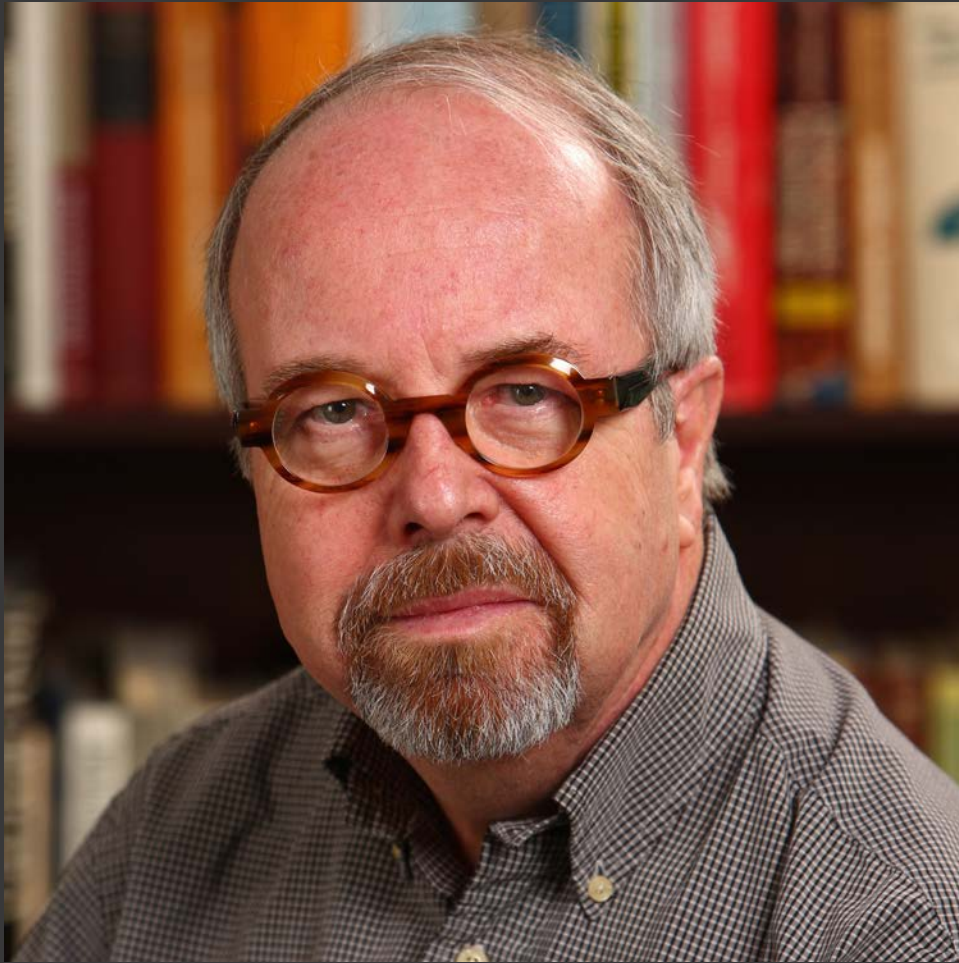


June 2023 / VOLUME 18 / ISSUE 3

HEADLINES



DR. HERBERT ORLIK RETIRES AFTER FIVE DECADES



**DALHOUSIE
UNIVERSITY**

Department of Psychiatry

IN THIS ISSUE

FEATURES

DR. HERBERT ORLIK RETIRES AFTER FIVE DECADES *page 5*

REPRODUCTIVE MENTAL HEALTH TEAM MAKING A DIFFERENCE FOR NEW MOTHERS *page 17*

CONTENTS

- 3** Message from the Department Head
- 7** Research Report
- 9** Education Report
- 13** Department Head Engages Residents and Staff
- 15** Division of Child & Adolescent Psychiatry
- 18** Section of Acute, Consultation, and Emergency Psychiatry
- 19** Section of Community Psychiatry
- 19** Section of Geriatric Psychiatry
- 20** Department News
- 22** Staff and Faculty Changes
- 23** Awards & Honours
- 27** Resident's Corner

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

Editor: Dr. Abraham Rudnick

Compilation, Layout, and Design:
Penney Miller

Submissions should be sent to:
Penney.Miller@nshealth.ca

HEAD LINES

Message from the Department Head

In late May, our province was struck by wildfires that displaced thousands of people. My heartfelt sympathies go out to anyone affected by the fires. Dalhousie University and Nova Scotia Health have communicated about available supports and resources for those impacted by this tragedy and I encourage you to access these and other community resources if you need them.

Nova Scotia Health's Mental Health and Addictions program, in collaboration with the QEII Foundation and the Global Psychological eHealth Foundation, [launched a supportive text message tool](#) for any Nova Scotian affected by the wildfires. It is called Text4HopeNS. I appeared on CBCNN Live on May 31 to speak more about this program and how it can help Nova Scotians. The interview can be viewed [here](#).

With June's arrival comes the end of another academic year. The annual year-end celebration will be held on June 16 when we will celebrate the 2023 class of residents, and present the resident recognition awards. Congratulations to our fifth-year residents who passed their Royal College exams.

One week later, on June 23, the department will hold its first summer recreational event at Hatfield Farm.

Another successful W.O. McCormick Academic Day was held in April when speaker



Dr. Vincent Agyapong

presentations focused on the theme of neuropsychiatry. Thank you to all who attended and presented at the event.

In late April, we were also pleased to see the launch of the first phase of the Rapid Access and Stabilization Program. This program will make a difference in providing Nova Scotians timely access to mental health consultations, and we are proud to be a part of it.

As year two of the transformational plan progresses, I have been engaging with residents and staff to learn more about them and their experiences. Engaging with members of our department is essential to moving our plan forward and fostering a sense of community in the department.

Members of the department have all been invited to complete the Solutions for Wellness Survey, which closes on June 18 at midnight. Your participation in the survey is valued and will help us as we continue to build a culture of wellness in the department.

As you'll read in this issue of *Headlines*, at the end of June, the department will say farewell to Dr. **Herbert Orlik** who is retiring after 50 years. Dr. Orlik's contributions and service to the department for the past five decades have been significant and he will be missed.

There have also been several other changes in the department over the last two months. Dr. **Kathleen Singh** has been appointed program director of the geriatric psychiatry subspecialty program replacing

Dr. **Terry Chisholm**; Dr. **Pamela Arenella** stepped down from her role as associate head of the Section of Acute, Consultation, and Emergency Psychiatry to focus on the International Diploma in Clinical Psychiatry program; Dr. **Liana Aires** was appointed as hospitalist lead; Drs. **Ngozi Ezeanozie** and **Curt Peters** have been appointed to Clinical Academic Leader positions; and, our chief operating officer **David Potter**, and undergraduate education coordinator, **Kelly Hancock**, left the department to pursue external career opportunities. We congratulate all on their appointments and wish those who have departed success in their future endeavours.

Four faculty members have also received academic promotions. Congratulations to: Drs. **Jason Morrison**, **Igor Yakovenko**, **Joseph Sadek**, and **Claire O'Donovan**.

We also welcomed the following new faculty members to the department: Drs. **Marissa LeBlanc**, **Ngozi Ezeanozie**, and **Ejemai Eboeime**.

In this issue, you will also read about the Reproductive Mental Health Services team at IWK Health and how it continues to make a difference in the lives of new mothers.

On May 2, the department hosted its bi-annual full faculty meeting. We were fortunate to hear presentations from Dr. **Zenovia Ursuliak** about wellness in the department and from Dr. Gaynor Watson-Creed on Equity, Diversity, Inclusion and Accessibility – both of which were incredibly informative

and represent the values and priorities of our department.

We were honoured to present departmental dedicated service and mentorship awards at the bi-annual meeting to some very deserving recipients. Congratulations to Drs. **Ezio Dini** and **Herbert Orlik** on their Dedicated Service Awards; and to Drs. **Alexa Bagnell** and **Sherry Stewart**, the 2023 recipients of the Dr. Aidan Stokes Mentorship Award.

Many other department members continue to be recognized for their outstanding work. Congratulations to: Dr. **Mark Bosma**, recipient of the Faculty of Medicine Excellence in Education Award; Dr. **Sabina Abidi**, recipient of the Faculty of Medicine R. Wayne Putnam Award for Outstanding Contributions to Community CME; Dr. **Sherry Stewart**, recipient of the Canadian Psychological Association's Donald O. Hebb Award for

Distinguished Contributions to Psychology as a Science; Dr. **Emmanuel Aquino**, recipient of a NS Health Service Award for 50 years of service; Dr. **Gerald Gray**, recipient of the Canadian Academy of Child and Adolescent Psychiatry Certificate of Special Recognition, and, Dr. **Joseph Sadek**, recipient of the Award of Merit from the Commonwealth Judicial Education Institute.

FOLLOW THE DEPARTMENT OF PSYCHIATRY ON SOCIAL MEDIA

Twitter: @Dal_Psychiatry

Facebook: @dalpsychiatry

LinkedIn: /company/dalhousie-university-department-of-psychiatry/

Dr. Herbert Orlik Retires After Five Decades

Over the last 50 years, many members of the Department of Psychiatry have gotten to know Dr. Herbert Orlik — a child and adolescent psychiatrist who has held many positions within the department and has been described as one of the “originals.”

There is no doubt a void will remain in the department when he retires in June.

Dr. Orlik joined the department in 1973 when he was recruited by Dr. R.O. Jones, our first department head.

“Dr. R.O. Jones emphasized that he wanted me to become involved a lot with education,” says Dr. Orlik. “A year later he gave me a one-dollar bill to tell me I had done a good job.”

Remaining involved with education throughout his career, Dr. Orlik is an associate professor with the department and served as its director of undergraduate education for 10 years, which he considers a career highlight. He is a recipient of almost every award the department bestows, including both teaching awards: the Dr. Larry Buffet Outstanding Teacher Award and Educator of the Year Award. The Dr. Herbert Orlik Resident Award in Child Psychiatry was created in his honour. On May 2, 2023, the department recognized him with a Dedicated Service Award during its bi-annual meeting.

Dr. Orlik began his postgraduate training in psychiatry at the University of British Columbia (UBC) but completed it at McGill, at the Montreal Children’s Hospital with a fellowship in Child Psychiatry and a focus on education.

Before considering Halifax, Dr. Orlik searched out other departments in Canada and the U.S. He and his wife decided to come to Halifax after visiting PEI via Nova Scotia when he was studying for his Royal College exams. They liked the environment and the size of Halifax and wondered what it would be like if they ended up there.

“I applied, and when I visited the department was very impressed with the collegiality I observed among department members, met with Dr. Doris Hirsch, who was very enthusiastic, and Dr. Aidan Stokes who welcomed me and showed me around the city. There was a heavy fog and I couldn’t see anything so that I had to trust him with his driving and that this was a great city.”

Dr. Orlik first learned of psychiatry in a unique way.

“I learned about it in boarding school where we had a pediatrician who was medically very skilled but who seemed to have no idea what to do with students who were sad or excessively anxious or who misbehaved consistently — so

I looked up who would know about such matters and found out about psychiatry and psychology.”

“Years later, at UBC, we had to do a full medical thesis that took two years,” he explains. “I chose psychiatry and plastic surgery combined as the latter was also so fascinating to me. My rather long thesis title was “Psychological Events in Female Prisoners who had Undergone Facial Reconstructive Surgery.”

Reflecting on his time in the department, there has been considerable change since the early 1970s, especially given the advances in technology.

“Does anyone remember doing research by using needles and McBee punch cards?” quips Dr. Orlik.

He also notes the changes in department structure from department-based to program-based management, and enhanced teaching and research.

“Teaching methodologies have changed. Students and residents have so much more positive influence on their learning. Research has expanded, blossomed, and received respect, and obtained so much better grants.”

The size, stature, and reputation of the department have all grown, he says.

In his career highlights Dr. Orlik includes becoming the undergraduate director for the department, securing six weeks of direct patient contact exposure for second-year medical students, and establishing child psychiatry as the first division within the department.

He considers his biggest accomplishment to be his tenure as head of the division he created, having spent 22 years as the head of child psychiatry (with various titles for that position) at IWK Health. That, and “then discovering there is life after administration,” he says.

“I have enjoyed and benefitted from the collegiality, support, and friendship of all department members I have had the fortune to work with,” says Dr. Orlik. “The greatest influences at Dalhousie have been R.O. Jones, Doris and Saul Hirsch, former Dean Jock Murray, former Head of Pediatrics Richard Goldbloom, and especially my closest colleague and friend, Aidan Stokes.”

In retirement, Dr. Orlik plans to be a member in the Doctors Nova Scotia Section of Senior and Retired Physicians, spend time with his grandchildren, learn to carve, boating, and travel.

“I will miss the openness of medical students and residents, the camaraderie with colleagues, the trust from patients and their families, and lunch with a clinical team in the IWK Play Garden,” he says.

“It has been a wonderful journey and a great privilege to have learned, to have taught, to work with patients and families, and to have been part of the Dalhousie and the IWK communities.”

Colleagues reflect on their time working with Dr. Orlik

Dr. Alexa Bagnell, Chief, Division of Child and Adolescent Psychiatry:

“Working with Herb over the past two decades has been a great honour. He is a physician role model who always puts patients and families first and has the gift of leading, connecting, caring, and collaborating with interprofessional teams to optimize care for kids. I will miss the most his quiet leadership and collegiality, and his willingness to go the extra mile for a patient, family, or colleague. His depth of caring for others is profound. He practices with integrity and optimism, and has inspired so many to join this great calling of child and adolescent psychiatry.”

Dr. Sabina Abidi, Associate Chief, Division of Child and Adolescent Psychiatry:

“I was fortunate in my last 16 years to have experienced Dr. Orlik as a teacher when I was a junior resident, green and inspired by him to work in the field; a supervisor during my subspecialty training when he quickly recognized and helped cultivate my interest in early psychosis; a leader and cheerleader when I started as junior faculty, encouraged and gently pushed by him to start a new program on my own; a mentor as he helped me with the ups and downs in the early days of learning the ropes; a colleague as I started to take on similar leadership roles myself using his wise ways as a model, and throughout it all, a friend who always supported me with his wise and caring stance, always trusting that I knew what I was doing even when I didn’t know it myself.

I’m not sure he is even aware of this similar impact his presence has had on us all, incrementally, over the years.

What will I miss?

I will miss most seeing him and saying “Good night Herb!” every evening as I walk by his office door on my way home each night. When I see the door ajar from now on, however, I will smile knowing he is on to brighter and better in this next stage of life, and hope I can continue to follow in those footsteps with even a little of the grace and joy he carried throughout these wonderful years.”

Dr. Aidan Stokes, Former Department Head:

“The ideal colleague is knowledgeable, reflective, judicious, encouraging, and consistently available. Herb Orlik has been this — and more — for me. These qualities were quickly evident from the time he accepted the many challenges at the time of his appointment to the department in 1973. His thoughtful family and child-centred approach to care and his unwavering commitment to his patients were immediately apparent. These virtues, together with his absolute integrity, have remained constant and are recognized by all. With learners he has been a gifted guide with his many contributions to psychiatric education in Canada justly recognized by his peers. His determined optimism through the years helped us cope with the frustrations of tangled bureaucracies. Yet, whatever the extent of his many academic and organizational successes, what has consistently shone through for me is his being everything a good doctor should be: kind, learned, steadfast, and extraordinarily compassionate.

How fortunate we all have been — whether as his colleagues, students, and especially patients and families — to have been privileged to have him with us for this past 50 years.”

Research Report

Psychiatry Summer Studentship Program

We are pleased to welcome the following students to the 2023 Psychiatry Summer Studentship Program.

2023 DPRF Summer Studentships

- Sarah-Jeanne Trottier (Supervisor: Dr. Sherry Stewart) – “*Neural correlates of reward and relief cannabis craving in cannabis users with trauma histories*”
- Nicole Ponto (Supervisor: Candice Crocker) – “*Impact of Cannabis use on brain white matter in females with Early Phase Psychosis use*”
- Sana Sheikh (Supervisor: Sandra Meier) – “*Paying attention to the right clues in social interactions*”
- Shizza Hassan (Supervisor: Rudolf Uher) – “*Open Clinical Experience for Adolescents in Neuroscience (OCEAN)*”

The Psychiatry Summer Studentship Program is designed to provide a number of qualified undergraduate students with an opportunity to become involved in research in the Department of Psychiatry over a period in the summer.

This program offers students an opportunity to learn new research techniques as they acquire hands on experience in running experiments and analyzing data.

Research Day 2023

The 2023 Department of Psychiatry Research Day will be held on **Nov. 3, 2023** at the Atlantica Hotel with keynote speaker Dr. Tomas Paus (University of Toronto) who will be speaking on population neuroscience. The Café Scientifique will be held the evening prior.

Save the date!

Dal Psychiatry Researcher Discovers Unique Treatment for Bipolar Disorder

Dr. **Cynthia Calkin** has won an international award for a journal article on findings that are helping to change the lives of people experiencing treatment-resistant bipolar disorder.

[Read the Dal News story](#) to learn more.

PUBLICATIONS

- **Awara MA**, Downing LM, Elnenaei MO. “Psychiatric sequelae of thromboangiitis obliterans: a case report and review of the literature.” *Journal of Medical Case Reports*. 2023 Jan 30;17(1):40. doi: 10.1186/s13256-022-03694-z. PMID: 36717929; PMCID: PMC9885629. Read the paper [here](#).
- **Awara Mahmoud A.**, Downing Laura M., Edem Dorothy, Lewis Norma, Green Joshua T. “Three-year-cohort-study: clinical and cost effectiveness of an inpatient psychiatric rehabilitation.” *Frontiers in Psychiatry*. DOI=10.3389/fpsyt.2023.1140265. Read the paper [here](#).

Department members present research at 2023 Schizophrenia International Research Society Congress

The Department of Psychiatry was well represented recently at the 2023 Schizophrenia International Research Society Congress (May 11–15) in Toronto. Faculty, graduate students, and residents were represented by Drs. **Philip Tibbo**, **Kara Dempster**, **Jason Morrison**, **Candice Crocker**, **Brannon Senger**, **Julie Munich**, **Niamh Campbell**, and **Mitchell Mammel**. The research presented was broad, including discovery research, treatment, and service delivery research. The following were six abstracts of posters and oral presentations where Dal Psychiatry were represented:

- *Assessing Preferences for App-Based Psychological Interventions to Decrease Cannabis Use in Young Adults with Psychosis: Results from a Sequential Qualitative and Quantitative Study*
Co-Authors: Ovidiu Tatar, Amal Abdel-Baki, Hamzah Bakouni, Arash Bahremand, Tania Lecomte, Clar  laine Ouellet-Plamondon, Jos   C  t  , **Philip Tibbo**, David Crockford, Sophie L'Heureux, Marc-Andr   Roy, Marie Villeneuve, Didier Jutras-Aswad
- *Association of Substantia Nigra Neuromelanin with Salience Network Connectivity in First Episode Psychosis*
Co-Authors: Jessica Ahrens, Sabrina Ford, Betsy Schaefer, **Philip Tibbo**, David Reese, James Rioux, **Candice Crocker**, Kyle McKee, Ali Khan, Clifford Cassidy, Lena Palaniyappan
- *Conceptualizing Relapse from the Perspectives of Young Adults Receiving Services for First-Episode Psychosis: A Qualitative, Focus Group Study*
Co-Authors: Shalini Lal, Anna Czesak, **Philip Tibbo**, Ridha Joobar, Richard Williams, Ranjith Chandrasena, Nicola Otter, Ashok Malla
- *Effect of Cariprazine on Quality of Life and Attention in Patients with Persistent Negative Symptoms of Schizophrenia: A Post-Hoc Analysis*
Co-Authors: Oloruntoba J. Oluboka, Andrea Bardell, Howard C. Margolese, **Philip Tibbo**, Lisa Buchy, Christine Di Cresce, Roger S. McIntyre
- *Pathways to Early Intervention Services and Subsequent Urgent Health Service Use: A 2-Year Cohort Study*
Co-Authors: **Brannon Senger**, **Philip Tibbo**, Allisa Pencer, **Candice Crocker**
- *The Association of Anterior Cingulate Cortex Glutamate and Clozapine Eligibility in an Early Psychosis Sample*
Co-Authors: **Kara Dempster**, **Temi Toba-Oluboka**, Sydney Slaunwhite-Hay, **Candice Crocker**, **Philip Tibbo**



Brannon Senger post-presentation at the Schizophrenia International Research Society Congress.

Education Report

UNDERGRADUATE EDUCATION NEWS

Announcement

Our former psychiatry undergraduate education coordinator, **Kelly Hancock**, left at the beginning of May to take up another position. We are very grateful for the strong contribution that she made to running our UG education program. We will miss her and wish her all the best as she moves ahead.

Tutor Recruitment

We continue to recruit tutors for the 2023/2024 undergraduate teaching sessions. If there are additional activities you are interested in participating in and have not added them to your IPP, there is still an opportunity to sign up by contacting undergrad@dalpsychiatry.ca.

Annual Humanities Writing Competition

The 2023 Dalhousie Student Writing Competition closed on May 1, 2023, and the winners will be announced in September.

Summer Internship in Psychiatry

Nine Med 1 students from both campuses of Dalhousie's Medical School joined us for our annual **Summer Internship in Psychiatry** (SIIP) May 23–26 to learn more about psychiatry. The students met with psychiatrists from various subspecialties, psychiatry residents, and allied health professionals.

They participated in interactive educational sessions, interview skills practices, clinical elective placements, and social events with our residents. We would also like to thank the resident planning committee for their hard work and dedication to organizing this annual program!

Link Program Cohort

In June, we will receive our last annual cohort of students from the International Medical University (IMU) in Malaysia to participate in the psychiatry block of the Link Program administered by the Global Health Office. Several of our faculty and residents will be involved in preparing the three students for entry into clerkship in August.

POSTGRADUATE EDUCATION NEWS

CaRMS 2023

We are very pleased to announce we successfully matched all spots for 2023!

Chanaka Attygalle – Dalhousie University

Emilie Comeau – Dalhousie University

Erik Fraunberger – University of Calgary

Anthony Hinde – University of British Columbia

Gina Lamont – Dalhousie University

Michael Malek – University of British Columbia

Louise Moodie – Dalhousie University

Seema Sharma – Dalhousie University

Megan Stephens – University of Nottingham School of Medicine

All of 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!

Congratulations to our Residents

Please join us in celebrating the well deserved success of all of our fifth-year residents who passed their Royal College exams!

Congratulations Drs. **Mackenzie Armstrong, Madeline Ferracuti, Courtney Handford, Katie Lines, Michelle MacDonald, Shiloh Ricciotti, Cody Sherren, Cinera States, and Kate Stymiest!**

We are so proud of each of you and are honoured to have been a part of your professional journey!

Year-End Celebration

The annual Department of Psychiatry Year-End Celebration will be held on **June 16** at the Prince George Hotel. The event is a celebration of postgraduate education and an opportunity to honour teachers and learners in the department.

FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

CHILD AND ADOLESCENT PSYCHIATRY SUBSPECIALTY PROGRAM

For Resident Wellness Week (May 1–5), the Child and Adolescent Psychiatry program hosted a Resident Wellness Contest. The contest was open to CAP subspecialty residents and PGY-3s currently on rotation with us. Each day of the week,

residents could submit a favourite song to build a Spotify playlist; each song earned them a ballot. At the end of the week we drew from all submissions, and the winner took home a gift certificate for DeeDee's Ice Cream. Thanks to everyone for

taking part, and congratulations to PGY-5 **Courtney Handford**, winner of the DeeDee's gift certificate!

FACULTY DEVELOPMENT/CONTINUING PROFESSIONAL DEVELOPMENT

2023 W.O. McCormick Academic Day



Left to right: Dr. Cheryl Murphy, conference chair, and speakers: Drs. Karen Chipman, Abraham Snaiderman, Celia Robichaud, and Andrew Howard. Missing from photo: Dr. Mark Bosma.

The 2023 W.O. McCormick Day was held in person for the first time since 2019 on April 21 at the Westin Nova Scotian Hotel.

Dr. **Vincent Agyapong**, Department Head, **Matthew White**, Director of Mental Health and Addictions Program (Central Zone), and Dr. **Sam Hickcox**, Chief Officer, Office of Addictions and Mental Health, welcomed over 100 attendees to the event. Dr. **Cheryl Murphy**, director of continuing professional development and conference chair, provided an overview of the day. The conference was educationally approved/co-sponsored by Dalhousie University Continuing Professional Development and Medical Education.



Dr. Agyapong (above) and Matthew White (below) provide opening remarks.



The day consisted of a full schedule of informative presentations related to neuropsychiatry, this year's theme.

Presentations included:

- Neuropsychiatry: An Overview, presented by Dr. **Andrew Howard** (University of British Columbia)

- In Case You Forgot . . . 10 Tips for Diagnosis and Management of Dementia, presented by Dr. **Mark Bosma** (Dalhousie University)
- Autism Spectrum Disorder: Diagnosis and Management Challenges Across the Lifespan, presented by Dr. **Celia Robichaud** (Dalhousie University)
- Neuropsychological Assessment: What Is It and How Can it Contribute to Clinical Care?, presented by Dr. **Karen Chipman** (Dalhousie University)
- Mind, Matter, and Myelin: Neuropsychiatry of Multiple Sclerosis, presented by Dr. **Abraham Snaiderman** (University of Toronto)
- Neuropsychiatry of Traumatic Brain Injury: A Primer for Clinicians, presented by Dr. **Abraham Snaiderman** (University of Toronto)

The day concluded with a panel featuring the day's speakers to take questions from the audience.



A feedback survey was circulated to all event attendees. Thank you to everyone who attended the event, provided feedback, and thank you to our speakers!

Continuing Professional Development in **Psychiatry**

ALLIES AGAINST MICROAGGRESSIONS

When: Monday, June 19, 2023 from 1 p.m. to 4 p.m.

Where: On Zoom

Presenter: Dr. Cinera States, PGY-5 Psychiatry Resident

LEARNING OBJECTIVES:

After participating in this workshop, attendees should be able to:

1. Define microaggressions and explain the different types of microaggressions.
2. Explain the harmful impacts of microaggressions at both the individual and systemic level.
3. Recognize the importance of allyship in responding to microaggressions.
4. Develop an approach to responding to microaggressions in the moment.

This presentation is part of The Psychiatry Faculty Professional Development Series

The Psychiatry Faculty Professional Development Series is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

How to register:

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

The deadline to register is the end of the day on **Thursday, June 15, 2023**. The workshop has a limit of a maximum of 18 participants.

Please note this workshop is only open to psychiatrists.

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



R.O. Jones Memorial Lecture

On May 31, 2023, Professor Mary Cannon presented the R.O. Jones Memorial Lecture titled "*Hearing the voice: what do we know about psychotic experiences in young people?*" Professor Mary Cannon is Professor of Psychiatric Epidemiology and Youth Mental Health in the Department of Psychiatry, RCSI University of Medicine and Health Sciences, Ireland and a consultant

psychiatrist in Beaumont Hospital, Dublin. Her areas of research interest are young people's mental health and early life risk and protective factors for later mental illnesses.

Named in honour of the late Dr. Robert Orville Jones, who among his many achievements, founded the Dalhousie Department of Psychiatry

in 1949 and was the charter president of the Canadian Psychiatric Association, the R.O. Jones Memorial Lecture is held annually in conjunction with the Atlantic Provinces Psychiatric Association annual conference.

Department Head Engages Residents and Staff

In year two of the department's transformational plan, Department Head Dr. **Vincent Agyapong** is engaging residents and staff to gain feedback, learn about their experiences, promote wellness, and get to know them.

As part of this direct engagement, Dr. Agyapong met

with groups of residents in late April and May 2023.

"Residents are such important members of our department," says Dr. Agyapong. "They are the future of our profession. It's always good to connect with learners to hear firsthand about their experiences. Our

department will continue to support you through your training and create opportunities for you to transition from residents to faculty in the department."



Dr. Agyapong with first-year psychiatry residents.



Dr. Agyapong with second-year psychiatry residents.



Dr. Agyapong with third-year psychiatry residents.



Dr. Agyapong with fourth-year psychiatry residents.

In May, Dr. Agyapong also engaged with different groups of staff from the 8th floor of the Abbie J. Lane Building. Each meeting is designed to learn more about staff members, and how they joined and why they continue to stay with the department.

“Staff are the backbone and spine of any organization,” he says. “Our department is fortunate to have staff who are dedicated and go above and beyond the regular call to duty which is helping us realize the ideals of our transformational plan even faster than

anticipated. Leaders connecting with their staff is an essential strategy to promote wellness and engagement.”



Dr. Agyapong with two groups of staff.



Division of **Child & Adolescent Psychiatry**

FACULTY UPDATES

Recruitment

The Child & Adolescent Psychiatry Division has posted for a CMHA/Emergency Psychiatrist for July 1, 2023. We are currently interviewing two candidates for this position.

The Sun Life Chair search was posted in December 2022 and is open and actively recruiting for this important research chair.

CAP EDUCATION

CAP Faculty Retreat

The Atlantic Canada Child and Adolescent (faculty) retreat was held on April 28, with two very engaging presentations.

The first presentation was given by Dr. **Jose Mejia**, Ms. Noelle England & Dr. Marika Warren, entitled “Duty to Report vs. Duty of Confidentiality for patients & documentation of sensitive information in health record (adverse childhood events).”

The second was presented by Dr. **Lara Hazelton** and Ms. Tanya Hill entitled “Understanding, Recognizing and Mitigating Bias in Medical Education.”

CAP Residents

Drs. **Kyle Godden** (incoming PGY-5), **Bagnell**, and **Abidi** had abstract accepted for Canadian Academy of Child and Adolescent Psychiatry Conference in Calgary, Alberta in September 2023, “Outcomes of IVIG Treatment in Pediatric

Acute-Onset Neuropsychiatric Syndrome (PANS).”

CAP Pediatric Rotations

We have had a great year with our pediatric residents doing rotations with our faculty and we will be welcoming our last pediatric resident of this academic year, June 5–30. The next round of pediatric rotations starts on July 3 and we expect seven residents to complete their C&A Psychiatry rotation during the 2023/24 academic year.

Youth Addictions Conference

On May 12, Dr. **Selene Etches** hosted the first Youth Addictions Conference in Nova Scotia. This year’s event hosted 26 people including adolescent clinicians from IWK, NS Health, and across the province as well as some pediatricians. The event was well reviewed, with great engagement of participants. The hope is that next year this event will be able to expand to a broader audience. The conference offered an opportunity for participants to discuss challenging cases and included the following presentations:

- *Considerations When Supporting Youth in Care*, Jeff Thoms
- *The Problem of Porn in a Digital Era*, Elaine Brooks-Craig
- *Keeping Families Together*, Angie Hamilton
- *Model of Care for Youth with Substance Use Disorders*, Selene Etches



CAP RESEARCH

Meet a CAP Research Assistant/Master's Student

Hailey Burns has been working in the CRC Developmental Psychopathology & Youth lab at the IWK with Dr. **Sandra Meier**. Hailey has been instrumental in participant recruitment and engagement during the pandemic. She will be finishing up her work in the lab as she enters the next chapter of her educational journey and begins medical school.

Here is a little bit about Hailey and her research experience to date.



My name is Hailey Burns, and I am a second-year Master's student in the Psychiatry Research program under the supervision of Drs. Sandra Meier and Raymond Klein. I am originally from Halifax, NS but have lived in Charlottetown, PEI, and Moncton, NB (a true Maritimer!). I first began my research journey when I completed my undergraduate degree at Mount Allison University where I investigated how novel neurotransmitters modulate anxiety-like behaviours in young, male rats. As my project progressed, I became curious as to how my research could lead to a new therapeutic target for future medications, which would help those who

suffer from anxiety. While I enjoyed my time with the rats, I wanted to continue my research career with a project that let me directly interact with those I would be helping.

This experience was the catalyst that ultimately led me to the labs of Drs. Sandra Meier and Raymond Klein. My Master's project investigates attentional biases and social skills in youth with anxiety. Excitingly, my favourite part of my research is collecting the data – through data collection, I was fortunate to meet many interesting and kind individuals who graciously volunteered to participate in my research project. I would like to personally thank all my participants for their time, interest, and enthusiasm for my study.

The question we set out to address when we first started this research project was, "Do youth with anxiety show a negative attention bias, and if so, is this bias related to poorer social skills and interactions?" More specifically, I investigated (1) whether youth diagnosed with an anxiety disorder show an attention bias towards negative stimuli (ex. photos of angry facial expressions and videos of individuals being bullied), and

(2) whether this attention bias is related to poorer social skills.

The response to my research has been overwhelming! Many of my participants have told me how excited they were to participate in an in-person study (especially in this post-COVID world). Further, most participants have expressed an interest in reading the results of my study in order to learn more about how their attentional biases may be influencing anxiety severity.

I strongly believe this novel study may lead to clinical practice in which the youth population would learn various techniques to alter their attention bias in order to aid in treating their anxiety disorders from the comfort of their phone. Recently my supervisor, Dr. Sandra Meier, presented preliminary findings at Dalhousie's Department of Psychiatry Clinical Rounds. Many fellow researchers, as well as clinicians, seemed to be excited to hear about alternative treatments that can be used in conjunction with more traditional therapies, such as CBT. Lastly, and possibly most importantly, this research project aims to directly help Nova Scotia youth by guiding the development of new therapeutic techniques to help them conquer their anxiety.

Reproductive Mental Health Team Making a Difference for New Mothers

The Reproductive Mental Health Team at IWK Health continues to make a difference in the lives of new mothers.

Reproductive Mental Health Services (RMHS) is a multidisciplinary subspecialty team based out of IWK Health. The team sees pregnant and postpartum adults with moderate to severe mental illness related to the perinatal period. The team consists of two part-time psychiatrists, as well as clinical therapists who are trained as social workers and nurses.

It is the only clinic of its kind in the Maritimes.

Dr. **Joanne MacDonald**, retired psychiatrist and assistant professor, founded the team in the early 2000s. Dr. **Tanya Tulipan**, a psychiatrist with IWK Health and assistant professor with the Department of Psychiatry at Dalhousie University, has led the team since 2016.

Dr. Tulipan was recruited to the clinic during her second maternity leave by Dr. MacDonald.

“I felt able to take on the challenge, especially with my experience as a new mother. With the excellent guidance of my new colleagues, I learned on the job and became passionate about perinatal mental health,” says Dr. Tulipan.

The RMHS provides consultations and, when appropriate, short-term

treatment for stabilization. They provide pre-conception medication consults, one-time medication consults, medication management for more complex patients, and short-term psychotherapy.

“We provide high-quality care to a population that has historically been under-served,” says Dr. Tulipan. “Only one in three pregnant and breastfeeding people get the care they need, due to stigma and misunderstanding regarding the safety of treatments.”

RMHS is primarily an outpatient clinic, but they also provide inpatient Consultation-Liaison services to adult patients at the IWK. Patients are offered either in-person or virtual appointments.

“We aren’t able to see everyone who is referred, but we have a relatively short wait time, and our patients report good outcomes,” says Dr. Tulipan.

“I have been seeing Tanya Tulipan with the reproductive mental health team at the IWK since I was pregnant. I felt the need to share how this woman has single-handedly changed my entire life. I have struggled with my mental health for years, and this is the first time I have felt hopeful for my future. I have received such excellent care from her, and I truly feel that she has made me a better person. I have felt heard by her, validated, cared for, understood, and felt extremely safe in her hands. I

don’t think I would be the mother that I am without her help,” says Alicia Willar, a patient.

The RMHS includes a Baby Steps group, run by Katie van Patter, CNS, and Laura Mullally, MSW. It’s a 12-week virtual group for patients of RMHS and includes three modules: four weeks each of CBT, IPT, and DBT skills.

“This group is so popular and successful that we have a long wait list,” says Dr. Tulipan. “We are training more clinicians so that we can run more than one group at a time. Group therapy is particularly powerful for new mothers, who often struggle with loneliness and shame.”

“I can’t express how valuable this has been for me. Having a safe space to get together every week with a group of moms and these two wonderful leaders has been the highlight of my weeks. I have created friendships with people that I feel will last long after this is over. I am given tools that I can use throughout motherhood as well as in my life outside of being a mom,” says Willar.

Dr. Tulipan wants any potential patient to know that help is available.

“Perinatal mental illness is preventable and treatable. Your baby needs healthy parents to grow and thrive, and you deserve to be well. Reach out for help if you think you need it.”

Section of Acute, Consultation, and Emergency Psychiatry

Rapid Access and Stabilization Program

The Rapid Access and Stabilization Program launched on April 25, 2023. The program is a partnership between the Mental Health and Addictions Program, NS Health, and the Dalhousie Department of Psychiatry and provides additional access to psychiatry support for primary health care providers including nurse practitioners in the Central Zone.

The program has been very well received and has also garnered some media attention.

In an [interview with CBC news](#), published online on May 5, 2023, Dr. Vincent Agyapong, chief of psychiatry for Nova Scotia Health's central zone and the head of Dalhousie University's psychiatry department, says:

"The goal is that nobody should really be waiting to see a psychiatrist and be on the wait-list for more than four weeks."

"Early intervention always equates to better prognosis. The more you leave people on the wait-list, they get worse. They present to emergency departments, they present to our inpatient units."

On May 9, 2023, Dr. Agyapong joined the Todd Veinotte Show to talk about the program. Listen to the interview [here](#).

Dr. Liana Aires Appointed as Hospitalist Lead

Following the completion of a successful search and selection process, we are pleased to announce that Dr. **Liana Aires** is appointed to the role of Hospitalist Lead in the Department of Psychiatry for a five-year term effective May 8, 2023.

The Hospitalist Lead position is a leadership opportunity in general medicine for a family physician to work on the general psychiatric units within the Mental Health Program.

Congratulations Dr. Aires!

In announcing Dr. Aires' appointment to Hospitalist Lead, we would also like to thank Dr. **Derek Laskowski** for his leadership with the hospitalists since 2010.

Dr. Pamela Arenella Steps Down as Associate Head

Dr. **Pamela Arenella** stepped down as Associate Head of the Section of Acute, Consultation, and Emergency Psychiatry to focus on the International Graduate Diploma in Clinical Psychiatry program and addictions psychiatry.

We thank Dr. Arenella for her service and leadership, and appreciate her contribution to the section and department.

Dr. Ngozi Ezeanozie and Dr. Curt Peters Appointed as Clinical Academic Leaders

We are pleased to announce the following new Clinical Academic Leaders in the Section of Acute, Consultation, and Emergency Psychiatry:

Dr. **Ngozi Ezeanozie** will be the Clinical Academic Leader (CAL) for the Rapid Access and Stabilization Program (RASP) at the Abbie J. Lane Building.

Dr. **Curt Peters** will be the Clinical Academic Leader (CAL) for the Psychosocial Rehabilitation (PSR) Units at Simpson Landing and Transition Hall – Nova Scotia Hospital.

Drs. Ezeanozie and Peters began their CAL appointments on June 1, 2023 and each report to Dr. Sanjana Sridharan, Head, Section of Acute, Consultation, and Emergency Psychiatry.

Congratulations!

Section of Community Psychiatry

There has been a rapid response to service demands via active process of recruiting internationally and locally trained psychiatrists to replace vacant positions and bridge the gap of service provision in community services.

Dr. **Ndubisi** will be joining NSOSIC 1.0 FTE in June 2023; Dr. **Sambandan** will be staying with community services as 1.0 FTE; Dr. **Meldrum** will be joining the NSOSIC clinic 1.0 FTE; Dr. **Gough** will be 0.3 at Bayer's CMHT and 0.5 with Geriatric Psychiatry from July 2023. Dr. Gough's position will help bringing expertise and integrating Seniors with Adult Psychiatry services.

Dr. **LeBlanc** will hopefully join the department in September 2023 and her job will integrate subspecialty of EEP/Mood Disorders with the General Adult Psychiatry at Bayer's CMHT.

Two residents in their PGY-5 training have decided to do six months elective with CMHTs and this has been arranged.

The Department of Psychiatry has advertised for a full time Psychiatrist - Centre for Emotions & Health/Adult Community Mental Health Team (CMHT).

The Department of Psychiatry is also recruiting for a full time psychiatrist for Autism Spectrum Disorder (ASD) care as part of

the Community Mental Health and Addictions (CMHA) services of the Adult Mental Health and Addictions Program (MHAP) of the Central Zone of the Nova Scotia Health Authority (CZ-NSHA).

Community Services are working on integrating referrals pathway that would include subspecialty, R&I, and CMHTs services, the work will be led by Dr. **Keshen** and Dr. **MacMullin**.

We are expecting two International Fellows to join subspecialty services, namely Mood Disorder Clinics and Reproductive Mental Health, hopefully during 2023.

Section of Geriatric Psychiatry

Dr. Kathleen Singh Appointed Program Director, Geriatric Psychiatry Subspecialty Program

We were pleased to announce Dr. **Kathleen Singh's** appointment as Program Director of the Geriatric Psychiatry Subspecialty Program, Department of Psychiatry, Faculty of Medicine, Dalhousie University for a five-year term effective May 1, 2023.

This position coordinates subspecialty psychiatric training to psychiatry residents wishing to pursue Royal College of Physicians and Surgeons of Canada certification in Geriatric Psychiatry.

In her role as Program Director, Dr. Singh will lead Geriatric Psychiatry resident educational activities, provide assistance and direction to other faculty members who have teaching and administrative duties in the subspecialty residency program, and act as a resource and a liaison between the residents and faculty, the dean's office, the health authorities, the other Canadian medical schools, the Royal College of Physicians and Surgeons of Canada, and the licensing bodies.

In announcing Dr. Singh's appointment, we thank Dr. **Terry Chisholm** for her tireless efforts to improve our training program, and for leading and mentoring so many of our graduates to successful careers in Geriatric Psychiatry!

Department News

Dr. Vincent Agyapong Delivers International Lecture at the American Psychiatric Association Annual Meeting

Dr. **Vincent Agyapong**, Head of the Department of Psychiatry, was invited by the President of the American Psychiatric Association (APA) to present this

year's international lecture at the 2023 APA Annual Meeting in San Francisco, CA. The conference was held from May 20 to May 24, 2023.

Dr. Agyapong's international lecture was on the topic: Innovation, access to care, and promoting psychiatry and mental health.



Atlantic Provinces Psychiatric Association Annual Meeting

The Atlantic Provinces Psychiatric Association (APPA) held its Annual Meeting on June 1 to 3, 2023 at the Rodd Brudenell Resort in Cardigan, PEI. Departmental representation at the event included Department Head Dr. **Vincent Agyapong**, Deputy Department Head and Director of Education, Dr. **Lara Hazelton**, and Head of the Section of Acute, Consultation, and Emergency Psychiatry, Dr. **Sanjana Sridharan**.



Receptions for Visiting Psychiatrists

In April, we were pleased to host receptions for Dr. Harry Kennedy and a neuropsychiatrist during their site visit.



Dr. Joanne MacDonald's Retirement Dinner

In April, we hosted a retirement dinner for Dr. **Joanne MacDonald** and some of her colleagues. Best wishes for a happy retirement!



Farewell to our COO

In May, a few faculty and staff members gathered to say thank you and farewell to **David Potter**, who resigned from his position as chief operating officer in April to pursue an external career opportunity. We wish you all the best David!





In May, Dr. Agyapong participated in a meeting with Central Zone and Provincial Mental Health and Addictions Program leadership.

The Research Management Committee of the Kids Brain Health Network

On March 27 and 28 in Toronto, Dr. **Normand Carrey** attended The Research Management Committee of the Kids Brain Health Network of which he is a reviewer.

Expanding Horizons Conference and Appointment as Eastern Canada Representative of the World Association of Infant Mental Health

Dr. **Normand Carrey** participated in the Expanding Horizons conference on April 27 and 28 sponsored by Infant Mental Health Promotion (Sick Kids) where he and Denise Lowe presented a workshop entitled, "Baby Steps: a hospital community collaboration supporting positive early childhood experiences."

At the conference, the president of the World Association of Infant Mental Health, Kaija Puura (from Finland) inaugurated the Central and Eastern Canada chapter as an affiliate member. Dr. Carrey was appointed as the Eastern Canada representative.

National Virtual Physicians' Choir

Psychiatry resident Dr. **Patricia Celan** is in a national choir for female physicians, named Vox Panacea. Their latest choir performance, Seasons of Love, can be found here: <https://youtu.be/umm5BKlpbuM>

STAFF AND FACULTY CHANGES

Arrivals

- Dr. **Marissa LeBlanc** joined the department as an assistant professor working as a locum in Mood Disorders and Reproductive Mental Health effective March 6, 2023 and can be reached at marissa.leblanc@nshealth.ca
- Dr. **Ngozi Ezeanzie** joined the department as an assistant professor effective April 17, 2023. Dr. Ezeanzie is located at the Dartmouth Community Mental Health Clinic and the Rapid Access and Stabilization Program and can be reached at ngozi.ezeanzie@nshealth.ca
- Dr. **Ejemai Eboeime** joined the department as an assistant professor in Clinical Translational and Global Mental Health effective June 1, 2023. Dr. Eboeime is located on the 8th Floor of the Abbie J. Lane Memorial Building and can be reached at Ejemai.Eboeime@nshealth.ca

Welcome!

Departures

- **David Potter** resigned from his role as chief operating officer to pursue an external career opportunity, effective April 28, 2023.

- **Kelly Hancock** resigned from her role as undergraduate education coordinator to pursue an external career opportunity, effective May 3, 2023.

- **Dr. Herbert Orlik** is retiring effective June 30, 2023.

We wish you well!

AWARDS & HONOURS

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 May 2.

2023 Dr. Aidan Stokes Mentorship Award

This annual award recognizes and honours a faculty member who has demonstrated exceptional mentorship and leadership in their work with the department. The award is named in honour of Dr. Aidan Stokes who dedicated his career to fostering a culture of strong leadership and mentorship within the Dalhousie Department of Psychiatry.

The 2023 Dr. Aidan Stokes Mentorship Award recipients are:

- Dr. **Alexa Bagnell**
- Dr. **Sherry Stewart**

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 recipients are:

- Dr. **Ezio Dini**
- Dr. **Herbert Orlik**

Congratulations!

Dr. Sabina Abidi Receives R. Wayne Putnam Award for Outstanding Contributions to Community CME

Dr. **Sabina Abidi** is the 2023 recipient of the R. Wayne Putnam Award for Outstanding Contributions to Community CME from the Faculty of Medicine Continuing Professional Development and Medical Education.

The Faculty of Medicine Wayne Putnam Award recognizes individuals who consistently contribute in notable ways to the continuing education of Maritime physicians.

Dr. Abidi stood out for her dedication to the medical education of all levels of learners, and unique contributions to providing quality mental healthcare for children and adolescents.

The award was announced at the Faculty of Medicine's Annual Faculty Meeting on June 6, 2023.

Congratulations Dr. Abidi!

Dr. Mark Bosma Receives Excellence in Education Award

Dr. **Mark Bosma** is the 2023 recipient of the Faculty of Medicine Excellence in Education Award.

The Excellence in Education Award recognizes a faculty member who has eight or more years of teaching experience in the Faculty of Medicine. This award recipient has exemplified significant contributions to course development, implementation, and evaluation, has introduced education innovations, and has contributed to the field of medical and graduate education through presentations, publications, or research in education, along with participating in professional development in education, and is one of several awards established to recognize excellence among faculty in various areas that support the mission of the Faculty of Medicine.

Dr. Bosma is the head of the section of Geriatric Psychiatry in the department, and was formerly the department's postgraduate education director.

The award was presented at the Faculty of Medicine's Annual Faculty Meeting on June 6, 2023.

Congratulations Dr. Bosma!

Dr. Sherry Stewart Receives Canadian Psychological Association Donald O. Hebb Award

Congratulations to Dr. **Sherry Stewart**, recipient of the Canadian Psychological Association's Donald O. Hebb Award for Distinguished Contributions to Psychology as a Science. This award is presented to a CPA member who has made a significant contribution to Canadian psychology as a scientific discipline and whose research has enhanced the knowledge base of psychology. Dr. Stewart, a CPA Fellow since 2011, specializes in the role of psychological factors in contributing to addictive behaviours.

Faculty Promotions in the Department of Psychiatry

The following faculty in the Department of Psychiatry have been promoted, effective July 1, 2023:

- Dr. **Jason Morrison** has been promoted to Associate Professor
- Dr. **Igor Yakovenko** has been promoted to Associate Professor
- Dr. **Joseph Sadek** has been promoted to Professor
- Dr. **Claire O'Donovan** has been promoted to Professor

Thank you all for your contributions to the academic and research mandate of the department.

Congratulations!

Dr. Joseph Sadek Recognized with Award of Merit

Congratulations to Dr. **Joseph Sadek**, recipient of the Award of Merit from the Commonwealth Judicial Education Institute in recognition of the outstanding services he has given to the judiciaries of the Commonwealth.

Dr. Gerald Gray Receives 2022 CACAP Certificate of Special Recognition

Congratulations to Dr. **Gerald Gray**, recipient of the 2022 Canadian Academy of Child and Adolescent Psychiatry Certificate of Special Recognition.

[Winners of the 2022 CACAP Awards](#) are highlighted in the May 2023 issue Journal of the Canadian Academy of Child and Adolescent Psychiatry.

UPCOMING AWARD

Royal-Mach-Gaensslen Prize for Mental Health Research

The prestigious Royal-Mach-Gaensslen Prize for Mental Health Research is awarded each year to an outstanding rising star researcher in the field of mental health, to recognize, encourage and support them as they pursue their research interests and goals.

Granting body: The Royal

Nomination submission deadline: July 15, 2023, 11:59 p.m.

For more information about the award, eligibility, and how to submit a nomination, visit: <https://www.theroyal.ca/research/about-research/awards-conferences/royal-mach-gaensslen-prize-mental-health-research>

If you have questions for or would like to request assistance from the Awards Committee, contact Penney Miller at Penney.Miller@nshealth.ca

Dr. Emmanuel Aquino recognized with long service award for 50 years

On April 24, 2023, Central Zone Mental Health and Addictions Program staff and physicians from NS Hospital and East Coast Forensic Hospital received their long service awards from NS

Health. Among the recipients was Dr. **Emmanuel Aquino** for 50 years of service. This is an outstanding commitment of time and dedication to the population we serve.

Dr. Aquino was also recognized in an article by NS Health celebrating his long service. View the article [here](#).

Congratulations Dr. Aquino, and to all the recipients!



NEW! Dalhousie Department of Psychiatry Extra Mile Award

If you would like to nominate someone for the Department of Psychiatry Extra Mile Award, submit your nomination to the Awards Committee via Penney Miller at Penney.Miller@nshealth.ca



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. 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.

RESIDENT PETS

Can you **GUESS** who my **MOM** or **DAD** is?



Follow the QR Code to
ANSWER and WIN!



Sam

My name is Sam and it is my goal in life to one day be able to go to work at the emergency department with my mum (PGY5 Psychiatry) to cure all the patients! One look at my face and they would feel all better, right? Mum says it isn't that simple but what does she know? We go for lots of hikes together and I love jumping on her lap and distracting her when she is trying to read a mystery novel. She also likes to knit & crochet & I love grabbing the balls of yarn to play fetch (she says that's not what they're for?)

Hi folks! I'm Bootsy Marie, but you can call me Boots. I am a 13-year-old Lhasa apso bichon mix. My mom is a PGY 1 finally doing psychiatry after a long run off-service. I am her emotional support animal, though I am not qualified and currently practicing without a license.



Bootsy



Henry

Hi there! My name is Henry, and I'm a 4-year-old Cavalier King Charles Spaniel. This is me at my birthday party last week! I'm so excited to tell you all about my owner. She's a Psychiatry resident, which I know because sometimes I get to walk with her to work. At work my mom gets to help people, which I think is pretty cool. Maybe someday I'll be a psychiatry resident, too!

Thankfully my Mom likes working with little ones, because I'm just a puppy!



Can you GUESS who my MOM or DAD is?



Indy

Hi there! I'm Indy. My mom is a Psychiatry PGY2. When she's not at work or at home snuggling with me and my cat sister Cleo, you can find her at the barn with her horse. She loves anything involving animals and would love nothing more than to hear about your pets if you run into her! She also enjoys baking, taking me for walks on the boardwalk, volunteering at Therapeutic Riding, and spending time with loved ones.

Hello! My name is Lulu. My person is a PGY-3. She isn't always home with the pack, so when she is, I WATCH HER LIKE A HAWK because my herding instinct tells me we should all be together! My person and I certainly have that in common: she loves time with her family too. She also likes to cross-country ski, and I run beside her carrying a big stick! You can also often find her sweating it out in the hot yoga studio or listening to an audiobook (best one recently was Prince Harry's Spare, which may surprise you as much as it did her!).



Lulu



Cleo

Hello! My name is Cleo and my human is a PGY1. She looooves doing research, and I think she should stay at home doing it all day every day while also hanging out with me. She also loves plants, so we have a LOT of those around here... but to be honest with you they kind of freak me out. Not like she asked me for my opinion anyways!

Hello there! My name is Mella and my mom is a PGY1 in psychiatry. The only thing that excites her more than a career in this field is never having to go off service ever again! If she isn't at work or feeding me treats (while telling me what a good little baby I am) you can probably find her at the gym or curled up on the couch with a coffee and a good book – non-fiction, of course! If you want to win her over, just name drop Brené Brown in your next conversation.



Mella

Thank you to all who submitted your furry friends!



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 **September 2023**.

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



DALHOUSIE
UNIVERSITY

Department of Psychiatry