

HEADLINES



MOOD DISORDERS TEAM WELCOMES INTERNATIONAL FELLOW



DALHOUSIE
UNIVERSITY

Department of Psychiatry

IN THIS ISSUE

FEATURES

**MOOD DISORDERS TEAM WELCOMES
INTERNATIONAL FELLOW** *page 5*

CONTENTS

- 3** Message from the Department Head
- 6** Research Report
- 9** Education Report
- 14** Division of Child & Adolescent Psychiatry
- 16** Section of Community Psychiatry
- 16** Section of Geriatric Psychiatry
- 17** Social Policy & Advocacy Committee shares progress and reflects on Mi'kmaw History Month
- 19** Department News
- 23** Staff and Faculty Changes
- 26** Awards & Honours
- 30** Residents' Corner
- 33** Humanities Corner

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HEAD LINES

Message from the Department Head

In November, the academic year is in full swing. Despite the busyness of this time of year, I hope everyone is taking time to reflect and recharge as we near the end of the fall semester.

This fall, we published the department's [2022/23 Annual Report](#), highlighting our accomplishments in education, research, clinical care, EDIA, wellness, and social policy & advocacy. The [report is available](#) on the department's website.

In October, the department hosted two annual research events. Our 33rd annual Research Day was held on Oct. 27.

This was another successful Research Day with a high number of abstracts submitted again this year, and over 100 attendees. Congratulations to all presenters, and of course to the award winners. Thank you also to everyone involved in the planning, organizing, and judging for the event.

The evening prior, on Oct. 26, the department hosted a public panel discussion with our Research Day keynote speaker, Dr. Tomas Paus, along with a panel of faculty members: Drs. **Sabina Abidi**, **Sandra Meier**, and **David Lovas**. You can read more about both events in this edition of *Headlines*.

In education, we congratulate six students who graduated with their MSc. in Psychiatry Research in October. Undergraduate education is completing another block of Skilled Clinician and



Dr. Vincent Agyapong

postgraduate education is preparing for CaRMs in January.

In this issue of *Headlines*, we also highlight how the mood disorders team welcomed an International Fellow, Dr. Tariq Alotaibi. We welcome Dr. Alotaibi to the department and hope he enjoys his time here.

We also welcome the following new faculty members to the department: Drs. **Lade (Amaka) Abuah**, **Razi Hemani**, **Linda Liebenberg**, and **Cinera Stases**. Additionally, we welcome our new undergraduate coordinator, **Parisa Abdi Sabouhi**, along with **Jeremy Smith**, the new Child and Adolescent Psychiatry Integrated Research Assistant.

There have also been some leadership changes within the department. Dr. **Lara Hazelton**

has stepped down as Deputy Department Head and Chair of the Finance Committee with Dr. **Risk Kronfli** becoming Chair of the Finance Committee; Dr. **Zenovia Ursuliak** is now the Director of Wellness for the department; Dr. **David Lovas** has stepped down as Program Director for the Child and Adolescent subspecialty residency program and we welcome Dr. **Celia Robichaud** into the role; and, Dr. **Abraham (Rami) Rudnick** is stepping down from his role as Medical Humanities Coordinator. We thank all for their leadership and contributions to the department in these various roles.

On Nov. 7, 2023, the department hosted its fall bi-annual full faculty meeting, and was pleased to recognize the following department members

with awards: Dr. **Laura Downing** received the Outstanding Clinician Award; Dr. **Kathleen Singh** received the Dr. Larry Buffett Outstanding Teacher Award; Dr. **Ahmed Saleh** received the Distributed Site Outstanding Teacher Award; Dr. **Katharine Black** received the Educator of the Year Award; Drs. **Emmanuel Aquino** and **Sherry James** received Dedicated Service Awards; and, Drs. **Terry Chisholm, Nicole Herschenhous, David Lovas,** and **Abraham (Rami) Rudnick** received Leadership Awards. Congratulations to you all.

We also congratulate Dr. **Claire O'Donovan** who received the Canadian Psychiatric Association's C.A. Roberts Award for Clinical Leadership; Dr. **David Gardner** and Dr. **Andrea Murphy** who received the Mental Health Foundation of Nova Scotia's Outstanding Advocates Award; Dr. **Pippa Moss**, who received the certificate of special recognition from the Canadian Academy of Child & Adolescent Psychiatry (CACAP); Dr. **Jared Allman**, who received the Irmi Lenzer Award, and, Dr. **Abraham (Rami) Rudnick** for his recent appointment as Editor-in-Chief of

the *Canadian Journal of Physician Leadership*.

As the holidays approach, we look forward to the return of the department's holiday party on Friday, Dec. 8. I encourage you to register for this event, joining us for dinner and a presentation recognizing service milestones, and helping us celebrate the season.

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

Holiday Party 2023

**You're invited to the 2023 Department of Psychiatry Holiday Party!
Join us for dinner, service milestone recognition, and activities.**

WHEN: Friday, Dec. 8, reception at 6:30 p.m., dinner at 7:30 p.m.

WHERE: The Atlantica Hotel, Halifax -1980 Robie St.

REGISTRATION

The holidays are a season of giving, and in order to support those in our community in need, we will be collecting a minimum of \$20 per faculty member + \$20 per guest, and \$10 per staff, resident, or student + \$10 per guest to attend the party, with all funds going directly to the Brunswick Street Mission.

Please **RSVP no later than December 1** if you are attending (no need to RSVP if you are not attending).

If you cannot attend, but would still like to make a donation, please feel free to do so, simply indicate in the notes you will not be attending.

*****Your fundraising confirmation will be sent to us and will act as your RSVP.**

Please include if you are attending with a guest (one guest per department member), and if you have any dietary restrictions in the 'Message of Support.' If the 'Message of Support' is left empty we will assume you are attending alone and have no dietary restrictions.***

Make your donation and register for the Holiday Party [HERE](#).

Note: This is an internal department event. Registration is only open to Department of Psychiatry members.

Mood Disorders team welcomes international fellow

In August 2023, the mood disorders team in the Department of Psychiatry welcomed international fellow Dr. **Tariq Alotaibi**. Dr. Alotaibi will complete a fellowship with the team until the end of July 2024.

Dr. Alotaibi earned his MBBS degree from Taif University, Saudi Arabia, in 2017. He joined the Saudi Commission for Health Specialties Psychiatric residency program in Riyadh, Saudi Arabia, until November 2021, when he received his board certificate. In his final year of residency, he decided to pursue a career as a mood disorders specialized psychiatrist.

When applying to fellowship programs in Canada, the Dalhousie University program was the most suitable for him, says Dr. Alotaibi.

“The program offered me the opportunity to combine clinical work with research. I also had the opportunity to integrate brain interventions like ECT in my fellowship. I am grateful for being here and looking forward to seeing more interesting mood disorders cases, as well as be part of a learning environment that fosters top-notch research activities and networking with professionals of the highest caliber.”

Drs. **Tomas Hajek** and **Abraham Nunes** will mentor Dr. Alotaibi during his fellowship.

“As I was an international fellow myself, I understand how exciting and stimulating the fellowship training can be,” says Dr. Hajek. “I am happy to be in a situation where I can hopefully provide similar experience to others.”

Dr. Hajek also sees the difference Dr. Alotaibi will be able to make as one of the few people with fellowship training in mood disorders in Saudi Arabia.

“When Dr. Alotaibi talks about absence of ECT services and low prescription rates of Li or IMAO in Saudi Arabia, I think he could make a marked difference by making these treatments more accessible,” says Dr. Hajek. “In addition, Dr. Alotaibi would be one of four people with fellowship in mood disorders in Saudi Arabia, a population of 36 million! This is clearly a unique opportunity.”

Dr. Hajek also sees the potential for positive contributions and future collaborations in research and education.

“On the research side, I know for a fact that a lot of research can be done by simply collecting information from systematic clinical follow ups,” says Dr. Hajek. “In my research I really enjoy international collaborations. Countries from the Middle East are underrepresented in international research

consortia, a situation we could help improve. On the academic side, Dr. Alotaibi shares his experience with other clinical or research trainees, including medical students, residents, as well as our MSc. and PhD students. These interactions are educational and engaging for everyone.”

Drs. Hajek and Nunes are grateful to other members of the mood disorders clinic, who see clients together with Dr. Alotaibi. In addition, they thank their colleagues from ECT service, who have kindly provided supervision to Dr. Alotaibi. Training in neurostimulation is of marked interest to Dr. Alotaibi, and so they very much appreciate their willingness to help.



The mood disorders team welcomes international fellow Dr. Tariq Alotaibi. From left to right: Drs. Tomas Hajek, Tariq Alotaibi, and Abraham Nunes.

Research Report

RESEARCH EVENTS

A Public Panel Discussion: Environment, brain development, and mental health



Panelists at the public panel discussion “Environment, brain development, and mental health” on Oct. 26, 2023. From left to right: Drs. David Lovas, Phil Tibbo (Research Director and event chair), Sandra Meier, Sabina Abidi (moderator), and Tomas Paus.

Each year, to coincide with the Department of Psychiatry Research Day, the department hosts a public discussion on an important topic for researchers and the local community. This year’s panel discussion “Environment, brain development, and mental health” was held at the Peggy Corkum Music Room on Oct. 26.

Attendees heard from our panelists:

- Dr. **Sabina Abidi** (moderator), Associate Professor, and Associate Head, Division of Child and Adolescent Psychiatry, Department

of Psychiatry, Dalhousie University; and, Child and Adolescent Psychiatrist, IWK Health

- Dr. **Tomas Paus**, Professor of Psychiatry and Neuroscience at the University of Montreal, and Scientist at the Research Centre of the Centre Hospitalier Universitaire Sainte-Justine
- Dr. **Sandra Meier**, Associate Professor, and Canada Research Chair in Developmental Psychopathology and Youth Mental Health, Division of Child and Adolescent

Psychiatry, Department of Psychiatry, Dalhousie University and IWK Health

- Dr. **David Lovas**, Assistant Professor, Department of Psychiatry, Dalhousie University; and, Child and Adolescent Psychiatrist, IWK Health

The panelists took questions from an engaged audience. Some of the topics raised included diet, environment, and disease management.

Thank you to the panelists for sharing their time, expertise, and insightful comments.

Research Day 2023



Research Day 2023 Award Winners with the Director of Research. From left to right: Dr. Phil Tibbo (Director of Research, Department of Psychiatry, and event chair), Anastasia Harris (Best Presentation Award Graduate Student), and Dr. Aditya Nidumolu (Best Presentation Award Psychiatry Resident).

Missing from photo: Nicole Ponto (Best Presentation Award Undergraduate Student).

The department's 33rd Annual Research Day was held on Oct. 27 at the Atlantica Hotel. The event was again successful with a record number of abstracts submitted and 143 attendees. The organizers thank all those who attended for coming out to support student research and continuing to make Research Day such a popular event.

Dr. **Vincent Agyapong**, Department Head, provided an audio welcome address as he was unable to attend in person given the event occurred at the same time as the Dean's retreat in New Brunswick.

Opening remarks were provided in person by Dr. **Phil Tibbo**, the department's Research Director, the Honourable Brian Comer, Minister, Office of Addictions and Mental Health; Dr. Jordan Warford, Senior Director of Research, Nova Scotia Health; and, written opening remarks were provided by Dr. David Anderson, Dean, and Dr. Eileen

Denovan-Wright, Associate Dean Research, for the Faculty of Medicine.

Drs. **Kim Good** and **Jill Chorney** moderated the morning and afternoon sessions. Our keynote speaker was Dr. Tomas Paus, Professor of Psychiatry and Neuroscience at the University of Montreal, and Scientist at the Research Centre of the Centre Hospitalier Universitaire Sainte-Justine. Dr. Paus' presentation "Population Neuroscience of the Growing Brain" opened the event.

There was a total of 11 oral presentations in the Guild Hall, with each presenter having 10 minutes to present, and five minutes for questions. Poster presentations were viewed during the breaks and lunch period in the Commons Room where a total of 52 poster presentations were set up. This year also included a new feature focusing on a research group. One research group in the Department of Psychiatry

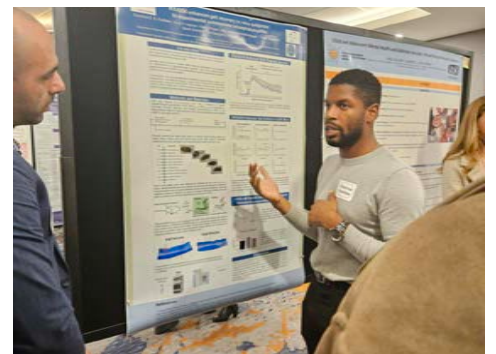
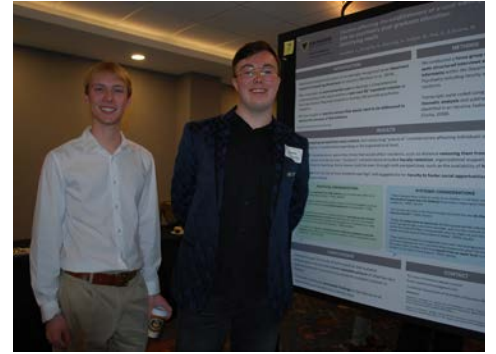
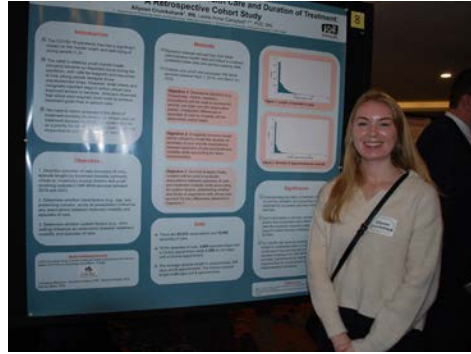
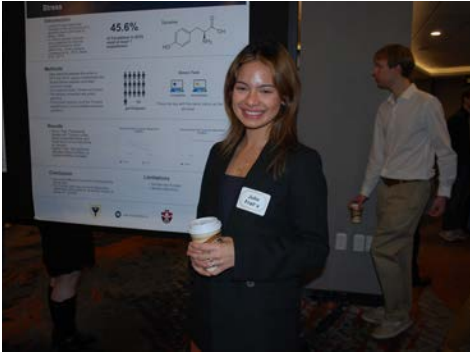
was invited to present to the audience. The inaugural group was the Eating Disorders Research Group presented by Dr. **Aaron Keshen**. We look forward to featuring more research groups at this event in the future.

The day concluded with presentations of awards in three categories:

- Best Presentation Award Undergraduate Student: Nicole Ponto (Supervisors: Drs. Candice Crocker & Phil Tibbo)
- Best Presentation Award Graduate Student: Anastasia Harris (Supervisor: Dr. Aaron Keshen)
- Best Presentation Award Psychiatry Resident: Dr. Aditya Nidumolu

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

Research Day 2023



Education Report

UNDERGRADUATE EDUCATION NEWS

Welcome to our new Undergraduate Coordinator

Welcome to **Parisa Abdi Sabouhi**, the new Undergraduate Coordinator in the Department of Psychiatry. Parisa joins us from the School of Architecture at Dalhousie University where she worked as the Graduate Acting Administrative Secretary. Prior to joining Dalhousie, she held other administrative roles. She is a graduate of the Business Administration–Management Diploma program at Nova Scotia Community College and holds a Bachelor of Science degree. Parisa can be reached at **Psych.Undergrad@dal.ca**

Welcome Parisa!

Psychiatry Interest Group chairs

We would like to welcome the new Psychiatry Interest Group Chairs **Hasan Alfarhan** and **Katelyn Malone**. We would also like to thank **Victoria Taylor** and **Ahmed Hussin** for serving as the Chairs of the Psychiatry Interest Group in 2022/2023. The interest group is a valuable link between the department and the medical students, increasing awareness and facilitating discussion about mental health as well as encouraging students' interest in the field of Psychiatry.

Updated Clerkship transgender module

The Clerkship transgender module was overhauled this year by Dr. **Shannon MacDonald**, Dr. **Lauren Haslam** (PGY-4), and Ms. **Mandy Eslinger** and updated with the new WPATH guidelines.

Med 2 Skilled Clinician

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

POSTGRADUATE EDUCATION NEWS

Resident retreat

The resident retreat took place in September and was held at White Point Beach Resort. The weekend began with a social activity, wherein half of the group went whale watching in Lunenburg and half went to a Sculpture Garden (Cosby's Garden Centre and Concrete Creations in Liverpool). Next, everyone met at White Point

for dinner and a game of trivia organized by Julia and Mitch! The night concluded with a bonfire as a group and some fiddle playing. The next morning, some residents partook in a polar dip and we heard a talk about factors influencing addictions treatment, including an individual's lived experience with opioid use disorder. We had

a great time and can't wait for next year!

We would like to extend a huge THANK YOU to all the staff who covered the call schedule during the retreat! Drs. **Shiloh Gossen, Justin Paradis, Curt Peters, Anthony Pianosi, Alexandra Manning, and Jennifer Cumming.**



Career evening

On the evening of October 13, the PGME office hosted a Career Evening at the Dalhousie Medical School. It aimed at providing the medical students with information of a career in Psychiatry. A THANK YOU to our chief residents, Drs. **Niamh Campbell**, **Julia LeBlanc**, and **Emma Hazelton-Provo** for their effort in creating an amazing display. We would also like to express our appreciation to Dr. **Emilie Comeau** for her attendance, along with faculty members, Drs. **Deborah Parker**, **Alice Aylott**, and **Lara Hazelton**.



CaRMS

During the month of October, we had a virtual open house for CaRMS candidates. The Education Team is still in the planning stages of next year's virtual CaRMS. CaRMS interviews for all candidates, including local applicants, will be taking place over two weeks in January 2024. We will be sending out invites for psychiatrists and residents to volunteer for one if not two exams.

Upcoming events

Mid-Year STACER Exams

- December 4
- December 5
- December 7

CaRMS 2024

- January 15, 12 p.m. – 5 p.m.
- January 16, 9 a.m. – 2 p.m.
- January 25, 12 p.m. – 5 p.m.
- January 26, 9 a.m. – 2 p.m.

Postgraduate teaching

To best support resident learning and opportunities for peer mentorship, resident teaching has now resumed fully in person. Instructors who are scheduled to teach and need to stay virtual for any reason must reach out to Dr. **Deb Parker** to discuss accommodations.

FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

CHILD AND ADOLESCENT PSYCHIATRY SUBSPECIALTY PROGRAM

Dr. **David Lovas** will be stepping down as CAP subspecialty program director. Thank you to Dr. Lovas for his leadership to our program. His leadership and dedication ensured a smooth transition to CBME education. During his tenure we have had eight subspecialty residents graduate our program. Our program's reputation has grown and for the past four years we have had more applicants than available residency spots. Of significant importance, under his leadership, our first subspecialty accreditation passed without any areas of improvement noted!

Interviews for a new program director have taken place and recommendations have been sent to the Associate Dean of Post Graduate Medical Education.

Applications have been received for the subspecialty program and five interviews have taken place. Letters will be sent to successful candidates by October 26, 2023.

GERIATRIC PSYCHIATRY SUBSPECIALTY PROGRAM

- Dr. **Mackenzie Armstrong** joined the program as a PGY-6.
- Dr. **Aditya Nidumolu** joined the program as a PGY-5. He is doing the first six months of his PGY-5 year with us, then moving on to the University of Toronto for the rest of the year.
- The Geriatric Psychiatry Subspecialty Resident Training Program will be expanding to two residents starting in the 2024-2025 year.
- Faculty and residents from the program are planning a Wellness Activity at Activate Game Experience in Dartmouth for November 7.

GRADUATE PROGRAM

Congratulations to the following six students who graduated with their MSc. in Psychiatry Research in October:

- **Ross Langley** (Supervisor: Dr. Rudolf Uher), Thesis Title: *Assessing Depression Severity from Speech: The Role of Clinical Intuition and Artificial Intelligence*
- **Hailey Burns** (Supervisor: Dr. Sandra Meier), Thesis Title: *Attention bias and social skills in youth with anxiety*
- **Haley Bernusky** (Supervisors: Dr. Sherry Stewart and Dr. Phil Tibbo), Thesis Title: *How Is Anxiety Involved in the Links Between Cannabis Variables and Psychotic-Like Experiences in Emerging Adults? Investigating Two Potential Mediation Models in a Multi-Site University Sample*
- **Tulayla Katmeh** (Supervisors: Dr. David Gardner and Dr. Andrea Murphy), Thesis Title: *Older Adults' Perspectives on Behaviour Change Elements in Sleepwell, an Insomnia Management Intervention: an Interpretive Descriptive Study*
- **Temi Toba-Oluboka** (Supervisors: Dr. Kara Dempster and Dr. Phil Tibbo), Thesis Title: *The Association of Anterior Cingulate Cortex Glutamate and Clozapine Eligibility in an Early Psychosis Sample*

- **Ruth Shelton**, from the 2020 cohort, (Supervisor: Dr. Barbara Pavlova), Thesis Title: *The Effects of Childhood Adversity on Anxiety in People with Mood Disorders*

We are so proud of all you have accomplished during your time in the MSc. Psychiatry Research Program!



Temi Toba-Oluboka (left) and Ruth Shelton (right) graduated with their MSc. in Psychiatry Research during convocation in October 2023.

Division of Child & Adolescent Psychiatry

FACULTY UPDATES



The division of child and adolescent psychiatry is pleased to welcome Dr. **Lade (Amaka) Abuah**, child and adolescent psychiatrist who started with our division on September 1, 2023. Dr. Abuah is working in CMH Sackville and the Emergency Mental Health and Addictions Service (EMHAS).

Dr. Abuah completed her medical training in Nigeria followed by her child and adolescent psychiatry training in the UK. Dr. Abuah also obtained a diploma in criminal psychology and a masters at law specializing in mental health law. Prior to joining our division, she had been working as a child and adolescent psychiatrist in the UK since 2020.

Effective September 1, 2023, Dr. **David Lovas** stepped down from his role as EMHAS psychiatry co-lead as he reduces his time at IWK. The division thanks Dr. Lovas for his outstanding leadership in EMHAS over the past nine years.

Effective September 1, 2023, Dr. **Katie Radchuck** has taken on the EMHAS co-lead role. Katie started in EMHAS when joining psychiatry faculty in 2021, and we are excited to welcome Katie into this co-leadership role.

Effective September 1, Dr. **Sarah Fancy** will assume the primary medical director/co-lead role for Garron inpatient unit. The role will be shared with Dr. Sarah Fancy (0.75) and Dr. **Jonathan Brake** (0.25). We thank Dr. Brake for his dedicated leadership since 2015.

Awards



Congratulations to Dr. **Pippa Moss**, who received the certificate of special recognition at the Canadian Academy of Child & Adolescent Psychiatry (CACAP) for her dedication to the Fundy Peace Foundation. Through the Fundy Peace Foundation, Pippa's Place provides a home for children in Africa who are orphaned, abandoned, or who are unable to be cared for by relatives.

CAP EDUCATION

CAP Journal Club

Journal Club was held on October 3 with **Kate Stymiest** leading the discussion on the article "Child attachment and ADHD: a systematic review."

CAP PRESENTATIONS

Canadian Academy of Child & Adolescent Psychiatry (CACAP)



Dr. **Ali Manning** was a presenter at the first CACAP Mentorship Symposium and Dr. **Kyle Godden** was a panelist at the inaugural symposium. The symposium was so well received it will become a regular event.

Dr. Kyle Godden presented “Outcomes of IVIG treatment in Pediatric Acute-Onset Neuropsychiatric Syndrome (PANS)” and received recognition in best posters and was invited to present the research work in oral presentation as well. (Authors: Kyle Godden, Khalid Alshaigi, Sabina Abidi, Beata Derfalvi, and Alexa Bagnell).

CAP RESEARCH



Welcome **Jeremy Smith**, the new Child and Adolescent Psychiatry Integrated Research Assistant. Jeremy graduated from St. Mary’s with a BA Honors Psychology and Philosophy Major in 2017. His research experience began with Dr. Kenneth Rockwood’s research team, followed by Dr. Rudolf Uher’s Mood Disorders Clinic before joining the Division of Child and Adolescent Psychiatry on September 11, 2023. Jeremy comes to us with experience in REB and grant application support, data collection, and neuropsychological assessments.

CAP research highlights

Our faculty and staff are very invested in research, here are a few highlights of what is happening in the Division of Child and Adolescent Psychiatry:

- **Evaluating implementation fidelity of urgent follow-up appointments within a mental health care bundle: a mixed method study** (Site Investigators: Dr. Jill Chorney, Dr. Sharon Clark)

This is a sub-study within a larger CIHR trial out of the University of Alberta (PI: Dr. Amanda Newton) evaluating whether a novel mental health care bundle delivered in the emergency department results in improved outcomes for children and adolescents. The sub-study looks to evaluate the fidelity and implementation of one part

of this bundle — an urgent care appointment. This urgent care appointment is a single session appointment modelled after a Choice appointment, one of the components from the Choice and Partnership Approach (CAPA). The sub-study will explore any constraints, enablers, or moderators which may have influenced implementation of these appointments.

- **Psychiatry Simulations: Enhancing experiential learning opportunities in CBME** (Principal Investigator: Dr. Ali Manning)

Competency-based medical education — CBME — is a recent implementation in post-graduate psychiatry training programs within Canada. Consequently,

medical trainees must demonstrate their ability to independently practice through a series of defined key tasks relative to their discipline, aptly named Entrustable Professional Activities — EPAs. The current project aims to develop and implement a simulation-based clinical scenario that aligns with EPA requirements — for both general and child and adolescent psychiatry — which may not arise spontaneously or frequently in clinical settings in the Dalhousie Psychiatry Residency Program (e.g., lithium in the child and adolescent population). This will be accomplished with trained simulation actors hired by Dalhousie University Medical School following two case scenario scripts.

Section of Community Psychiatry

The following activities are new developments in the Section of Community Psychiatry:

- Developing a business case for transcultural psychiatry position and securing 1.0 FTE fund for the same that resulted in appointing Dr. **Cinera States** for this position. The position is multifaceted and will address psychiatry needs of marginalized populations, e.g. homeless, Newcomers, shared care, brotherhood/sisterhood, Indigenous population, African Nova Scotians, etc.
- Addressing gaps with adults with autism spectrum disorder; Dr. **Gad** has kindly agreed to provide psychiatry consult to the ANS.
- Addressing gaps in education in required/curriculum areas, e.g. psychotherapy and addictions via appointing faculty who have special skills/qualifications in these areas.
- Integrating psychiatry services via hybrid positions, e.g. Dr. **Leblanc's** position of Mood Disorders Clinic/EPP and Dartmouth CMHT; and Dr. **Gough's** position of Senior Mental Health and General Adult Community Psychiatry at Bayers CMHT.
- Replacing positions that have become vacant via retirement or long leave, e.g. Dr. **M. MacDonald** (substantive) and Dr. **Oguntade** (locum) at Dartmouth CMHT.
- Collaboration with the Forensic Services to streamline the referrals from Forensics to Civil Community Psychiatry Services to ensure better and consistent care for this group of patients.

Section of Geriatric Psychiatry

Several members of the Geriatric Psychiatry section were involved in planning and/or presenting at the CAGP (Canadian Academy of Geriatric Psychiatry) Annual Scientific Meeting in St. John's, N.L. from September 29 – 30. The theme of the conference was "Addressing Complexity in Seniors' Mental Health."

Dr. **Sameh Hassan**, our regional representative on the CAGP Board, was on the planning committee and deserves much credit for the success of the meeting. Dr. **Keri-Leigh Cassidy**

and Dr. **Ian MacKay**, co-chairs of the Atlantic SMH Network, officially thanked the CAGP board for financially supporting the network, which now has over 600 members from our region.

Several members of our section presented at the meeting. Dr. **Amy Gough** presented on "CBT For Optimal Aging and Self Care," and co-led a symposium with Dr. **Keri-Leigh Cassidy** and other geriatric psychiatry leaders on "Positive Psychiatry to Address Complexities in Seniors' Mental Health." Dr. **Alex**

Whynot and Dr. **Adi Nidumolu**, PGY-5 psychiatry residents, both presented well-received posters on their geriatric psychiatry research projects.

Social Policy & Advocacy Committee shares progress and reflects on Mi'kmaw History Month



The new Wije'winen Health Centre, the first primary care clinic to serve the urban Indigenous population in Kijipuktuk (Halifax), opened at the Mi'kmaw Native Friendship Centre one year ago.

The Social Policy & Advocacy Committee was formed in fall 2022 under the leadership of Dr. **Keri-Leigh Cassidy**, director of social policy & advocacy. The purpose of the committee is to develop and implement a social policy & advocacy strategy for the department to incorporate the perspectives and needs of equity-deserving groups, as is outlined in the departmental strategic plan. A draft strategy for social policy & advocacy was completed by the end of this summer and is currently under review.

Meanwhile the committee is making progress in its role to serve as a departmental network and to engage with our community in new ways. As a network, the Social Policy & Advocacy Committee membership includes representatives from diverse perspectives – faculty, staff, residents, EDIA, and wellness, as well as community partner

organizations, each of whom is part of a rich network too. This year the committee also welcomed two lived-experience representatives to its membership, bringing vital perspective to the work of the committee that is aligned with our guiding principles. One lived-experience representative is an Indigenous Elder with a deep understanding of the Indigenous community's needs in her work at the Mi'kmaw Native Friendship Centre.

It is worth noting that representation of the Indigenous community on a departmental committee is a history first for our department. Having an Indigenous voice “at the table” is already making a noticeable difference for our department. The Social Policy & Advocacy Committee prepared communications for our department to recognize the National Day for Truth and Reconciliation

(September 30) and Mi'kmaw History Month (October). The communications highlighted the vital departmental direction to engage in our own truth and reconciliation journey. Highlights have included the new Wije'winen Health Centre, the first primary care clinic to serve the urban Indigenous population in Kijipuktuk (Halifax), that opened at the Mi'kmaw Native Friendship Centre one year ago.

This year Dr. Cassidy has served as departmental liaison for Wije'winen Health Centre – collaborating with Dr. Brent Young, clinical lead, and offering indirect consultation and facilitated system navigation to staff. Over the year, 129 Indigenous patients at Wije'winen Health Centre accessed mental health services. Drs. Young and Cassidy are now in the initial stages of discussing a memorandum of understanding to further solidify our department's commitment to this equity-deserving population.

The psychiatry resident representatives on the Social Policy & Advocacy Committee are also actively leading the way in terms of community engagement. Resident committee members Drs. **Lauren Miller** (junior resident representative, served last term), **Cameron Taylor** (senior resident representative) and **Alex Whynot** (senior resident representative) recently met with the rest of the resident body to explore departmental directions for engaging equity-deserving populations. Dr. Whynot is currently leading a “*Canadian Psychiatry Advocacy Module*” project, with one of six modules focused on Indigenous populations. This fall, Dr. Whynot will also be completing the first resident elective scholarly project in social policy & advocacy. Aligned with “Two-Eyed Seeing,” (Etuaptmumk, in Mi’kmaw language), Dr. Whynot is collaborating with the mental health team at the Mi’kmaw Native Friendship Centre to develop a quality improvement initiative to maximize the cultural safety of psychiatric assessments conducted at the Mi’kmaw Native Friendship Centre.

While the social policy & advocacy strategy is at the early stages of development, all members of the department are invited to be engaged in including the perspectives and needs of equity-deserving populations across all our roles — as educators, researchers, and clinicians.

If you have suggestions for this work and directions, please reach out to any of the committee members below:

Dr. Keri-Leigh Cassidy, Committee Chair and Director, Social Policy and Advocacy

Dr. John Oguntade, Equity, Diversity, Inclusion, and Accessibility Committee representative

Dr. Zenovia Ursuliak, Wellness Committee Chair and Director of Wellness

Dr. Julia Gibson, Clinical Faculty appointed psychiatry representative

Dr. Raquel Dias, Non-Clinical Faculty appointed representative

Dr. Alex Whynot, Senior Psychiatry Resident representative

Dr. Cameron Taylor, Senior Psychiatry Resident representative

Dr. Kim Good, Graduate Training Program representative (Masters and PhD training program)

Ms. Dorothy Edem, NSH representative

Dr. Sarah Fancy, IWK representative

Ms. Patricia Murray, Community representative (Former Acting Executive Director of CMHA Nova Scotia Division)

Ms. Karn Nichols, Community representative (Executive Director of CMHA Nova Scotia Division)

Mr. Wayne Marsh, Community representative (Chair, Board of Directors, Brunswick Street Mission)

Ms. Debbie Eisan, Indigenous lived-experience representative

Mr. Ali Hamed, Newcomer lived-experience representative

Ms. Penney Miller, Communications representative

Ms. Ariann Greenidge, Administrative support

Department News

Expert Dialogue on Digital Mental Health Solutions for Adolescents and Youth



In October, Department Head Dr. **Vincent Agyapong** participated in timely discussions at the “Expert Dialogue on Digital Mental Health Solutions for Adolescents and Youth” in Geneva, Switzerland. Thanks to UNICEF, eMental Health International Collaborative (eMHIC) and McKinsey Health Institute for bringing together experts in digital mental health from the World Health Organization, the Mental Health Commission of Canada, and organizations around the world for this important dialogue. With digital mental health, global partnerships and collaboration, we can close the psychological treatment gap for adolescents and young adults wherever they are.



Dean's retreat in Saint John, NB

Drs. **Vincent Agyapong**, **Lara Hazelton**, and **Sue Zinck** attended the Faculty of Medicine Dean's retreat in Saint John, New Brunswick in October.

20th Annual Halifax Immersion in Intensive Short-Term Dynamic Psychotherapy (ISTDP)



In person course fun after Covid years.

Drs. **Allan Abbass** and **Joel Town** were pleased to provide the 20th Annual Halifax Immersion in Intensive Short-Term Dynamic Psychotherapy (ISTDP) at the Halifax Convention Center October 11-13. Starting in 2002 with 12 attendees, the current course had 50 people in person and over 200 online attending from around the globe. Dr. **Jared Allman** was awarded the Irmi Lenzer Award for dedication to psychotherapy training during the meeting.



The "Kingston Gang" at Chop.



Dinner out at Chop.



Dr. Allan Abbass awards Dr. Jared Allman the Irmi Lenzer Award.



Dal Med Gala

A group of department members consisting of residents, faculty, students, and staff attended the Dal Med Gala, along with Department Head Dr. **Vincent Agyapong** and his wife.

Dr. Lara Hazelton steps down as Deputy Department Head and Dr. Risk Kronfli appointed Chair of the Finance Committee

Dr. **Lara Hazelton** stepped down from her role as Deputy Department Head for the Department of Psychiatry, effective Friday, Oct. 13, 2023. She continues in her role as Director of Education, and as such remains a member of the department's Executive Committee and leadership team.

Dr. Hazelton's appointment as Deputy Department Head represents an important milestone in the department's history as she was the first woman to hold this position. She has made significant contributions to the department during her time as Deputy Department Head in helping to advance the Transformational

and Strategic Plan, our mission, and vision. Her commitment and dedication to the department's mandate will continue in her role as Director of Education and as a valued member of the Executive Committee and leadership team.

The position of Deputy Department Head included, among other duties, chairing the Finance Committee. Therefore, in stepping down as Deputy Department Head, Dr. Hazelton will no longer chair the Finance Committee.

We thank Dr. Hazelton for her service and all the contributions she has made as Deputy Department Head.

With Dr. Hazelton stepping down from her role as Chair of the Finance Committee, we are pleased to announce that Dr. **Risk Kronfli**, Section Head for Forensic Psychiatry, has accepted to serve as Chair of the Finance Committee. Dr. Kronfli has previously served as a member of the Finance Committee for many years and is highly regarded by many of our AFP faculty and executive leadership team for his good historical knowledge, superior financial literacy and acumen.

Congratulations to Dr. Kronfli on his new appointment.

Dr. Zenovia Ursuliak appointed as Director of Wellness for the Department of Psychiatry

We are pleased to announce Dr. **Zenovia Ursuliak** has been appointed as Director of Wellness for the Department of Psychiatry for a five-year term. Previously Wellness Chair for the department, as director, Dr. Ursuliak will now sit on the Executive Committee. This change is in line with the department's commitment to wellness and the value we place on it as a component of our strategic plan.

Promoting wellness in the students, staff, and faculty in the Department of Psychiatry contributes to a healthy workplace and learning

environment. The Director of Wellness is responsible for implementing the departmental wellness strategy and operational plan to support the Social Policy and Advocacy pillar of our 2020-2025 Strategic Plan. In addition, the Director of Wellness, among other duties, chairs the Department of Psychiatry's Wellness Committee, is a member of the department's Executive Committee and the department's Social Policy & Advocacy Committee, and represents the Department of Psychiatry at the Faculty of Medicine Wellness Implementation Group Advisory Council.

Dr. Ursuliak previously served as Wellness Chair for the Department of Psychiatry. She is an associate professor in the Department of Psychiatry and a psychiatrist with the Nova Scotia Early Psychosis Program.

We congratulate Dr. Ursuliak on her enhanced role and welcome her as a member of the Executive Committee.

Dr. Celia Robichaud appointed Program Director, Child and Adolescent Psychiatry Subspecialty Program

We are pleased to announce Dr. **Celia Robichaud** has been appointed Program Director of the Child and Adolescent Subspecialty Program at Dalhousie University, effective Nov. 2, 2023.

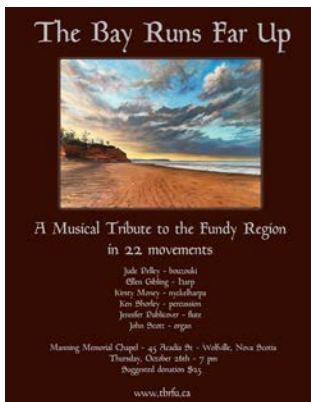
This position is the lead coordinating subspecialty psychiatric training to psychiatry residents wishing to pursue Royal College of Physicians and Surgeons of Canada certification in child and adolescent psychiatry.

Dr. Robichaud joined our faculty in April 2020 and is an assistant professor. She completed her general psychiatry and child and adolescent subspecialty training at Dalhousie University. Dr. Robichaud has been actively involved in child and adolescent psychiatry education, including membership on the CAP/COPE and Royal College C&A CBME committees.

In announcing Dr. Robichaud's appointment, we would like to thank Dr. **David Lovas** for

his wonderful and steadfast leadership as the Program Director of the Child and Adolescent Subspecialty Program for the past seven years. Through his leadership, the CAP residency program had its first successful accreditation in 2018 and successfully transitioned to CBME based education in 2022.

The Bay Runs Far Up: A musical tribute to the Fundy region in 22 movements



Dr. **Normand Carrey** and musical partner, Jude Pelley, created a musical tribute to the Bay of Fundy area and its history, its geography, and its people, called "The Bay Runs Far Up."

The event was held on Oct. 26, 2023 at the Manning Chapel in Wolfville, NS.

Graduate program represented at McGill Career Fair



Dr. **Kim Good** represented the Psychiatry Research MSc. and PhD programs at the McGill Career Fair in November 2023.

Dr. Joseph Sadek presents Mental Wellness Seminar to the Judicial Education Institute

On Friday, Sept. 22, 2023, Dr. **Joseph Sadek** presented the professional development seminar “Mental Wellness”, to members of the Judicial Education Institute Bench, Bar and all JET stakeholders. The

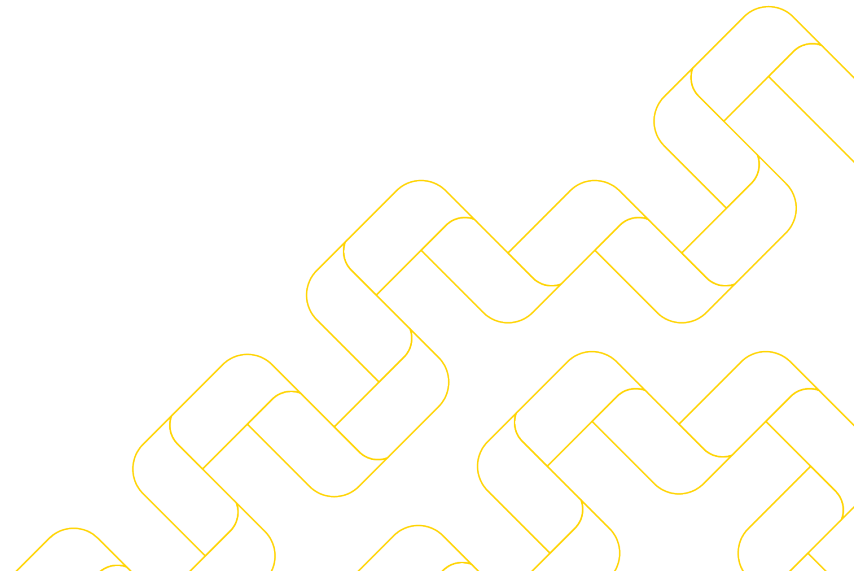
seminar was extremely well received and the feedback has been very positive.

STAFF AND FACULTY CHANGES

Arrivals

- **Parisa Abdi Sabouhi** joined the department as the new Undergraduate Coordinator, effective September 25, 2023. Parisa can be reached at **Psych.Undergrad@dal.ca**
- Dr. **Razi Hemani** joined as an assistant professor effective September 1, 2023. Dr. Hemani is located in Yarmouth and can be reached at **razi.hemani@nshealth.ca**
- Dr. **Linda Liebenberg** joined as an adjunct faculty effective September 1, 2023. Dr. Liebenberg can be reached at **ln769140@dal.ca**
- Dr. **Cinera States** joined as an assistant professor on October 23, 2023. Dr. States can be reached at **Cinera.States@nshealth.ca**.

Welcome!



Dr. Pippa Moss helps children in Kenya attend school

Dr. **Pippa Moss** recently returned from a trip to Kenya where she, as a member of the board of the Fundy Peace Foundation, has been involved in building a school in addition to the ongoing project of providing a home and family for children with more complex medical needs who were orphaned by HIV/AIDs. Following this she attended the meeting of the Canadian Academy of Child and Adolescent Psychiatrists, in Calgary, where the Fundy Peace Foundation was presented with a certificate of recognition for their work.

As Dr. Vincent Agyapong, Department Head, recently said during his interview for the Leadership PRN podcast, it is important that we think globally and help the most vulnerable. Many of our department members share this passion for trying to make the world a better place.

Dr. Pippa Moss visited two projects while in Kenya, one that she has been intimately involved with over more than a decade, Pippa's Place, a family home for HIV/AIDs orphaned children with high needs, who could not be cared for within their own extended family. More recently the Fundy Peace Foundation has taken on another project, the task of building a school in an isolated area of the Masai Mara — a challenge further complicated by the onset of the Covid pandemic. These efforts have led to the schools now being adopted into the official Kenyan education system, which means that minimal teacher support and materials



Cutting the ribbon — the formal opening of the new teacher accommodation, Gladys Kiu, Dr. Pippa Moss and Teacher Geoffrey Karia — a member of the community advisory group.

are provided in an ongoing fashion and, more importantly, that the children's education is recognized. It also led to the local municipality recognizing the need and adding further classrooms. There are now four classrooms and two further rooms under construction — one for each year (grade), including an equivalent to our pre-primary class that is slightly separate from the other part of the school. The children and staff have toilets and a bore hole, but no water as yet — a partnership arrangement has been made with AMREF for that organization to take over the bore hole and

install the infrastructure needed to deliver water to the school and community. (AMREF have more expertise in this area than we do! Training in child psychiatry did not prepare Dr. Moss for building schools and installing water in isolated communities, as important as that is for the mental and physical health of children. However, it did teach the importance of community-based interdisciplinary approach. And the group therapy skills have also been helpful.)

The trip was organized to allow us to visit the school and see the infrastructure for ourselves. There are now almost 300

children in the school. Children who would otherwise not have received an education or have had to go 7 km on foot through lion and elephant infested Savannah, and cross two rivers to reach the nearest school. Each year, older children aged 11 and 12 used to start in the 'baby class' — five years behind their peers in school because they were simply too young to get there at an appropriate age. Not surprisingly, many of them dropped out before completing their elementary education. And, sadly, children died on their way to school from animal attacks and drowning in the rivers. Girls were very vulnerable to sexual assault. The students who managed to get any education were mostly boys. Now we have as many girls as boys.

What we need at this time is another classroom for children with special needs. Currently children with mental and physical challenges simply do not get to go to school.

If you would like to help with ideas, uniforms for children so they can attend school, and school supplies, or even a larger donation towards the special needs classroom, please get in touch. For \$50 we can give a child uniform and school supplies.

More information:

- CACAP certificate presentation, Monday, September 11, 2023: <https://youtu.be/Cx06tvtkGhk>
- Girls' Welcome Dance: <https://www.youtube.com/watch?v=biROTuyWfIQ>



Empoo Elementary School –the school Dr. Moss helped build. Classroom from a Norwegian Church on the left, then Tatamagouche and Malagash classrooms, then one built by the municipality, and two being built by the municipality, in one row. Towards the center is the teacher accommodation block. Slightly to the left and behind it, are toilets. To the left is a pre-primary class. At the far left, are more toilets.



It was the day after school had broken up and we only expected to see the school staff — all these pupils (and more, and parents too,) turned up to greet us.



Dr. Pippa Moss with Gladys Kiu, member of the community group who act as our advisory. Gladys's 18-month-old baby is also called Pippa!

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 Nov. 7, 2023.

2023 Outstanding Clinician Award

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

The 2023 Outstanding Clinician Award recipient is Dr. **Laura Downing**.

2023 Educator of the Year Award

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

The 2023 Educator of the Year Award recipient is Dr. **Katharine Black**.

2023 Dr. Larry Buffett Outstanding Teacher Award

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

The 2023 Dr. Larry Buffett Outstanding Teacher Award recipient is Dr. **Kathleen Singh**.

2023 Distributed Site Outstanding Teacher Award

The Distributed Site Outstanding Teacher Award recognizes an exceptional faculty member outside of the two major teaching sites (Halifax, NS and Saint John, NB) who has demonstrated outstanding performance in their role as a clinical supervisor to learners in the Department of Psychiatry. This award is presented to the faculty member to acknowledge their mentorship, encouragement and professionalism through the learning environment provided to the medical students and postgraduate trainees on the clinical services.

The inaugural recipient of the Distributed Site Outstanding Teacher Award is Dr. **Ahmed Saleh**.

Leadership Award

The Leadership Award was established to recognize department members who have served in a leadership role with the department for at least five years, and are leaving their roles.

The Leadership Award recipients are:

- Dr. **Terry Chisholm** (for the role of Director, Geriatric Subspecialty Residency Program)

- Dr. **Nicole Herschenhou** (for the role of Psychotherapy Coordinator)
- Dr. **David Lovas** (for the role of Director, Child and Adolescent Psychiatry Subspecialty Residency Program)
- Dr. **Abraham (Rami) Rudnick** (for the role of Medical Humanities Coordinator)

Dedicated Service Award

The Dedicated Service Award was established to recognize departing department members who have served the department for at least 10 years.

The Dedicated Service Award recipients are:

- Dr. **Emmanuel Aquino**
- Dr. **Sherry James**

Congratulations!

Dr. Claire O'Donovan received CPA C.A. Roberts Award for Clinical Leadership

Congratulations to Dr. **Claire Donovan** who received the Canadian Psychiatric Association's C.A. Roberts Award for Clinical Leadership. Dedicated to the memory of Dr. C.A. Roberts, this award is presented annually to a psychiatrist-clinician who has made a significant contribution to the improvement of patient care. The award is meant to recognize outstanding clinicians

who have been instrumental in the development of new treatment approaches, creative program design or administrative innovations, or who have been recognized as consistently providing superior quality psychiatric care to patients.

Dr. Claire O'Donovan was presented the C.A. Roberts Award for Clinical Leadership for her significant contributions

to improving the care of people with bipolar illness and mood disorders by linking her longitudinal research to the development of innovative treatment programs. The clinical, longitudinal database she developed, the Maritime Bipolar Disorder Registry, is a rich source of education for members with the illness and a valued clinical research database, nationally and internationally.

Dr. Abraham (Rami) Rudnick appointed as Editor-in-Chief of the Canadian Journal of Physician Leadership

Congratulations to Dr. **Abraham (Rami) Rudnick** on his recent appointment as Editor-in-Chief of the *Canadian Journal of Physician Leadership*.

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 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

NEW! 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.

Let's Keep Talking Event

The Mental Health Foundation of Nova Scotia awarded Dr. **David Gardner** and Dr. **Andrea Murphy** with its Outstanding Advocates Award during Mental Illness Awareness Week.

The Foundation surprised them with the award at its annual *Let's Keep Talking*, presented by Bell Let's Talk event at the Halifax Central Library on October 3.

David and Andrea delivered the evening's keynote with a focus on ending insomnia without the use of sleep meds. The Foundation applauds them for being such strong voices for Nova Scotians who are living with mental illness and addiction.

The Dalhousie Department of Psychiatry was a returning award sponsor for the event. Dr. **Keri-Leigh Cassidy** presented the award for Outstanding Healthcare Provider to Sandra Miller (award accepted by Denise Murnaghan) on behalf of the department and its newly-formed Social Policy & Advocacy Committee.

Other award recipients included Mike Sears (Outstanding Individual), Robbie Shaw (Outstanding Senior), Naphtali Tucker (Outstanding Youth) and Geoff Tyler (Outstanding Caregiver).

Let's Keep Talking is an annual event that recognizes exceptional Nova Scotians who are truly making a difference in our province.

You can learn more about the Mental Health Foundation of Nova Scotia here: <https://www.mentalhealthns.ca/>



The Mental Health Foundation of Nova Scotia hosted the annual Let's Keep Talking, presented by Bell Let's Talk event on October 3. The Department of Psychiatry sponsored the Outstanding Healthcare Provider Award. Photo submitted.



The Mental Health Foundation of Nova Scotia awarded Dr. David Gardner and Dr. Andrea Murphy with its Outstanding Advocates Award. Photos by Kelly Clark Photography.



Dr. Keri-Leigh Cassidy presented the award for Outstanding Healthcare Provider on behalf of the Department of Psychiatry who sponsored the award.

Residents' Corner

QUIZ: Which resident are you?

- 1) Where is home for you?
- 2) If you could only have one pet, what would it be?
- 3) What is your preferred flavor profile?
- 4) How do you take your coffee?
- 5) What is your most preferred vacation setting?
- 6) What is your favorite holiday?
- 7) If you had to watch one movie for the rest of your life, what would it be?
- 8) In an ideal world, how would you commute to work?
- 9) What are you most likely to be doing on a Saturday morning?
- 10) If you could have dinner with anybody in the world, who would it be?



Resident A

- 1) Home: Nova Scotia
- 2) Pet: Dog
- 3) Flavor profile: Savory
- 4) Coffee: Black
- 5) Vacation: Hiking
- 6) Holiday: Christmas
- 7) Movie: Shawshank Redemption
- 8) Commute: Bike
- 9) Saturday morning: Reading
- 10) Dinner: Gabor Mate



Resident B

- 1) Home: Ontario originally (if you must know)
- 2) Pet: Dogs forever and always (honorable mention for cats)
- 3) Flavor profile: Sweet
- 4) Coffee: Black
- 5) Vacation: Hiking somewhere snowy with a cottage (sandy beaches on a hot day are the worse)
- 6) Holiday: Christmas (which starts November 25th, in my humble opinion)
- 7) Movie: I prefer dramatic TV, but maybe something light and festive? Serendipity?
- 8) Commute: A 25 minute traffic-free drive (just long enough for a quick podcast and coffee)
- 9) Saturday morning: Walking my dogs!
- 10) Dinner: Honestly, my partner No one enjoys a nice meal the way they do and nobody is funnier

Resident C

- 1) Home: Nova Scotia
- 2) Pet: Dog
- 3) Flavor profile: Spicy
- 4) Coffee: More of a tea person
- 5) Vacation: City
- 6) Holiday: Halloween
- 7) Movie: Any of the old universal monster movies (Frankenstein, Dracula, the Wolfman, etc.)
- 8) Commute: Jog
- 9) Saturday morning: Sleeping
- 10) Dinner: My closest friends



Resident D

- 1) Home: Prince Edward Island
- 2) Pet: Dog
- 3) Flavor profile: Sweet
- 4) Coffee: With cream
- 5) Vacation: Beach
- 6) Holiday: Christmas (big fan of cozy sweaters, upbeat tunes, cheesy movies, and baked goods)
- 7) Move: Harry Potter (the entire series, to be specific)
- 8) Commute: Walking
- 9) Saturday morning: Yoga (or breakfast at Johnny's snack bar)
- 10) Dinner: Taylor Swift (+/- Travis Kelce)

Click [HERE](#) to view the answer key. Once you have found out who your “alter ego” is, click [HERE](#) to let us know who you got and enter the draw to win a prize!

Psychiatry Resident, Dr. Patricia Celan, celebrates doctorate pageant wins

Our November 2020 *Headlines* issue spotlighted psychiatry resident Dr. Sophie Church's involvement in pageantry, as a community service opportunity that empowered her to raise awareness about mental health. Now, another one of our own psychiatry residents, Dr. **Patricia Celan**, won the Dr. World Canada crown in spring 2023. She engaged in extensive community service throughout the year and her efforts led to winning the Dr. World Community Leader of the Year award, which is a separate award from the main pageant criteria.



Dr. Patricia Celan in the Best in Eveningwear winning gown.

The Dr. World doctorate pageant assesses a five-minute field presentation on one's career, during which Dr. Celan spoke about her passion for psychiatry. The private panel interview with eight judges also accounts for 50 per cent of the final score, evaluating a contestant's engagement in the pageant system's three pillars of Community Service, Education, and Mentorship. An evening gown walk and a headshot are also assessed.

At 31-years-old, Dr. Celan was the youngest contestant in this year's pageant and the only resident physician to ever compete. In the Dr. World 2024 pageant finale, Dr. Celan won the awards of Best in Eveningwear and Most Photogenic, and she ultimately placed 2nd runner-up to the Dr. World title. Edging out Dr. Celan by 0.39 of a point, the 1st runner-up is a 48-year-old dentist from Vietnam. The winner of Dr. World 2024, who won by an additional 1 point, is a 44-year-old attending pediatrician from

California. This tight competition shines a spotlight on the careers and community involvement of educated and accomplished women from all over the world.

Dr. Church graciously shared her own pageant gowns with Dr. Celan for the Dr. World 2024 competition. Out of gratitude for Dr. Church's collegiality, friendship, and support, Dr. Celan would like to dedicate the Dr. World Best in Eveningwear award to Dr. Church.

Following the Dr. World 2024 competition, Dr. Celan competed for and won the Dr. Universe 2024 title, which marks her retirement from pageantry. Note that Dr. Universe bears no connection with the Miss Universe pageant. Part of her duties as the Dr. Universe 2024 winner requires Dr. Celan to create short, monthly educational videos on psychiatry, to be shared on social media throughout 2024. She is also required to provide two virtual professional development

seminars to the public. Her two planned seminars are titled "When Leaving is Not an Option: Surviving Narcissists in the Workplace" and "Professional Communication in Stressful Workplaces." The 2024 dates of these two seminars are yet to be scheduled. Anyone interested in learning more about the Dr. Universe contest can visit DrUniverse.org.

Psychiatry residents participate in first symposium with community groups

On August 23, 2023, psychiatry residents in Dalhousie's Department of Psychiatry participated in the first Department of Psychiatry Resident's Association (DPRA) Symposium, a one-day, in-person educational event featuring a variety of community speakers. This inaugural event was led by Dr. **Alex Whynot** (PGY-5) and Dr. **Alison Toron** (PGY-4). Each resident cohort (PGY 1-5) invited a community organization to speak to residents about the social determinants of mental health from a bio-psycho-social model. The event was designed to help psychiatry residents have a broader understanding of patient populations we serve, as well as to build a sense of allyship and collaboration. Speakers focused on LGBTQ+ issues, substance use and harm reduction, human trafficking, supported employment, and Indigenous health. We are grateful to the many speakers who provided their time and expertise and to the postgraduate program for supporting this initiative.



Dalhousie psychiatry residents listen to a presentation from Pratibha Popat and Alex Hill from TEAM Work Cooperative.



Taylor Swift Eras Tour Concert Film

“Swifties” came together on October 26 for a resident outing to the Taylor Swift Eras Tour Concert film. We sang our hearts out, danced like no one was watching, and traded friendship bracelets like it was the real concert! Some of us even dressed up... can you spot the Taylor-inspired outfits?

Residents pictured (left to right): Jill Forbes, Eileen Burns, Lauren Haslam, Sophie Church, Alison Toron, Emma Hazelton-Provo, Kara Yeung, Patricia Celan, Joe Saunders, Talia Bond, and Anthony Hinde. We were also joined by several friends and family!

Humanities Corner

Dr. **Abraham (Rami) Rudnick** is ending his five-year term as the medical humanities program coordinator in December 2023 and as part of that he is ending his role as the editor of Headlines at the same time. He thanks all involved with both of these initiatives and hopes that they continue to prosper.

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 **February 2024**.

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



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