neuroinflammation and how such effects are moderated by risk for psychosis.

Other research studies continue, including a CIHR-funded longitudinal neuroimaging study of brain white matter and cannabis exposure in early phase psychosis and controls; prevalence and type of adversity in early phase psychosis with comorbid substance use, as well as a psychotherapy treatment study to address those with past adverse events, substance use and early phase psychosis; and electrocortical markers of auditory change detection mechanisms, as well as MRS imaging variables, in high risk psychosis populations. Ongoing collaborative studies include examining the use of

e-interventions for cannabis use in EPP, sex differences with respect to cannabis effects on ERP-indexed brain function, MRS imaging markers of clozapine eligibility in EPP and examination of disordered gambling in EPP.

“THE BEAUTIFUL GAME:”

Psychiatrist in Sydney, NS represents Canada on national medical soccer team



Dr. Adewale Raji represents Canada at the World Medical Football Championships in Mar Del Plata, Argentina.

In September 2022, Dr. Adewale Raji represented Canada at the World Medical Football Championships in Mar Del Plata, Argentina. The championship is an annual tournament and medical conference for doctors and takes place in different locations across the world.

Dr. Raji, a psychiatrist based in Sydney, NS and an assistant professor with the Department of Psychiatry at Dalhousie University, is a member of Team Canada Medical Football — a soccer team made up of physicians across Canada.

“It is a great honour,” says Dr. Raji. “I am proud to be part of a team that represents Canada in international soccer tournaments for physicians, while also engaging in community services.”

The team also participates in charity games, raising funds to support youth empowerment in Toronto, Canada, he says. While in Mar Del Plata, they collaborated with a local rotary club and donated t-shirts, soccer kits, and raised funds to support a local youth team.

Team Canada Medical Football was formed in 2016 by Dr. Paul Dhillon, a BC-based family physician and a Brigade Surgeon with the Canadian Armed Forces. What started as a small team, now has around 200 physicians across Canada interested in joining the team.

It wasn’t until late 2019 Dr. Raji learned about the team, and

the World Medical Football Championships, from an orthopedic surgeon he plays soccer with weekly as part of a group in Cape Breton.

“I loved the idea of returning to playing competitive soccer,” says Dr. Raji.

“I started playing soccer as a kid. I was in a youth soccer club. I was a member of the soccer team of all the schools that I attended, from elementary to medical school, in Ibadan, Nigeria, where I grew up. I used to train with an amateur soccer club (Tyrrelstown United FC), when I was in Dublin, Ireland. I have always played soccer, at just about every city I have lived in, even when I used to travel from Ireland to England for locums.”

Team Canada Medical Football has two teams — an open (11-a-side team, any age), and a Masters (7-a-side team, 45 years or older), explains Dr. Raji. He trains and enjoys playing with both teams as an attacking midfielder and as a striker.

Dr. Raji first trained with Team Canada at a United States physicians’ soccer summit, a medical conference/soccer training weekend held in California in February 2020, which was organized by the USA Medical Soccer Team.

Since then, he has attended more training weekends/tournaments with the team in Toronto and Vancouver, before being among those selected to

represent Canada at the World Medical Football Championships in Argentina.

He has collected many memorable moments since joining the team. One that stands out, and is talked about often by his teammates, is a winning goal he scored against Team Mexico, in Vancouver in July 2022.

“It was an 11-a-side game, with the ‘open’ team,” Dr. Raji recalls.

“After a great teamwork, I jumped above everyone trying to attack or defend the ball, and powered home a header, from a perfect cross, with the ball hitting the goal crossbar on its way into the net. A teammate said to me after the game, ‘Raj, I couldn’t believe how you managed to stay up there before heading the ball in.’”

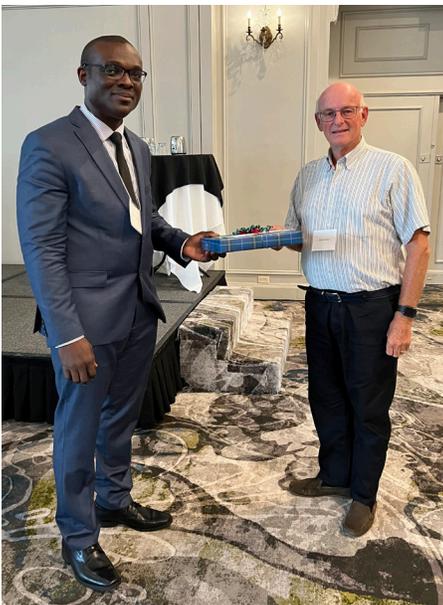
But, it is the connection with his teammates that Dr. Raji enjoys most.

“Soccer is called ‘the beautiful game.’ It feels even more beautiful, if one is lucky to be part of a group of people who are kind, committed, and passionate about the sport. It is a diverse group, yet the camaraderie within the group is out of this world. It is always a pleasure to play soccer, a game I enjoy so much, with such a great group.”

NEWS

NEWS FROM THE DEPARTMENT

Atlantic Provinces Psychiatric Association (APPA) Annual Meeting



The annual meeting of the Atlantic Provinces Psychiatric Association (APPA) took place in Halifax at the Westin Hotel on September 8-10, 2022. The annual meeting, which rotates between each of the

Atlantic provinces, provides an opportunity for psychiatrists throughout the region to connect with each other while enjoying quality continuing professional development.

“This is an excellent conference that would significantly contribute to knowledge translation and opportunities for networking among psychiatrists across the Atlantic provinces,” says Dr. Vincent Agyapong, Head of the Department of Psychiatry at Dalhousie University.

The APPA program featured presentations by members of the department including Dr. **Vincent Agyapong**, Dr. **Sameh Hassan**, Dr. **Abraham Rudnick**, and Dr. **Rudolf Uher**. The R.O. Jones speaker was Dr. Margaret Steele, Dean of Medicine at Memorial

University of Newfoundland, who spoke on “Personal and professional development: Role of mentorship, coaching and sponsorship.” Dr. Douglas Urness, President, Canadian Psychiatric Association, brought greetings to the group assembled.

Each year, an award is presented for the best presentation by a resident. This year, the award went to Dr. **Jared Allman** for his presentation, “Lithium response prediction and the role of chronobiology.”

APPA is great opportunity to network with colleagues. As one resident who was at APPA this year commented, “I enjoyed getting to know faculty from around the Atlantic provinces who I would not otherwise have had the chance to meet.”

Stand Up Against Stigma

On Thursday, September 15, 2022, the Nova Scotia Early Psychosis Program hosted comedian and mental health advocate Big Daddy Tazz for his performance of Stand Up Against Stigma.

Tazz was in town as a keynote speaker for a first responders conference and agreed to give a special presentation for our patients and families. This event was presented at The Music Room in Halifax and organized by our team social

worker Maggie Stewart and Lynn Buckley, a parent in our program.

He gave a hilarious, personal and inspirational talk drawing on his own experience with bipolar disorder. The event got us thinking about other creative events that might educate and inspire our patient and family community.

Read more about Tazz and his work at his website bigdaddytazz.com



Dr. Phil Tibbo interviewed for World Mental Health Day

Dr. **Phill Tibbo** was interviewed for a feature about World Mental Health Day in the Globe and Mail. In the interview, Dr. Tibbo spoke about the power of early intervention in psychosis and schizophrenia. The interview is available on the Globe and Mail's [website](http://www.theglobeandmail.com).

World Mental Health Day 2022 was on Oct. 10.

Research successes

Congratulations to Dr. **Sandra Meier** and her team for their recent CIHR success.

Congratulations to Dr. **Kara Dempster** for her successful application for the 2022 Brain and Behavior Research Foundation (BBRF) Young Investigator Grant.

Congratulations to **Alyson Zwicker**, a third-year medical student at the Dal NB campus, who recently had a paper accepted into the American Journal of Psychiatry based on her RIM project.

Department members present workshop in Denver

Drs. **LeAnne Revell** (PGY3), **Matt Havenga**, and **Alexandra Manning** presented a workshop at the Association of Academic Psychiatry in Denver in September. Their workshop was titled "Balint Groups as a Curricular Intervention to Support the Delivery of More Equitable Health Care."

Resident Retreat postponed

The Psychiatry residents unfortunately had to postpone their annual Resident Retreat, due to hurricane Fiona. As a result, last-minute call shifts needed to be covered, and we would like to hugely thank Drs. **Cody Sherren**, **Marissa Leblanc**, **Cameron Taylor**, **Alec Watts**, and **Julie Munich** for volunteering to pick up these shifts!

Dr. Patricia Celan part of national virtual choir

Psychiatry resident Dr. **Patricia Celan** is in a national choir for female physicians, named Vox Panacea. This year they released a choir performance on May 1, National Doctor's Day, which can be found here: <https://youtu.be/y3A-2s1sriQ>

They also released a larger choir performance on June 4 for the awards presentation at the Canadian Women in Medicine Conference, which can be found here: <https://youtu.be/l-kdbxcQ3SU>

Residents participate in Bluenose Marathon

On May 22, 2022, a group of eight psychiatry residents, aptly named Running on Empathy, completed the Killam Team Relay in the Bluenose Marathon.

What we lacked in speed, we made up for in enthusiasm!

Special thanks to our cheering squad, to Cameron Taylor for the logo design, and to the Wellness Committee and the Social Committee for their support.

We have big plans for next year, including a resident vs. staff challenge.



Bottom row, left to right: Talia Bond, Jared Allman, LeAnne Revell, Alison Toron, Nadine Nejati, and Katie Taylor.

Top row, left to right: Cameron Taylor, Patricia Celan, and Eileen Burns

Pictured separately: Lauren Haslam



STAFF & FACULTY CHANGES

Arrivals

Dr. Beth Eayrs joined the department as an Assistant Professor effective December 2021. Dr. Eayrs is located at the East Coast Forensic Hospital and can be reached at beth.eayrs@nshealth.ca

Dr. Mahmoud Gad joined the department as a Lecturer effective January 2022. Dr. Gad is currently doing a locum at the IWK. He can be reached at mahmoud.gad@iwk.nshealth.ca

Dr. Anthony Pianosi joined the department as a Lecturer effective January 2022. Dr.

Pianosi is currently doing a locum Day Hospital and 6 Lane, Acute Care. Dr. Pianosi can be reached at anthony.pianosi@nshealth.ca

Dr. Lori Wozney joined the department as an adjunct effective January 2022. Dr. Wozney is located at the IWK and can be reached at lori.wozney@iwk.nshealth.ca

Dr. Nader Abassi joined the department effective January 2022. Dr. Abassi is located in Truro, Nova Scotia and can be reached at nader.abassi@nshealth.ca

Dr. Ikechukwu Onwuchekwa joined the department as an Assistant Professor effective January 2022. Dr. Onwuchekwa is located in Saint John, NB and can be reached at ikechukwu.onwuchekwa@horizonnb.ca

Dr. Elyse Ross joined the department as an Assistant Professor effective January 2022. Dr. Ross is located in Kentville, NS and can be reached at ElyseC.Ross@nshealth.ca

Dr. Declan Boylan joined the department as an Assistant Professor (cross-appointment) effective February 2022. Dr. Boylan is located in Charlottetown, PEI and can be reached at dpboylan@ihis.org

Dr. Leslie Anne Campbell joined the department as an Associate Professor (cross appointment) effective March 2022. Dr. Campbell can be reached at leslie.anne.campbell@dal.ca

Dr. Ellen Breen joined the department as a Lecturer effective April 1, 2022. Dr. Breen is located in Charlottetown, PEI and can be reached at ekbreen@ihis.org

David Potter joined the department as Chief Operating Officer effective April 2022. David is located on the 8th Floor, Abbie J. Lane Building and can be reached at david.potter@nshealth.ca

Dr. Raquel Dias joined the department effective May 2022 as an adjunct. She is located on the 8th Floor, Abbie J. Lane Building and can be reached at raquel.dias@nshealth.ca

Dr. Joseph Rasimas joined the department as a Lecturer (cross-appointment) effective June 1, 2022. Dr. Rasimas is located in Charlottetown, PEI and can be reached at jrasimas@ihis.org

Dr. Holly Greer joined the department as an Assistant Professor effective July 2022. Dr. Greer is located at Bayer's Road Community Mental Health. She can be reached at holly.greer@nshealth.ca

Dr. David Martell joined the department as an adjunct effective July 2022. Dr. Martell is located in Lunenburg, NS and can be reached at david.martell@nshealth.ca

Penney Miller joined the department as Communications Coordinator effective July 2022.

Penney is located on the 8th Floor, Abbie J. Lane Building and can be reached at penney.miller@nshealth.ca

Dr. Adrian Lawson joined the department as an Assistant Professor effective August 2022. Dr. Lawson will be located in the Centre for Emotions and Health and PES. He can be reached at adrian.lawson@nshealth.ca

Dr. Chelcie Soroka joined the department as an Assistant Professor effective August 2022. Dr. Soroka is located at the IWK. She can be reached at chelcie.soroka@iwk.nshealth.ca

Dr. Robert Jay joined the department as a Lecturer effective July 2022. He is located in Charlottetown, PEI and can be reached at pljay@ihis.org

Dr. Jenna Whitney has joined the department as an adjunct effective October 2022. Dr. Whitney is located Mental Health & Addictions in Kentville, NS. She can be contacted at jenna.whitney@nshealth.ca

Dr. Julia Gibson has joined the department as an adjunct effective October 2022. Dr. Gibson is located at University of British Columbia. She can be contacted at julia.gibson@ubc.ca

Welcome to you all!

Departures

Dr. Magdalena Walentynowicz retired in December 2021.

Dr. Sonia Chehil has resigned from the department effective March 2022. She has maintained an academic appointment with the department.

Dr. Matt Havenga has resigned from the department effective April 2022. He has maintained an academic appointment with the department.

Dr. Mark Rubens retired from the department in April 2022. He will continue doing locums with the department.

Dr. Bev Cassidy resigned from the department in May 2022. She has maintained her academic appointment with the department.

Dr. John LeBlanc retired from the department in June 2022.

Carolyn Sisley retired from the department in June 2022.

Dr. Ben Rusak retired in July 2022. He carries a Professor Emeritus appointment with the department.

Dr. Philip Mills retired in September 2022. He will continue doing locums with the department.

Dr. Summer Bhalla has resigned from the department effective October 2022.

Dr. Ahmed Alwazeer has relocated to Dubai effective August 2022. He has retained his academic appointment as an adjunct and can be reached at alwazeer@doctors.org.uk

We wish you well!

AWARDS & HONOURS

Dr. Abraham Rudnick awarded prestigious designation of Distinguished Fellow of the Canadian Psychiatric Association

Congratulations to Dr. **Abraham (Rami) Rudnick** on being recently awarded the prestigious designation of Distinguished Fellow of the Canadian Psychiatric Association!

This distinction rewards outstanding psychiatrists who have made significant contributions to their specialty.

Dr. Rudnick was honoured in a ceremony during the CPA's 72nd Annual General Meeting.

He was also recently featured [in an article](#) by Nova Scotia Health.

Congratulations Dr. Rudnick on this well-deserved honour!

Dr. Jared Allman wins best resident presentation award

Dr. Jared Allman, PGY-3, won the best resident presentation award at the Atlantic Provinces Psychiatric Association conference in September 2022. Congratulations!



Dr. Abraham (Rami) Rudnick receives the prestigious designation of Distinguished Fellow of the Canadian Psychiatric Association.

Department members honoured at Bi-Annual Meeting

We are excited to announce the recipients of the following departmental awards that were presented at our bi-annual meeting on Nov. 8.

2022 Educator of the Year Award

The Educator of the Year Award is a peer nomination to recognize an exceptional faculty member who has demonstrated excellence in teaching, mentorship in scholarly activity, and/or leadership and innovation in the development of educational programming.

The 2022 Educator of the Year Award recipient is Dr. **Nicole Herschenhaus**.

2022 Dr. Larry Buffett Outstanding Teacher Award

The Dr. Larry Buffett Outstanding Teacher Award is a peer recognized award presented to an exceptional faculty member who has demonstrated an outstanding performance in a teaching and clinical supervisor role for learners.

The 2022 Dr. Larry Buffett Outstanding Teacher Award recipient is Dr. **Zenovia Ursuliak**.

2022 Outstanding Clinician Awards

The Outstanding Clinician Award recognizes those members who have made outstanding contributions to the department's mandate of providing excellence in clinical care. This year, a new

category of the Department of Psychiatry's Outstanding Clinician Award was created to recognize clinicians who practice outside of the Central Zone and are also affiliated with Dalhousie's Department of Psychiatry.

The 2022 Outstanding Clinician Award recipients are:

- Dr. **Sreenivasa Bhaskara**,
Outstanding Clinician Award
(Central Zone)
- Dr. **Nachiketa Sinha**,
Outstanding Clinician Award
(Non-Central Zone)

Dedicated Service Award

The Dedicated Service Award was established to recognize departing department members who have served the department for at least ten years.

The Dedicated Service Award is presented to Dr. **Joanne MacDonald**.

Congratulations to all the award recipients!

HUMANITIES CORNER

2022 Dalhousie Student Writing Competition

The 2022 Dalhousie Student Writing Competition closed on May 1, 2022 and we are thrilled to announce this year's first place awardees! In the Medical Student category, first place was a tie: **Olha Lutsiv** (from the University of Alberta) and **Katharine Birkness** (from Dalhousie University) wrote the winning entries. In the Postgraduate Trainee category, **Sarah Latonas** (from the Northern Ontario School of Medicine) wrote the winning entry. Thank you to all of the students, judges, trainees, and faculty who participated this year!

You're invited to join us for the Psychiatry Department's Medical Humanities Book Club!

We will be discussing Meg-John Barker's graphic novel *Queer: A Graphic History*.

When: Tuesday, November 22, at 6 p.m.

Where: Zoom

Faculty, residents & students are invited to attend. Participation details including the Zoom link have been circulated via email and are also available on the Department's database.

Please contact Kelly Hancock (**kelly.hancock@nshealth.ca**) with any questions or to RSVP.

HEADLINES SUBMISSIONS

Headlines provides 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 in February 2023.

Please send all submissions to **Penney.Miller@nshealth.ca**