



W.O. McCormick Academic Day

Theme:

**Alcohol Use Disorders and Mental Health:
An Update**

Friday, April 26, 2024

Westin Nova Scotian Hotel

1181 Hollis Street

Halifax, NS



**DALHOUSIE
UNIVERSITY**

Department of Psychiatry

ACADEMIC DAY 2024 SCHEDULE

8–8:30 a.m. Arrival and registration for confirmed participants

8:30–8:45 a.m. Welcome

Dr. Vincent Agyapong

*Head, Department of Psychiatry, Dalhousie University;
and, Chief of Psychiatry, NS Health Central Zone*

Opening remarks

Dr. Samuel Hickcox

*Physician Consultant, Office of Addictions and Mental Health, Nova Scotia Department of Health and Wellness;
Physician, NS Health Mental Health and Addictions; and,
Director, Atlantic Mentorship Network for Pain and Addictions*

Dorothy Edem

Co-Director, Mental Health and Addictions Program, NS Health Central Zone

8:45–9 a.m. Introduction to the format and overview of the day

Dr. Cheryl Murphy

*Conference Chair, Director of Continuing Professional Development, Department of Psychiatry,
Dalhousie University*

9–10 a.m. Opening Plenary
Alcohol Use Disorder: The Forgotten Canadian Epidemic

Dr. Ronald Fraser

10–11 a.m. Plenary
Pharmacology of Alcohol Use Disorder and Co-Occurring Conditions

Dr. Ronald Fraser

Each plenary presentation will end with 15 minutes of Q&A.

11–11:15 a.m.	Break
11:15 a.m.–12:15 p.m.	Plenary <i>Beyond Benzodiazepines: A Practical Guide to Challenging Dogma in the Management of Alcohol Withdrawal Across Treatment Settings</i>
	Dr. J.J. Rasimas
12:15–1 p.m.	Lunch
1–2 p.m.	Plenary <i>I'm a Health Professional. I Know Stuff. Why Won't They Listen To Me?</i>
	Scott Janssen
2–2:45 p.m.	Plenary <i>Clinical Skills to Enhance Therapeutic Alliance</i>
	Dr. Pamela Arenella
2:45–3 p.m.	Break
3–3:40 p.m.	Individuals with Lived Experience Panel
3:40–3:55 p.m.	Closing Panel
	All presenters
3:55–4 p.m.	Closing Remarks/Door Prize
	Dr. Cheryl Murphy

Each plenary presentation will end with 15 minutes of Q&A.

PLENARY SPEAKER INFORMATION

Dr. Ronald Fraser

Presentation: *Alcohol Use Disorder: The Forgotten Canadian Epidemic*

Presentation: *Pharmacology of Alcohol Use Disorder and Co-Occurring Conditions*

Ronald Fraser, MD, CSPQ, FRCPC is head of the inpatient addiction psychiatry service of the MUHC Addiction Psychiatry Program. Dr. Fraser also serves as director of the Personality Disorder Program at the McGill University Health Centre and heads the extended care clinic for the treatment of severe and persistent borderline personality disorder. He is a consultant for the Montreal Alouettes of the CFL and Montreal Canadiens of the NHL. Presently, he is an associate professor at the McGill Faculty of Medicine in the Department of Psychiatry and has an adjunct appointment at Dalhousie University. He has won a number of teaching awards at both the postgraduate and undergraduate level, including teacher of the year multiple times, and was named to the McGill Faculty of Medicine Honor List for Educational Excellence. He makes his home in rural Nova Scotia, with his lovely wife and beloved labradoodles.

Dr. J.J. Rasimas

Presentation: *Beyond Benzodiazepines: A Practical Guide to Challenging Dogma in the Management of Alcohol Withdrawal Across Treatment Settings*

J.J. Rasimas, Ph.D., M.D., F.A.A.C.T., F.A.C.L.P., F.A.C.M.T.,
F.A.C.Psych.

Dr. Rasimas has a Jesuit university background in biochemistry, mathematics, and philosophy. He completed the Medical Scientist Training Program, earning a Ph.D. in chemical biology (2002) and M.D. (2003) from Penn State University. After Psychiatry residency at the Mayo Clinic, he was a clinical fellow at the National Institutes of Health in Washington, DC where he did translational research and trained in medical ethics. He subsequently became certified in Psychosomatic

Medicine, Addiction Medicine, and Medical Toxicology. J.J. was the Director of Consultation-Liaison Psychiatry and Co-Chair of the Biomedical Ethics Committee at Hennepin County Medical Center in Minneapolis, Minnesota before moving to Prince Edward Island in 2022. He served as the lead Psychiatrist for addictions and acute consultations at Queen Elizabeth Hospital until recently transitioning to Nova Scotia Health in an effort to build treatment programs for patients with complex mental illnesses and substance use. For PEI, J.J. remains the Medical Director of the Atlantic Mentorship Network for Chronic Pain, Addictions, and Mental Illness.

Scott Janssen

Presentation: *I'm a Health Professional. I Know Stuff. Why Won't They Listen To Me?*

Scott Janssen is a Master level Clinical Social Worker, a member of the Motivational Interviewing Network of Trainers (MINT), and a Certified Executive Coach (ICF Member). He has been working in the field of problematic substance and process use for over 30 years, and has practiced in his home province of Alberta, the Yukon Territory, and for Nova Scotia Health (NSH) Addictions and Mental Health Program in Halifax. In 2007, Scott's professional focus shifted from direct clinical services to Clinical Practice Educator providing staff training, coaching, and team development with an emphasis on Motivational Interviewing. Scott retired from NSH in 2023 and continues to provide Motivational Interviewing training and consultation in private practice. Scott resides in Dartmouth, NS with his wife Joanne.

Dr. Pamela Arenella

Presentation: *Clinical Skills to Enhance Therapeutic Alliance*

Pamela Arenella, MD, FRCPC is an adjunct professor of Psychiatry at both Dalhousie University and the University of New Mexico. She completed her medical education at the University of Pittsburgh's School of Medicine and her residency training in General Psychiatry at the University of New Mexico (UNM), where she then began her

academic career in Psychiatry. She is board certified in General Psychiatry and Addiction Medicine. She is also a member of the Motivational Interviewing Network of Trainers (MINT).

Her areas of expertise include addiction psychiatry, educational administration, and professional wellbeing. At the University of New Mexico, she was the medical director of the concurrent mental health and addictions clinic, participated in clinical research in addictions, served as the Vice Chair for Education, the Program Director for General Psychiatry, and the Director of Undergraduate Medical Education's Wellness Initiatives in the Office of Professional Wellbeing. She has been core faculty for UNM's Taos Writing and Wellness Retreat for Health Care professionals from 2019-Present.

Since relocating to Nova Scotia in 2020, she has worked for Nova Scotia Health Authority in a variety of positions. She has served as the Clinical Academic Lead for Addiction Psychiatry, ran a concurrent mental health and addiction consultation service, and serves as the co-lead of the concurrent disorders' section of the Atlantic Node of the Canadian Research Initiative in Substance Misuse.

PROGRAM OBJECTIVES

After attending the conference, participants will be able to:

1. Describe an approach to the assessment of an individual presenting with alcohol use disorder, including for those who have concurrent psychiatric disorders.
2. Discuss common challenges in the assessment and diagnosis of individuals presenting with alcohol use disorders.
3. Discuss an approach to the management of individuals with alcohol use disorder.

PLENARY SESSION OBJECTIVES

Presentation: **Alcohol Use Disorder: The Forgotten Canadian Epidemic**

Objectives:

At the end of this session, participants will be able to:

1. Describe the prevalence of alcohol use disorders and its associated harms.
2. Discuss an approach to screening and making a DSM5 diagnosis of alcohol use disorders.
3. Discuss the complex challenges presented by co-occurring disorders.

Presentation: **Pharmacology of Alcohol Use Disorder and Co-Occurring Conditions**

Objectives:

At the end of this session, participants will be able to:

1. Describe evidence-based pharmacotherapy of alcohol use disorder.
2. Discuss potential adverse effects of pharmacological treatments of alcohol use disorder.
3. Discuss an approach to pharmacological management of co-occurring psychiatric disorders.

Presentation: **Beyond Benzodiazepines: A Practical Guide to Challenging Dogma in the Management of Alcohol Withdrawal Across Treatment Settings**

Objectives:

At the end of this session, participants will be able to:

1. Discuss the evidence base behind and practical application of non-benzodiazepine pharmacologic treatment of alcohol withdrawal.
2. Describe approaches to alcohol withdrawal management particularly relevant for patients with co-occurring disorders in settings beyond the acute medical hospital.

Presentation: **I'm a Health Professional. I Know Stuff. Why Won't They Listen To Me?**

Objectives:

Given lecture and small group discussion, attendees will be able to:

1. Describe the role of motivation in AUD interventions.
2. Summarize the benefits for clients and practitioner when clients actively participate as partners in the therapeutic process.
3. Recognize the benefit of resisting the "Fixing Reflex" and adopting a guiding approach to the helping process.

Presentation: **Clinical Skills to Enhance Therapeutic Alliance**

Objectives:

By the end of this session, participants will be able to:

1. Embrace the basic spirit of motivational interviewing to enhance their comfort in working with people who use alcohol.
2. Recognize stigmatizing language and be able to make alternative word choices.
3. Adopt a trauma informed lens to their work with people who are affected by alcohol use disorders.

Presentation: **Individuals with Lived Experience Panel**

Objectives:

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

1. Discuss common challenges or barriers individuals with lived experience of alcohol use disorders may encounter.
2. Reflect on how an alcohol use disorder may impact individuals, their families, and support networks.

Presentation: **Closing Panel**

Objectives:

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

1. Clarify questions they have related to alcohol use disorders that have arisen from prior experience and/or the conference presentations.
2. Identify individual areas for ongoing learning related to the diagnosis and/or management of alcohol related disorders.



CONTINUING PROFESSIONAL DEVELOPMENT

Certification/Accreditation

Educationally approved/co-sponsored by Dalhousie University Continuing Professional Development and Medical Education



DALHOUSIE
UNIVERSITY

**CONTINUING PROFESSIONAL
DEVELOPMENT &
MEDICAL EDUCATION**

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Dalhousie University Continuing Professional Development and Medical Education for up to **5.75** MAINPRO+ credits.

As an accredited provider, Dalhousie University Continuing Professional Development and Medical Education, designates this continuing professional development activity for up to **5.75** credit hours as an accredited group learning Section 1 activity as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Through an agreement between the Royal College of Physicians and Surgeons of Canada and the American Medical Association, physicians may convert Royal College MOC credits to AMA PRA Category 1 Credits™. Information on the process to convert Royal College MOC credit to AMA credit can be found online at edhub.ama-assn.org.

In keeping with CMA Guidelines, program content and selection of speakers are the responsibility of the planning committee. Support is directed toward the costs of the course and not to individual speakers through an unrestricted educational grant.

EVALUATION

This year's evaluation can be found electronically at:



OR

<https://surveys.dal.ca/opinio/s?s=76369>

W.O. McCORMICK ACADEMIC DAY PLANNING COMMITTEE

Dr. Cheryl Murphy (Chair)

Director, Continuing Professional Development, Department of Psychiatry

Jen Brown

Operations Manager, Department of Psychiatry

Dr. Lara Hazelton

Department of Psychiatry Education Director & CPDME representative

Dr. Liana Aires

Family Medicine Planning Committee representative

Dr. David Gardner

Representative from non-psychiatric Department of Psychiatry faculty

Dr. Lauren Haslam

Psychiatry Resident representative

Dr. Mark Bosma

Psychiatrist & Section Head, Geriatric Psychiatry and CBD Lead, Department of Psychiatry

Dr. Lukas Propper

Psychiatrist & Education Lead, Division of Child & Adolescent Psychiatry

Dr. Kathy Black

Psychiatrist (Community Mental Health) & Psychotherapy Committee representative

Dr. Sonia Detillieux

Psychiatrist (Operational Stress Injury Clinic)

With special thanks to:

Dr. Selene Etches

Dr. Pamela Arenella

Dr. J.J. Rasimas

