

HEADLINES



Charlotte May photo/Pexels

DEPARTMENT RESEARCH EXPLORES EXPANDING TRAINING AT DISTRIBUTED LEARNING SITES



DALHOUSIE
UNIVERSITY

Department of Psychiatry

IN THIS ISSUE

FEATURE

**DEPARTMENT RESEARCH EXPLORES EXPANDING TRAINING
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This newsletter is published for the
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HEAD LINES

Message from the Department Head

We are amid another productive spring in the department. Many activities are being planned as we prepare for the end of the academic year.

On April 1, we were pleased to welcome **Huanhong (Hong) Xie** as our new Chief Operating Officer. Hong joins us with a wealth of experience and dedication to the field of finance, with notable expertise garnered from her previous roles within the non-profit sector and healthcare providers. I know she will bring a lot to this position, and we are glad to have her join our team.

Our annual W.O. McCormick Academic Day will be held on April 26. This year's theme is Alcohol Use Disorders and Mental Health: An Update, with a full day of informative presentations around this topic.

We are excited to launch the [Dalhousie Global Mental Health Guest Lecture Series](#) with its [first lecture](#) on May 3. Our first speaker is Dr. Shekhar Saxena, Professor, Practice of Global Mental Health, Harvard T. H. Chan School of Public Health; and, Former Director, Mental Health and Substance Abuse, World Health Organization. Dr. Saxena will be speaking about global mental health and sustainable development: challenges and opportunities. We hope you will be able to join us for the inaugural lecture either in person or online.

Our annual Year-End Celebration is taking place on June 7 at the



Dr. Vincent Agyapong

Prince George Hotel. Please watch for registration details about this event.

As you'll read in this issue of *Headlines*, the department has recently published three papers about distributed medical education in psychiatry. The results from this research will help guide the department's approach in expanding our medical education program to distributed learning sites.

The department was successful in filling all our residency spots for the upcoming year. Congratulations to all involved on this result and we are looking forward to welcoming the incoming cohort of postgraduate trainees.

In research, the department is preparing to welcome the

students who received summer studentships. Congratulations to the students who will be joining us. We hope you enjoy your time with the department. Thank you to our faculty members who continue to supervise the students.

We say goodbye longtime faculty members Drs. **Miroslaw Bilski-Piotrowski**, who retired at the end of March, and **Normand Carrey**, who is retiring at the end of April. Please join us in wishing them well on their retirement.

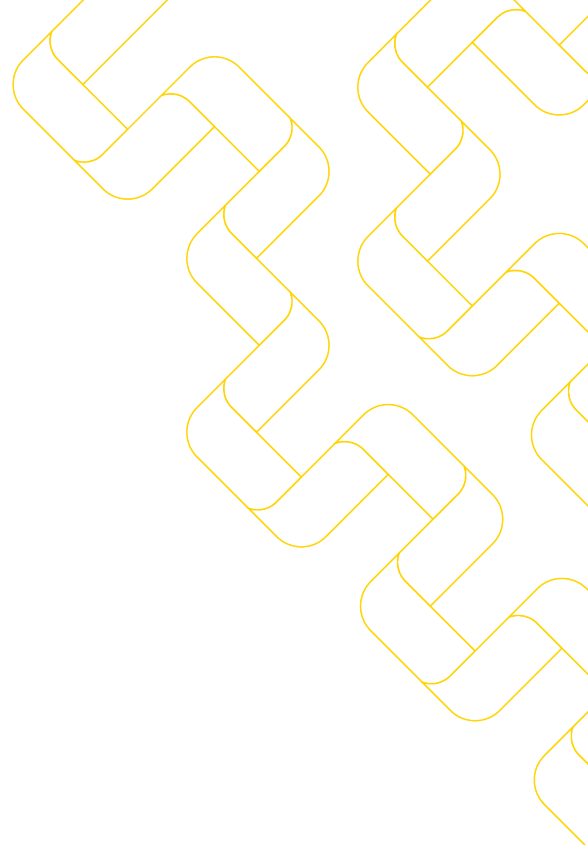
We were pleased to welcome five new faculty members: Drs. **Muhammad Aamer Khan**, **Charles Kelderhouse**, **Philip Skoretz**, **Michelle MacDonald**, and **John Oguntade**.

Department members continued to be recognized for their

research and contributions within and outside of the department. Congratulations to Drs. **Abraham (Rami) Rudnick**, **Linda Liebenberg**, **Jasmyn Cunningham** (PGY-2), and **Joseph Sadek** on their recent research and publication success, and to Drs. **Joshua Green**, **Aaron Keshen**, and **Shannon MacDonald** on receiving the Extra Mile Award.

Dr. Vincent Agyapong

Head, Department of Psychiatry
Dalhousie University
Head, Department of Psychiatry
NSHA Central Zone



Dalhousie Global Mental Health Guest Lecture Series Inaugural Lecture



Global mental health and sustainable development: challenges and opportunities

Dr. Shekhar Saxena

Professor, Practice of Global Mental Health, Department of Global Health and Population, Harvard T. H. Chan School of Public Health
Former Director, Mental Health and Substance Abuse, World Health Organization

Friday, May 3, 2024
3 to 4:30 p.m. Atlantic Time

In person at the Nova Scotia Health Innovation Hub in Halifax, NS & Online

LEARN MORE & REGISTER NOW USING THE QR CODE:



Registration will close on May 1, 2024.



In partnership with:



Department research explores expanding training at distributed learning sites



Charlotte May photo/Pexels

Exploring opportunities presented by distributed learning sites is a way to meet the expectation to increase the number of trainees in the department's residency program, train more psychiatrists locally, and enhance the recruitment of psychiatrists to rural areas.

Following visits made by the department head to distributed learning sites in 2022 and

2023 to explore collaborations, the department conducted an environmental scan to identify opportunities and challenges in expanding its medical education program to sites outside of Halifax, NS.

“We wanted to do an environmental scan to see what's available and the willingness of psychiatrists at distributed learning sites to contribute to

the academic mandate of the department, specifically relating to residency training and medical student support and training,” says Dr. **Vincent Agyapong**, head of Psychiatry at Dal.

The scan was a collaboration between researchers, staff, and psychiatrists from Halifax, other health zones in Nova Scotia, and New Brunswick. Many of the collaborators are members of the

newly-formed NS/NB Psychiatry Academic Council.

“This exercise shows the importance of working together across silos to solve systemic issues,” says Dr. **Nachiketa Sinha**, regional chief of staff, Horizon Health New Brunswick. “Our Horizon physician leaders did an amazing job on identifying gaps and working towards finding solutions. I must also point out that effective leadership does get results. My good colleagues from Nova Scotia led by Dr. Vincent Agyapong have shown great leadership in this initiative.”

The environmental scan results will inform how the department approaches expanding medical education opportunities at distributed learning sites. The research was published in three recent papers.

The [first paper](#), outlining the protocol for the environmental scan, was published in 2023. Two subsequent papers based on the results of the environmental scan survey, one exploring [engagement in teaching activities](#) at distributed medical education sites, and the other [engagement in research activities](#), were published in 2024.

“We learned we have quite a lot of talented psychiatrists in both New Brunswick and Nova Scotia, all around our distributed learning sites,” says Dr. Agyapong. “We had about 60 psychiatrists participate in the survey and willingness to contribute to the academic mandate of the department was very high.”

“Distributed medical education really is great news,” says Dr. **Hugh Maguire**, head, Department of Psychiatry, Nova Scotia Health Northern Zone. “The chance to live, learn and work in rural Nova Scotia will be so rewarding for students, and they in turn will enrich our communities. No matter where they end up spending their careers, this experience will be of great value to our future doctors, and of course a good number of them will learn how great living and working here is — and choose to stay.”

The environmental scan survey found that respondents are particularly interested in contributing to resident training and many are also willing to receive training in the new competency by design methods from the Royal College of Physicians and Surgeons of Canada. In fact, there’s an association between those who are willing to receive training and those who are willing to contribute to training residents.

There was less interest in research activities, but it’s not surprising given the respondents are clinicians and not researchers, says Dr. Agyapong.

Since the results of the environmental scan survey, academic and other leaders in Nova Scotia and New Brunswick have been meeting to gather more information, address identified barriers, and decide next steps to start planning an expansion of the training program. They hope to create a training stream in New Brunswick, increasing the

number of psychiatry residency spots by two, says Dr. Agyapong.

Dr. **Deborah Parker**, director of postgraduate education, and Dr. **Lara Hazelton**, director of education for the Department of Psychiatry have visited Fredericton, NB to identify potential training opportunities. Dr. **Alexa Bagnell**, head of the Division of Child and Adolescent Psychiatry for the Department of Psychiatry, and her team, have also visited Cape Breton looking for placement opportunities for fellows and residents.

“Spending time at distributed sites in New Brunswick and Nova Scotia provides medical students and residents with distinct training opportunities that are unlike what they would experience in Halifax,” says Dr. Hazelton. “As a department, we value the enthusiasm, expertise and engagement of psychiatrists at the distributed sites who dedicate their time to teaching and supervising our learners.”

Research Report

2024 PSYCHIATRY SUMMER STUDENTSHIPS RECIPIENTS

- Dr. **Sherry Stewart** and **Alanna Kaser**: *Psychotic-like experiences, academic achievement, and mental health among undergraduates*
- Dr. **Aaron Keshen** and **Marika Schenkels**: *CBT-T Outcomes in the NS Provincial Eating Disorder Service: A Quality Assurance Project*
- Dr. **Patrick McGrath** and **Tamar Gazit**: *Written Exposure Therapy for Teenagers with Posttraumatic Stress Disorder: A Pilot Study Randomized*
- Dr. **Kara Dempster** and **Ella Hodgson-Pageau**: *A Pilot Study to Compare the Effectiveness of Long Acting Injectable Paliperidone Palmitate Versus Aripiprazole Monohydrate in First Episode Psychosis*

PUBLICATIONS

- Dr. **Abraham (Rami) Rudnick**, **Dougal Nolan**, and **Patrick Daigle** had the most popular article in the *Journal of Military, Veteran and Family Health* in 2022. Their article titled "[Sharing of military Veterans' mental health data across Canada: A scoping review](#)" will be republished in an upcoming special 10th anniversary edition of the journal celebrating its most popular articles for each year.

- **Cunningham, J.E.A.**, Lees, C.S.R. Depersonalization and derealization as sequelae of a temporal lobe lesion: a case report. *BMC Psychiatry* 24, 186 (2024). <https://doi.org/10.1186/s12888-024-05641-2>
- Dr. **Joseph Sadek** achieved the highest number of publications in the special issue titled "Advances in ADHD" among 216 Journal issues in 2023 for the MDPI Journals.

GRANTS

- Dr. **Linda Liebenberg** (Co-PI), Drs. **Lori Wozney**, **Alexa Bagnell**, **Jill Chorney**, **Sherry Stewart** (Co-Applicants) *Spaces&Places for Youth Mental Health and Well-being: Exploring the relational spaces and physical places within and around communities reflecting community resilience and that relatedly bolster youth resilience promoting resources for youth mental health and well-being (S&P4YWB)* CIHR Catalyst Grant: Healthy Youth.

IN THE MEDIA

[Setting goals can be a difference-maker in youth mental health outcomes. Meet the Atlantic-based researchers dedicated to optimizing the process | CIHR Profile](#) (Drs. **Lori Wozney** and **Jill Chorney**)

[The questions eating disorder experts have about weight loss medications | CNN](#) (Dr. **Aaron Keshen**)

The interview was based on [a paper](#) Dr. Keshen co-authored published in the *International Journal of Eating Disorders*.

CBC show *White Coat, Black Art*: [More than a bad trip: Experts warn about the risk of cannabis-induced psychosis | CBC Radio](#) (Dr. **Phil Tibbo**)

[What do I need to know about high-potency cannabis? | The Dose | CBC Podcasts | CBC Listen](#) (Dr. **Phil Tibbo**)

Education Report

UNDERGRADUATE EDUCATION NEWS

Undergraduate Teaching Recruitment for 2024/25

Our undergraduate teaching recruitment for the academic year 2024/25 is set to begin on April 1 and will run for 14 days. The IPP database has been meticulously updated and is ready for faculty assignment. To explore available teaching opportunities, please reach out to **Parisa Abdi Sabouhi**, our undergraduate coordinator, at psych.undergrad@dal.ca. We highly recommend early communication to secure your preferred choices and to avoid disappointment.

2024/25 Clerk Schedule Update

We're thrilled to announce that the 2024/25 clerk schedule is in its final stages! By the end of March, supervisors can expect to receive their schedules, ensuring a smooth transition for the upcoming academic year.

Introducing Our New Outpatient Site: Rapid Access and Stabilization Program (RASP)

We're expanding our educational offerings with the addition of a new outpatient site, RASP, slated to supervise clerks starting September 2024. This expansion aligns with the increasing number of medical students joining us this year, promising enriching learning opportunities for all.

Important Notice for Dalhousie Med 4 Students

Effective immediately, all elective requests must be submitted through the AFMC Portal, similar to visitor students. Please ensure timely submission to facilitate the scheduling process.

Summer Internship in Psychiatry (SIIP) Welcomes 12 Med 1 Students

We are delighted to welcome 12 Med 1 students from both NS and NB Dalhousie campuses to our Summer Internship in Psychiatry (SIIP) program. Scheduled from May 21 to May 24, 2024, this immersive initiative will feature small group didactic sessions, resident panels, site tours, and simulations. We eagerly anticipate hosting our participants and providing them with a glimpse into the fulfilling field of psychiatry.

POSTGRADUATE EDUCATION NEWS

CaRMS Match Day (March 19, 2024)

1. Chloe Ahluwalia — University of Ottawa
2. Daniel Higham — Dalhousie University
3. Abigale MacLellan — Dalhousie University
4. Olivia Pieroni — University of Manitoba
5. Qendresa Sahiti — Dalhousie University
6. Mariska Silas — Université de Sherbrooke
7. Ashleigh Skinner — Memorial University of Newfoundland
8. Alexandra Stephenson — University of Calgary
9. Dana Wiens — University of Manitoba

All the faculty and residents who participated in the CaRMS process were gracious and enthusiastic ambassadors of our program; they made this very successful result possible and we are most grateful for their efforts!

Dementia Simulation Experience

The Dementia Simulation Experience is a new, interactive experience (implemented as part of Dr. **Eileen Burns'** (PGY-4) scholarly project) for PGY-3 psychiatry residents during their core Geriatric Psychiatry rotation that hopes to improve confidence for residents working with patients with dementia. It consists of two parts; a chance to simulate what an individual with dementia experiences through completing tasks with simulated temporary sensory and physical impairments (e.g. through wearing goggles and gloves!), and a communication skills exercise utilizing simulated patients where the resident can practice delivering a diagnosis of dementia to a patient and their adult child.



December 6, 2023, first session of the Dementia Simulation Experience. From left to right: Drs. Talia Bond, Cameron Taylor, Julie Munich, and Niamh Campbell.



March 13, 2024, second session of the Dementia Simulation Experience. From left to right: Osob Regal (Research Assistant), Drs. Kara Yeung, Mitchell Mammel, and Julia Leblanc

Royal College Exams

Our PGY-4 and PGY-5 residents all sat the written Royal College Exam at the end of February. We wish all our residents the best as they prepare for the oral portion in May. Here is a photo of them at a well-deserved post exam brunch after their written exam!



Year-End Celebration

The annual Department of Psychiatry Year-End Celebration will be held on June 7, 2024 at the Prince George Hotel. The event is a celebration of postgraduate education and an opportunity to honour teachers and learners in the department. Stay tuned to your email for more information.

Save the Date!

Department of Psychiatry Year-End Celebration

*Please join the Department of Psychiatry in a
celebration of postgraduate education*

When: Friday, June 7, 2024

Where: The Prince George Hotel

**Details: Reception begins at 6:30 p.m.,
followed by dinner and awards.**

FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

CHILD AND ADOLESCENT PSYCHIATRY SUBSPECIALTY PROGRAM

Dalhousie International Fellowship in Child and Adolescent Psychiatry

Interviews were held on February 9 and 16 for the first International Fellow in C&A Psychiatry Global Residency elective.

An offer letter has been sent to one of the candidates. We hope to welcome our first resident September 1, 2024.

GERIATRIC PSYCHIATRY SUBSPECIALTY PROGRAM

International Fellow

The Geriatric Psychiatry program is proud to announce we will have our first international fellow starting in September 2024 and will be joining us for six months.

Seniors Mental Health Web Education Series

Dr. **Mackenzie Armstrong** recently presented on Driving in Dementia for a Seniors Mental Health Web Education Series.

Wellness Event

The Geriatric Psychiatry Program held a wellness event in March, where faculty, staff, and residents went to CFB Halifax Curling Club. Everyone enjoyed themselves and are looking forward to our next wellness event.



INTERNATIONAL FELLOWSHIPS PROGRAM

Several international fellows from developed and developing countries have been offered training positions in several subspecialty:

Dr. Delali Fiagbe —
Child and Adolescent Psychiatry

Dr. Winnifred Twum —
Geriatric Psychiatry

Dr. Peggy Ekremet —
Child and Adolescent Psychiatry

Dr. Ruth Owusu-Antiwi —
Forensic Psychiatry

Dr. Pearl Adu-Nyarko —
Child and Adolescent Psychiatry

Division of Child & Adolescent Psychiatry

FACULTY UPDATES



Warmest welcome to Dr. **Charlie Kelderhouse**, Child and Adolescent Psychiatrist, who joined our

division as a locum on Feb. 1, 2024.

Dr. Kelderhouse completed his medical training in Georgia, USA, followed by his Child and Adolescent training in France. Dr. Kelderhouse has clinical expertise and specialized training in neurodevelopmental disorders, and most recently held a position as Physician Chief of Sector in Child and Adolescent Psychiatry in Sainte Marie France.

Dr. Kelderhouse will be completing orientation at various services (Garron, EMHAS, CL) during February. Starting in March, he will be joining EMHAS psychiatry group and providing psychiatry outpatient consults, as well as providing some vacation coverage for Garron.

Awards/Recognition

CIHR recently profiled Atlantic-based researchers dedicated to making a difference in youth mental health outcomes where they highlighted Dr. **Jill Chorney** and Dr. **Lori Wozney**.

<https://cihr-irsc.gc.ca/e/53804.html>

CAP PRESENTATIONS

Dr. **Selene Etches** presented “Medical Assistance in Dying at the IWK” at the IWK Pediatric Grand Rounds on Feb. 21, 2024.

Dr. **Sue Zinck** presented “Supporting 2SLGBTQIA+ learners and patients in clinical academic settings” at the Canadian Urological Society’s online CPD series on Feb. 13, 2024; to the Dalhousie Department of Urology grand rounds on Feb. 29, 2024, and to the IWK Department of Psychiatry Administrators Team meeting on March 21, 2024.

CAP EDUCATION

Journal Club was held on February 20 with Dr. **Selene Etches** presenting an article on “Palliative Psychiatry”.

New CAP Pediatrics Coordinator

Effective February 12, Dr. **Jennifer Cumming** has accepted the role of CAP Pediatrics Coordinator.

CAP PUBLICATIONS

Mazurka R, Vallis EH, Chen L, Freeman K, Langley R, Ross B, Arora S, Kahn M, Howard C, Liu D, Cumby J, Brennan ML, Hickcox SE, **Bagnell AL, Propper L**, Pavlova B, **Uher R** (2024). Preferences for virtual versus in-person mental and physical healthcare in Canada: a descriptive study from a cohort of youth and their parents enriched for severe mental illness. *BMJ Paediatrics Open*, 8(1). [Epub] PubMed ID: 38191204

McAusland L, Burton CL, **Bagnell A**, Boylan K, Hatchard T, **Lingley-Pottie P**, Al Maruf A, **McGrath P**, Newton AS, Rowa K, Schachar RJ, Shaheen SM, **Stewart S**, Arnold PD, Crosbie J, Mattheisen M, Soreni N, Stewart SE, **Meier S**. The genetic architecture of youth anxiety: a study protocol. *BMC Psychiatry*. 2024 Feb 23;24(1):159. doi: 10.1186/s12888-024-05583-9. PMID: 38395805; PMCID: PMC10885620.

Uher R, Pavlova B, Najafi S, Adepalli N, Ross B, Vallis EH, Freeman K, Parker R, **Propper L**, Palaniyappan L (2024). Antecedents of major depressive, bipolar, and psychotic disorders: a systematic review and meta-analysis of prospective studies. *Neuroscience and biobehavioral reviews*, 105625. [Published] PubMed ID: 38494121.

CAP RESEARCH

CAP Research Highlight

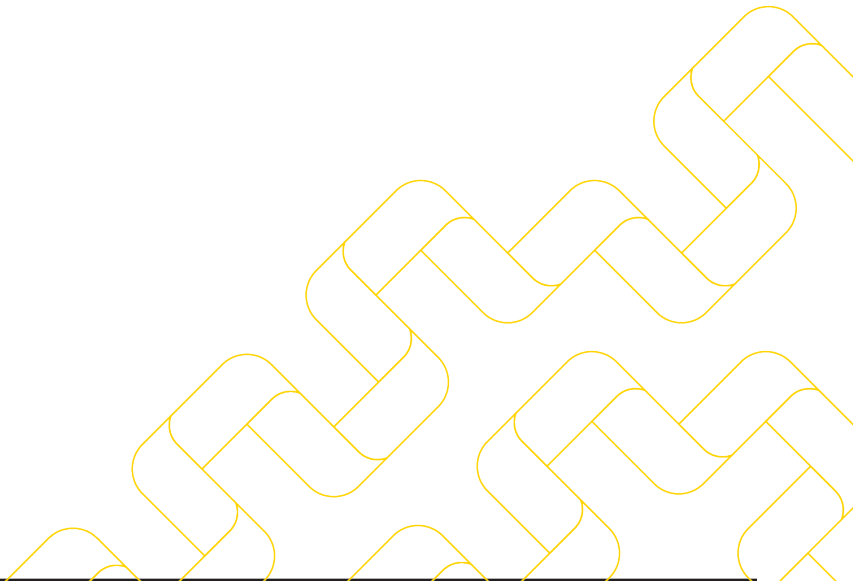
Dr. **Sabina Abidi** and a third-year medical student Nicole Lopez, along with Dr. **Jason Morrison** and research assistant **Jeremy Smith**, are collaborating on a Research in Medicine (RIM) project titled: “Examining the qualitative experiences of youth and families in the transition from the IWK Youth Psychosis Clinic to the adult Nova Scotia Early Psychosis Program.”

The aim of this qualitative study is to examine the current transition processes that exist between youth and adult mental health early psychosis services from the perspective of patients and their families to identify challenges faced as well as factors which contribute to a positive experience and improved mental health outcomes as patients and caregivers transition between services.

To accomplish this, individual interviews of youth and caregivers with firsthand experience of said transitioning process will be organized, and a survey tool allowing feedback regarding personal experiences throughout the process will be utilized. Themes will be analyzed using descriptive statistics to reveal factors which promoted or inhibited a positive transition experience for youth and their families. The results will help shape a larger investigation into transition processes in early intervention programs across the province.

CAP Research Grants

Co-applicants **Alexa Bagnell** and **Jill Chorney**: CIHR Catalyst Grant: Healthy Youth: “Spaces & Places for Youth Mental Health and Well-being: Exploring the relational spaces and physical places within and around communities reflecting community resilience and that relatedly bolster youth resilience promoting resources for youth mental health and well-being (S&P4YWB).



Dr. Normand Carrey retires from the Department of Psychiatry



Dr. Normand Carrey was recognized for his 25-year service milestone (retroactively) at the department's holiday party on Dec. 8, 2023. From left to right: Dr. Vincent Agyapong, head, Department of Psychiatry, Dalhousie University, and chief of psychiatry, NS Health Central Zone; Dr. Normand Carrey, associate professor, Department of Psychiatry, Dalhousie University, and child and adolescent Psychiatrist, IWK Health; and, Dr. Alexa Bagnell, head, division of child and adolescent psychiatry, Department of Psychiatry, Dalhousie University, and chief of child and adolescent psychiatry, IWK Health. Photo by Bruce Bottomley.

“Balance, balance, balance.”

In reflecting on his career, those are the first three words of advice Dr. **Normand Carrey** offers to young professionals entering the field of psychiatry.

Noting the ever-shifting landscape and effects of social media, he reminds young professionals to find ways to sustain their energy, enthusiasm, to remain up to date on their training, and to stay nimble.

“Appreciate, really appreciate your admin staff,” says Dr. Carrey. “Continue to value the interpersonal relationships, with staff, with colleagues, with patients and their families.”

While patients and families want our expertise, they also want to see our humanity, he says. “Forgo a text or email and talk to someone face-to-face.”

Dr. Carrey joined the department as a child and adolescent psychiatrist in July 1996, after

eight years in Ottawa — four at the Royal Ottawa Hospital and four years at Centre Hospitalier Pierre Janet.

He will retire at the end of April 2024, a few months shy of 28 years.

“I’ve had such great fun; I can’t believe it’s gone by so fast,” he says.

The department’s Academic Funding Plan, where an academic child psychiatrist could

pursue clinical, teaching, and research mandates, appealed to Dr. Carrey. “There was no other program like that in Canada or the world,” he says. “So, I made the move, a decision I never regretted.”

Dr. Carrey completed five years of postgraduate training in the United States after an internship in Ottawa.

“It was a very exciting time for the field of child psychiatry,” he says. “At that point (1983-1988) the paradigm in both adult and child psychiatry was shifting from the psychoanalytic-dynamic model towards the biological-categorical DSM model.”

As a student, he received supervision from both psychoanalytically-trained doctors and psychopharmacologists.

“Having both perspectives has served me well for the rest of my child psychiatry career,” he says.

Although Dr. Carrey took neuroscience courses throughout his undergraduate education, it was his experience working as an orderly on a psych ward at the Sudbury Algoma Sanatorium that solidified his passion for psychiatry. There, he learned from well-trained psychiatrists from Edinburgh, Scotland, and a clinical psychologist at Laurentian University in Sudbury who was from the Sorbonne in Paris. The experience tweaked his interest in combining neuroscience with clinical care and psychiatry. It was later in medical school during rotations at the Clark Institute (now the Center for

Colleagues reflect on their time working with Dr. Carrey

“It is hard to imagine our Division without Normand’s daily presence and smiling face, not to mention not having toys in our hallway. If I were to identify a superpower of his, it would be as a Noticer. He sees people and supports those in need. I have appreciated his steadfast advocacy on a local and national level and holding us accountable in the work we do. He questions and he appreciates, a unique combination and qualities he brings to his clinical work with teams and patients and families in improving care. Sending our thanks as a Division for all he has done to advance our clinical and academic mission.” — *Dr. Alexa Bagnell, Chief of Psychiatry, IWK Health; and, Head, Division of Child and Adolescent Psychiatry, Department of Psychiatry, Dalhousie University*

“Normand has been an invaluable contribution to the EMHAS team. His approach to clinical consultation, his focus on collaborative and family-centered care, and his dedication to building working relationships, has left a lasting impression on the team.” — *IWK Emergency Mental Health and Addictions Service (EMHAS)*

“I have had the great privilege of working with Dr. Normand Carrey for over 20 years. He is a wonderful person who is always willing to go the extra mile for his patients, learners, and colleagues. He has intellectual curiosity and original thinking which have been very influential on my professional career. I will really miss having a laugh with him in the halls.” — *Dr. Lukas Propper, Child and Adolescent Psychiatrist, IWK Health; and, Professor, Department of Psychiatry, Dalhousie University*

“What I like about Norm is his uncluttered honesty (often mistaken for being a bit of a rebel). This applied to my personal relationship with him where I could always rely on him telling me a thing or two (or three).” — *Dr. John Aspin, Staff Psychiatrist, Sackville CMH; and, Assistant Professor, Department of Psychiatry, Dalhousie University*

“Working with Dr. Carrey was always a challenge, a welcome challenge, as he gave me questions that required careful thought, even research, and when I sought his advice he gave it openly and generously.” — *Dr. H. Orlik, retired Child and Adolescent Psychiatrist*

Addictions) in Toronto when he became interested in child psychiatry.

Dr. Carrey considers himself fortunate for the career he's had. Among his career highlights he includes researching and publishing about the psychophysiology of child abuse, joining Dalhousie, using what was recent technology at the time to research the neuroimaging of ADHD, new experiences and learnings gained while on sabbatical, his work with the early years (0-5), and initiating a yearly infant mental health conference that he was able to sustain with funding for three years. The conferences are no longer held, but he hopes to get them going again.

Recently, he's also been enjoying working one day a week at EHMAS, something he will continue after he retires.

"I really appreciate Alexa Bagnell's wisdom in suggesting this to me instead of putting the old cow (the old bull in my case) out to pasture," he says.

Because of his position as a child psychiatrist, Dr. Carrey has had opportunities, locally and nationally, and is part of several networks and organizations where he's met many people. He knows things will settle down after he retires, but it's one of the things he'll miss.

Another advantage of his position is working with families for a long time.

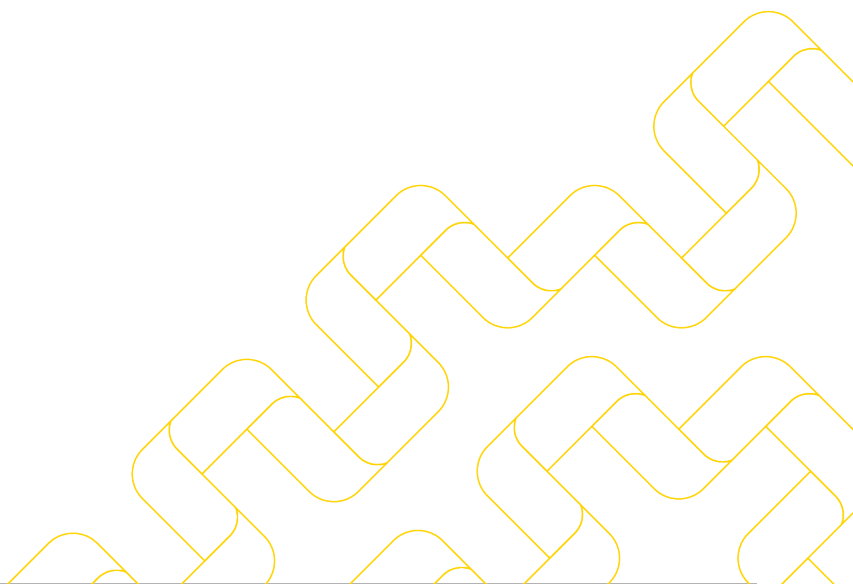
"I'll miss the families — I've learned so much from them, I would say practically everything," says Dr. Carrey. "Now that I am

saying my goodbyes, it's hard for them and for me."

"And of course, I'll miss my beloved staff; as I've tried to make headway for the 0-5 Infant mental health clinic, they have been a very important part of that effort (you know who you are Michelle LeBlanc and Melissa Davis)."

After retirement, Dr. Carrey will keep up his interests in music, writing, cooking, and may try his hand at baking.

"Whatever it is that I want to do next, I want to do it with kindness and compassion."



Section of **Geriatric Psychiatry**

Several members of the Geriatric Psychiatry team recently published a case report.

The manuscript was a collaboration between Psychiatry residents, subspecialty residents, IWK Genetics and Geriatric Psychiatry. We were very pleased that the account of a challenging and interesting case

of FTD-ALS caused by C9orf72 expansion was published in The Journal of Geriatric Psychiatry and Neurology. We hope this work increases awareness and identification of this condition.

LeBlanc MA, Gough A, Rideout AL, Dyack S, Singh K, MacNeil M. Atypical Neuropsychiatric Presentation of FTD-ALS

Caused by a Pathogenic Repeat Expansion in *C9orf72*: A Case Report. *J Geriatr Psychiatry Neurol.* 2024 Mar;37(2):157-162. doi: 10.1177/08919887231195337. Epub 2023 Aug 7. PMID: 37548032; PMCID: PMC10802081.

Section of **Forensic Psychiatry**

The Section of Forensic Psychiatry will have an international fellow, Dr. Majed Almarshedi, starting in May 2024 for one year. The section will have another international fellow starting in May 2025 for six months.

Section of **Community Psychiatry**

Dr. **Michelle MacDonald** joined Dartmouth CMHT in February as a staff psychiatrist and was also appointed as the psychotherapy coordinator, Dr. **Philip Skoretz** joined as a locum staff psychiatrist at Dartmouth CMHT. Dr. Zatezalo will be starting at Cole Harbour CMHT in July 2024. Dr. **John Oguntade** joined the department as an

Addiction Psychiatrist in April 2024. Dr. **Cinera States** has been appointed as a transcultural staff psychiatrist and has been providing a great service for marginalized populations. The above will hopefully improve service provision, provide specialized care and reduce wait time for patients.

Dr. **Miroslaw Bilski-Piotrowski** from Bayers CMHT retired effective March 31, 2024. We would like to thank him for his years of exemplary and outstanding service and care for his patients.

Section of Community Psychiatry welcomes research assistant Lucy Coady



Lucy Coady is the research assistant for the Section of Community Psychiatry.

In 2024, the Section of Community Psychiatry welcomed **Lucy Coady** as the section's research assistant.

Appointing research assistants for each of the Department of Psychiatry's clinical academic sections/division was part of the department's Transformational Plan.

Originally from St. John's, Newfoundland, Lucy moved to Halifax in 2014 to pursue a degree in Journalism. She then worked for three years at the AART fertility clinic before returning to school and completing an honours degree in Psychology with a minor in Sociology and Social Anthropology, graduating in 2023.

"I first joined the department as secretary for Dr. **Phil Tibbo**, where I was able to learn in depth what is involved with

academic and clinical research behind the scenes," says Lucy. "In January 2024, I transitioned into the role of section research assistant for Community Psychiatry working with Drs. **Mahmoud Awara, Aaron Keshen, and David Gardner.**"

As the first person in this role, she has been working with Dr. Gardner, the section's research director, to establish the section's research goals, scope, and framework.

"We are currently at the stage of meeting with the individual leads and team members from the Community Mental Health and Addictions teams to introduce our offerings as a research section and discuss possible collaborations," says Lucy.

Through the role, she hopes to increase their network of researchers within Community Psychiatry by recruiting either new staff or clinicians inexperienced with research.

"What is exciting about this role, specifically under the section of Community Psychiatry, is that I can act as a support to multiple clinicians and staff out in the community and help bring their ideas and questions to a realized project where we can investigate them," she says.

She's most proud of being able to assist in research that can lead to positive change for community members who rely on the services Community Psychiatry provides, from

general community mental health clinics to specialized outpatient services, she says.

"Lucy is here to help bridge clinical practice and research activities," says Dr. David Gardner, Community Psychiatry research director. "By involving her early and throughout the research process (from idea generation to research operations and knowledge translation), salient clinical questions, observations, and inquiries can be transformed into research that is directly relevant to the mandate of Community Psychiatry."

"I want to thank Drs. Awara, Keshen and Gardner for allowing me to be part of this inaugural research section; their support so far has been amazing," says Lucy. "If any staff are interested in discussing research ideas or questions further, they can reach out to me directly."

Social Policy & Advocacy

Committee Update

Strategy and Action Plan

The Social Policy & Advocacy Committee led by director, Dr. **Keri-Leigh Cassidy**, has developed a “Policy Document” and “Strategic Action Plan” to support the department’s pillar in Social Policy & Advocacy, reviewed and approved by Dr. Agyapong, Department Head. Together, these documents define and guide implementation of the committee’s mandate as outlined in the Terms of Reference and departmental Strategic Plan, and aligned with the Faculty of Medicine’s Strategic Plan. The Action Plan includes actions for 10 operational policies ranging from the scope of the committee, the list of equity-deserving groups for the department, 5 guiding principles for Social Policy & Advocacy activities, a fund to support departmental initiatives, and key performance indicators. A special thanks to committee member and community representative, Mr. Wayne Marsh, for his guidance and input into the action plan framework. The Action Plan will be presented at the upcoming Bi-Annual Full Faculty Meeting on May 7 with ongoing engagement with departmental leadership and faculty members.

Key connections

Connections with leaders in our department and in the Faculty of Medicine are essential to furthering social policy & advocacy initiatives. Dr. Cassidy is working closely with Dr. **Mutiati Sulyman**, director of Equity, Diversity, Inclusion, and Accessibility in the Department of Psychiatry and Dr. **Zenovia Ursuliak**, director of Wellness, to achieve alignment among the work of these committees and leaders at the department. She has also met with Dr. Gaynor Watson-Creed, associate dean, to ensure alignment between the departmental strategy with the Faculty of Medicine’s Serving and Engaging Society Stream of their strategic plan.

Upcoming academic retreat

An upcoming Academic Leadership Retreat on May 10, 2024 will bring together leaders in the Dalhousie University Department of Psychiatry to engage in key strategic direction stemming from the 2020-2025 Department of Psychiatry Strategic Plan and to consider future directions. Dr. Cassidy has been working closely with Drs. Sulyman and Ursuliak in preparation for this retreat which will cover the 4 pillars of the department’s strategic plan (education, research, clinical care, and social policy & advocacy) with a special focus on their intersection with equity, diversity, inclusion, and accessibility (EDIA), and wellness.

Equity, Diversity, Inclusion, and Accessibility

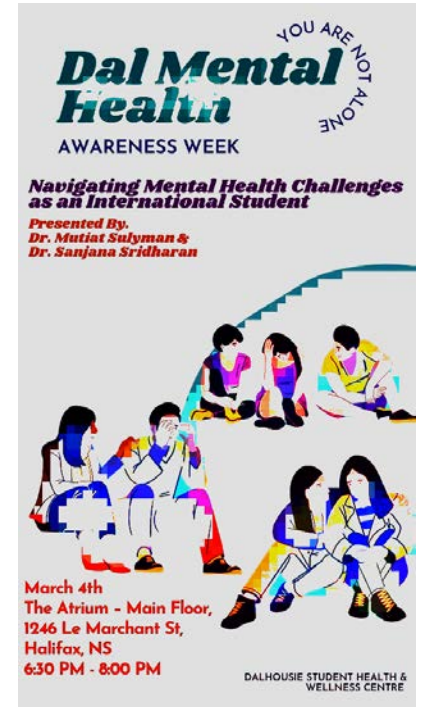
Dalhousie University recently hosted an important event titled “Addressing Mental Health Stigma in International Students.” Led by Dr. **Mutiati Sulyman** and Dr. **Sanjana Sridharan**, psychiatrists from the Nova Scotia Health Authority, the event aimed to tackle mental health challenges faced by international students.



Discussions covered various topics like stress reactions, depression, substance use, and culture shock, offering practical advice and fostering supportive conversations. Through engaging activities, attendees explored ways to promote mental health awareness and support students globally.



The event highlighted Dalhousie's commitment to diversity and mental health advocacy, showcasing the impactful work of Dr. Sulyman, EDIA director, and Dr. Sridharan, section head, Acute, Consultation, and Emergency Psychiatry and a member of the EDIA Committee at the Department of Psychiatry and their team.



One Person **One Record**


The One Person One Record (OPOR) initiative for the Mental Health and Addiction Program (MHAP) continues as a work in progress, with valuable input from psychiatrists and other stakeholders. Recently we have been providing input on the integrations of connected devices such as Workstations on Wheels (WoWs) and group documentation. We are actively involving Subject Matter Experts (SMEs) including psychiatrists to support the development of various aspects of the Clinical Information System (CIS), which includes an electronic health record (EHR). Please refer to the slide below for details on remuneration for participating in OPOR sessions.

For more information, please contact *OPOR MHA Physician Leads, Dr. Sabina Abidi and Dr. Abraham Rudnick, NSH MHA Manager Patryk Simon, or OPOR Physician/Provider Liaison Tracy Vigliarolo.*

You can also find additional information on the OPOR Website:

[OPOR | One Person One Record \(nshealth.ca\)](https://nshealth.ca)

[Learning Hub | OPOR \(nshealth.ca\)](#)



Design Workshop Physician Remuneration- *It's Simple!*

Physicians are eligible for remuneration at rates reflective of current sessional rate for time spent in OPOR Design Workshops





Step 1: Setting up your Account	Contact OPORfinance@nshealth.ca to set up your financial profile
Step 2: Submit for Workshop Attendance	After attending a Design Workshop, OPOR Finance will provide you with a link to a Remuneration eForm Complete and submit the form, within 90 days of the Workshop date , indicating dates and hours spent in OPOR Design Workshops
If applicable, Submit for Asynchronous Work	Asynchronous work that is explicitly requested by an OPOR team member is financially compensated up to 2 hours per request.

Eligibility:
Work must be done *outside* of AFP/APP deliverables to be eligible for compensation:

- In addition to defined compensated working hours, and;
- Not included in any other deliverable, including clinical administration or a salaried leadership role.

CME Credits:

- *Elective* time spent outside Design Workshops (watching videos, reading supplementary materials) is not financially compensated, however is eligible for CME credits.

Updated 22 Dec 2023

Medical Humanities Annual Student Writing Competition

Submission deadline: May 1, 2024

Do you enjoy writing?

Medical students and residents in Canada are invited to make a submission exploring the intersection of mental health and the humanities to the **Dalhousie Department of Psychiatry Annual Student Writing Competition**.

FOR MORE INFORMATION:



DALHOUSIE DEPARTMENT OF PSYCHIATRY

MEDICAL HUMANITIES BOOK CLUB

FIRST BOOK: "I'M GLAD MY MOM DIED" BY JENNETTE MCCURDY

EMAIL: LOUISEA.MOODIE@NSHEALTH.CA OR NATASHA.GLOVER@NSHEALTH.CA TO RECEIVE UPDATES
RE: OUR FIRST MEETING



I'm Glad my Mom Died is an empowering recall of the exploitative nature of child stardom. Read about Jennette McCurdy's journey from bit roles in commercials to her role as Sam on the hit TV show *iCarly* and how she endured abuse at the hands of her mother and TV showrunners, who sought to gain from her at an early age with a disregard for her developmental needs. She is candid and honest with regards to her struggles with OCD, bulimia, and alcohol use, making this an excellent choice for any mental health provider when considering the impact of early life and fame on one's psyche.

I'm Glad my Mom Died was featured during the Dalhousie University Department of Psychiatry *You Should Read This!* Clinical Academic Rounds in December 2023.

Department News

Faculty member writes song “Sweet Memory” about the power of music in reawakening memories

On a visit with her mother, who had Alzheimer’s, Dr. **Joanne Gusella** (Joanna Butler) was amazed at the power of music in reawakening her mother’s memories, and her relationship with her. Dr. Gusella wanted to share her experience with others, so she wrote “Sweet Memory”

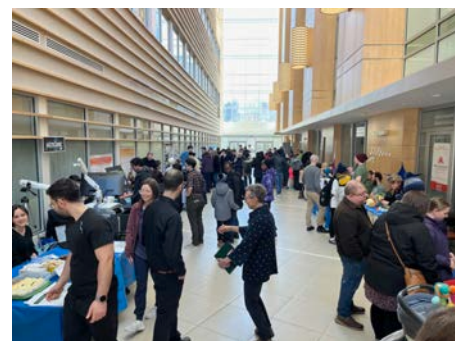
from the perspective of her mother, and told the story in a video.

Watch the video for “Sweet Memory” [here](#).

Department members participate in the Brain Fair held by the Brain Repair Centre

Department members participated in the Brain Fair held by the Brain Repair Centre (BRC) on March 14, 2024.

Psychiatry was represented by Dr. **Gail Eskes** (BRC member) as well as two of Dr. **Phil Tibbo’s** (BRC executive member) grad students. **Isaiah Burton** (MSc., Psychiatry Research) and **Nicole Ponto** (MSc., Medical Neuroscience) – had booths at the Brain Fair, engaging and educating.



The art & science behind aging well

Dr. Keri-Leigh Cassidy's

Fountain of Health Association was recently featured in the Mental Health Foundation of Nova Scotia's monthly Senior Living column with the Chronicle Herald/Saltwire and was also published on their website.

View the article [here](#).

FACULTY & STAFF CHANGES

Arrivals

- Dr. **Muhammad Aamer Khan**, a psychiatrist, joined the department as a lecturer effective Feb. 5, 2024. Dr. Khan is working in the RASP clinic, PES and Acute Care. Dr. Khan can be reached at **muhammad1.khan@nshealth.ca**
- Dr. **Charles Kelderhouse** joined the department as a locum effective Feb. 2, 2024. Dr. Kelderhouse is working at the IWK and can be reached at **Charles.kelderhouse@iwk.nshealth.ca**
- Dr. **Philip Skoretz** joined the department as a locum effective Feb. 23, 2024. Dr. Skoretz is working at the Dartmouth Community Mental Health and Addictions. Dr. Skoretz can be reached at **Philip.skoretz@nshealth.ca**
- Dr. **Michelle MacDonald** joined the department as an assistant professor effective Feb. 20, 2024. Dr. MacDonald is working at the Dartmouth Community Mental Health and

Addictions. Dr. MacDonald can be reached at **michelle.macdonald@nshealth.ca**

- Dr. **John Oguntade** joined the department as an assistant professor and clinical academic leader for Addiction Psychiatry and Concurrent Disorders Services effective April 2, 2024. Dr. Oguntade can be reached at **John.Oguntade@nshealth.ca**
- **Huanhong (Hong) Xie** joined the department as chief operating officer on April 1, 2024. Hong can be reached at **huanhong.xie@nshealth.ca**

Welcome to you all!

Departures

- Dr. **Mirosław Bilski-Piotrowski** retired from Bayer's Road Community Mental Health effective March 31, 2024. He will be retaining his academic appointment.
- Dr. **Normand Carrey** will be retiring from the department, effective April 30, 2024.

We wish you well!

Welcome dinner for Drs. Khan and Paramlall



On March 19, 2024, members of the department's executive team gathered for a welcome dinner for Dr. **Muhammad Aamer Khan** who joined the faculty on Feb. 5, 2024, and Dr. **Mark Paramlall**, who joined the faculty on Nov. 27, 2023.

From left to right: Drs. Vincent Agyapong, department head; Lara Hazelton, director of education; Mutiat Sulyman, director of EDIA; Zenovia Ursuliak, director of wellness; Sanjana Sridharan, head, Section of Acute, Consultation, and Emergency Psychiatry; Mark Paramlall; and, Muhammad Aamer Khan.

Farewell dinner for Janet Bardon



On March 27, 2024, staff and members of the department's executive team gathered for a farewell dinner for **Janet Bardon**, former physician resource manager, who retired from the department at the end of January 2024.

From left to right: Penney Miller, communications coordinator; Neha Singh, physician resource manager (acting)/HR coordinator; Mandy Eslinger, evaluation & curriculum specialist; Dr. Vincent Agyapong, department head; Dr. Mutiat Sulyman, director of EDIA; Jen Brown, operations manager; Janet Bardon; Sandra Millar, finance assistant; Michelle LeBlanc, administrative manager, Division of Child and Adolescent Psychiatry; and, Linda Ford, administrative assistant.

AWARDS & HONOURS

Extra Mile Award recipients

Congratulations to the following recipients of the department's Extra Mile Award!

The Department of Psychiatry's Extra Mile Award has been created to recognize exceptional contributions by faculty and staff who have truly gone "the extra mile" in service to the department by advancing its mission in the areas of education, research, clinical care, and advocacy.

Recipient: Dr. Aaron Keshen

Nominated by: Dr. Mahmoud Awara

Dr. **Aaron Keshen** was nominated for the Extra Mile Award in recognition of his exceptional contributions to our department. Dr. Keshen has consistently gone above and beyond in advancing our mission across various domains including education, research, clinical care, and advocacy.

One notable example of Dr. Keshen's dedication is his voluntary assumption of responsibility for the Mood and Metabolism Program alongside his existing role in the Eating Disorder Program and leadership position within the department. Despite not knowing the extent of patient volume initially, Dr. Keshen prioritized the seamless transition of patients to other providers, ensuring continuity of care.

In his leadership capacity, Dr. Keshen developed a comprehensive referral pathway to subspecialty services, meticulously outlining criteria

for each referral. His proactive approach extends beyond clinical care, as he actively addresses teaching gaps within community services and spearheads the development of referral pathways for transcultural patients.

Dr. Keshen's commitment to excellence is evident in his unwavering support for the Community Psychiatry Service, where he serves as a dedicated and reliable associate to the Section Head, providing invaluable assistance and bolstering the section's effectiveness.

Through his tireless efforts and innovative initiatives, Dr. Keshen embodies the spirit of going the extra mile. His selfless dedication to advancing our department's mission sets a benchmark for exemplary service and underscores his invaluable contributions to our department.

Dr. Keshen truly deserves recognition for his outstanding commitment and leadership, making him a deserving recipient of the Extra Mile Award.

Recipient: Dr. Joshua Green

Nominated by: Dr. Mahmoud Awara

Dr. **Joshua Green** was nominated for the Extra Mile Award in recognition of his exceptional contributions to psychiatry rehabilitation at Connections Halifax.

Having known Dr. Green since his PGY-5 elective at Connections Dartmouth, Dr. Awara has witnessed firsthand his remarkable dedication and unwavering commitment to patient care and clinical excellence.

Since assuming his role as a staff psychiatrist at Connections Halifax, Dr. Green has exemplified extraordinary leadership and clinical prowess. He quickly established himself as a pivotal figure within the organization, taking on a significant caseload of patients with Severe and Persistent Mental Illness (SPMI) and overseeing an unprecedented 17 Community Treatment Orders (CTOs), a testament to his exceptional skills and dedication.

From the outset, Dr. Green has demonstrated an unparalleled level of professionalism and expertise, transforming Connections Halifax into a beacon of knowledge and excellence in psychiatry rehabilitation. His meticulous management of his caseload and CTO patients has been nothing short of exemplary, ensuring that each individual receives the highest standard of care and support.

In addition to his clinical responsibilities, Dr. Green has also played a pivotal role in shaping the next generation of psychiatrists as a clinical and educational supervisor for numerous PGY-4 residents and medical students. His wealth

of knowledge and expertise has inspired and empowered countless individuals, earning him the admiration and respect of his peers and mentees alike.

Furthermore, Dr. Green's leadership extends beyond the confines of Connections Halifax, as he has assumed the role of the Clinical Academic Leader across three Connections rehabilitation centers in the Central Zone. His unwavering commitment to excellence and tireless dedication to the rehabilitation team have been instrumental in driving positive change and fostering a culture of collaboration and innovation.

Dr. Green is highly deserving of the Extra Mile Award for his continuous contributions to service provision, collegiality, and professionalism. His dedication to advancing the field of psychiatry rehabilitation is unparalleled, and his impact resonates far beyond the confines of his clinical practice.

Recipient: Dr. Shannon MacDonald

Nominated by: Dr. Mahmoud Awara

For several years, Dr. **Shannon MacDonald** has been serving as the lead for Gender-Affirming Care (GAC) within our department. Despite her attempts to step down from this role, she has continued to provide support and guidance behind the scenes.

Recently, there have been significant developments with the release of new guidelines from the World Professional Association for Transgender Health (WPATH)

and the Department of Health and Wellness (DHW). These guidelines have positively transformed the care pathway for transgender individuals, particularly by alleviating the necessity for routine involvement of psychiatrists in letters of support for surgeries in Nova Scotia. This development marks a significant step forward in her efforts to provide inclusive and accessible healthcare to all individuals who require this specialist care.

Dr. Shannon MacDonald has established a Trans Supervision Group, which convenes every two months for 90 minutes. Over the years, she has had the privilege of organizing and leading this group, facilitating discussions in accordance with the WPATH Standards of Care.

These sessions have provided a platform for psychiatrists to exchange insights, seek advice, and deepen their understanding of transgender healthcare. Through presentations and collaborative discussions, these group members have become more proficient in trans issues, familiarized themselves with the GAC pathway, and emerged as valuable resources within their respective teams.

In light of these achievements, Dr. Awara nominated Dr. Shannon MacDonald for the Extra Mile Award as she has demonstrated a deep commitment to promoting Gender Affirmative Care's principles within our department and has shown exceptional dedication to the well-being of transgender individuals.

Recognizing our administrative staff

Do you know a Dalhousie University Psychiatry administrative employee who deserves to be recognized for their extra efforts?

Let us know by filling out the form on the homepage of dalpsychiatry.ca.

Dr. Agyapong and department managers in the Department of Psychiatry have launched a new employee appreciation program that will recognize employees regularly for their contribution to the academic, research, and clinical work of the department.

This is a great way to recognize staff who make sure services are staffed, learners feel supported, research is productive, and budgets are balanced.

Questions or issues with the form?

Contact jen.brown@nshealth.ca

Dalhousie Department of Psychiatry's Extra Mile Award

If you would like to nominate someone for the Department of Psychiatry's Extra Mile Award, submit your nomination to the Awards Committee via this link: <https://medicine.dal.ca/departments/department-sites/psychiatry/news-publications/extra-mile-award-nomination-form.html>



Dalhousie University Department of Psychiatry Extra Mile Award Terms of Reference

Purpose:

The Department of Psychiatry's Extra Mile Award has been created to recognize exceptional contributions by faculty and staff who have truly gone "the extra mile" in service to the department by advancing its mission in the areas of education, research, clinical care, and advocacy.

Examples may include taking on additional duties when colleagues are on leave or during position vacancies, or any other way you feel someone has stepped up or gone above and beyond the call of duty!

Eligibility:

All Dalhousie department faculty members, staff, and allied health professionals are eligible for this award.

Frequency: Up to quarterly.

Candidates for this award will be considered on a quarterly basis.

Criteria:

- Candidates can be an individual or team, including allied health professionals and non-department members.
- Candidates can only win once every two calendar years.
- Multiple awards may be given out each cycle (e.g., every three months).

Nomination:

Faculty, staff, learners, and stakeholders of the department may submit a nomination to the Awards Committee via this link: <https://medicine.dal.ca/departments/department-sites/psychiatry/news-publications/extra-mile-award-nomination-form.html>. The nomination should include a brief (less than 200 words) statement describing the nominee's exceptional contribution. This statement will also be used for communications and recognition purposes in the department's newsletter. The Awards Committee will review nominations and select the recipients. Multiple recipients may be selected at each iteration.

Recognition:

Recipients will be recognized in *Headlines*, the department's newsletter, and will be sent a certificate.

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.

The next issue of **Headlines** will be distributed in **June 2024**.

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



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