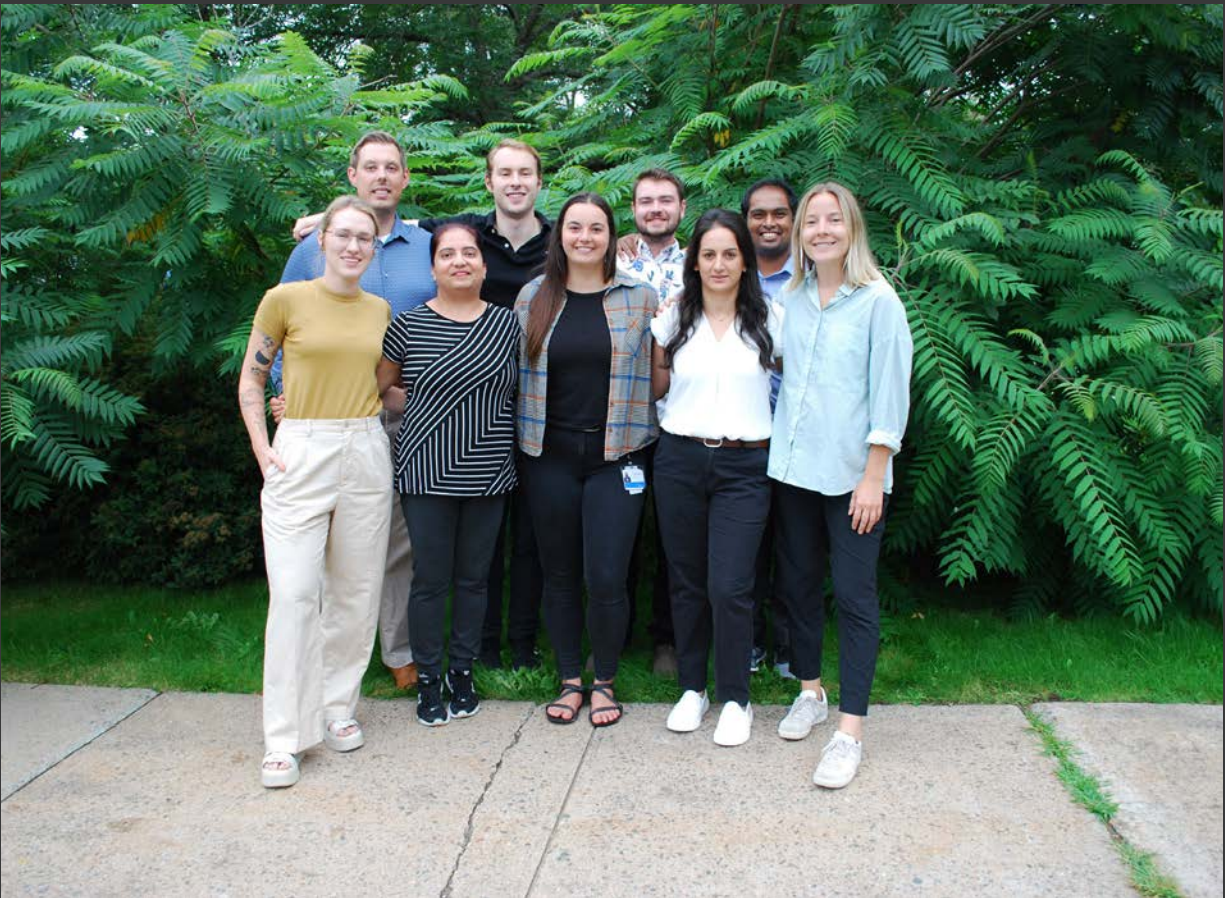


HEADLINES



WELCOMING THE NEW PGY-1 RESIDENTS



DALHOUSIE
UNIVERSITY

Department of Psychiatry

IN THIS ISSUE

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WELCOMING THE NEW PGY-1 RESIDENTS *page 5*

**DEPARTMENT HOSTS FIRST SUMMER
RECREATIONAL EVENT** *page 17*

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This newsletter is published for the
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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

I hope you all had an enjoyable summer. As September rolls in, there is a renewed sense of energy for the start of another academic year.

Sept. 5, 2023 marked my second year as Department Head. To recognize this milestone, I shared a [progress report](#) on the department's Transformational and Strategic Plan. I want to again thank all department members and stakeholders, including NS Health operational leaders and frontline staff, for your contributions to the progress we have made during these two years. The report is available on the department's [website](#).

Relatedly, on Sept. 8 the department's leadership met to reflect on the Transformational and Strategic Plan as we continue this trajectory.

The department continues to meet with important stakeholders to advance our mission.

Recently, the success of the new Rapid Access and Stabilization Program was the focus of a piece with CBC News. [Read more](#) about how the program is improving access to care.

We are pleased to welcome the new class of PGY-1 residents to the department who began their training on July 1. You will be introduced to the new residents in this issue of *Headlines*. We are also pleased to welcome the new class of graduate students to the department.



Dr. Vincent Agyapong

However, these are not the only new faces we will see around the department. We also welcomed our new Postgraduate Education Coordinator, **Petra Corkum**, as well as several new faculty members: Drs. **Ejemai Eboeime, Vhari James, Kerry Ann Murphy, Matthew Knox, Shahzada (Farrakh) Nawaz, Kayla Choo Chong, Shiloh Gossen, Cody Sherren, Amy Gough, Katie Lines, Amaka Abuah, and Margaret Leigh Meldrum**. You may recognize some of these names, including the four new faculty who recently completed their postgraduate training with us.

A warm welcome to you all.

We also note the departure of faculty members Drs. **Sherry James, Kathleen Howell, and Pamela Arenella**. We wish you well.

On June 29, a dinner was held in recognition of Dr. **Herb Orlik**, who retired from the department after 50 years of dedicated service. Along with our best wishes for his retirement, we also extend our congratulations to Dr. Orlik who received the IWK Board of Directors Award of Distinction.

On June 23, we hosted the department's first Summer Recreational Event at Hatfield Farm. This event was a great opportunity to promote wellness and collegiality outside of the workplace as we connected with colleagues during a fun-filled afternoon.

As we conclude another summer, I want to thank and send well wishes to our 2023 DPRF summer students: Sarah-Jeanne Trottier, Nicole Ponto, Sana

Sheikh, and Shizza Hassan. Thank you also to the faculty members who supervised the student projects: Drs. **Sherry Stewart, Candice Crocker, Sandra Meier, and Rudolf Uher.**

Preparations are underway for the 33rd Annual Department of Psychiatry Research Day which will take place on Friday, Oct. 27 at the Atlantica Hotel. This event showcases our research expertise, and as always, I look forward to seeing the new research coming from members of our department.

To coincide with Research Day, we will host a public panel discussion the evening prior on Oct. 26 at the Peggy Corkum Music Room with our keynote speaker Dr. Tomas Paus from the University of Toronto. Please share this public event with your networks. More details about both events are available in this issue of *Headlines*.

We are now also accepting applications for the fall intake of the Department of Psychiatry Research Fund (DPRF). The deadline to apply is Tuesday, Oct. 3, 2023.

Congratulations to several department members for their achievements as highlighted in this issue of *Headlines*: Drs. **Phil Tibbo, Abraham Nunes, Candice Crocker, and Kara Dempster** on their recent research successes; three graduate students on their recent Master's Scotia Scholar Awards — **Anastasia Harris, Mikaela Ethier-Gagnon, and Thomas Snooks**; as well as Dr. **Joseph Sadek** for his re-election as the chair of the Education Committee of The Canadian Psychiatric Association; and to Dr. **Abraham (Rami) Rudnick** on

his appointment as Physician Lead for Psychiatry/Mental Health for the One Person One Record Program.

The department has initiated two new streams to recognize its members: the Extra Mile Award and Kudos for administrative staff. The Extra Mile Award is intended to recognize those who go above and beyond the call of duty in service to the department and its mandate. It is open to all faculty, students, residents, staff, as well as department stakeholders. Meanwhile, the Kudos recognition program has been implemented by managers to recognize Dal Department of Psychiatry staff. Details on both recognition streams are featured in this newsletter.

In this issue we congratulate **Linda Ford** as the inaugural recipient of the Extra Mile Award.

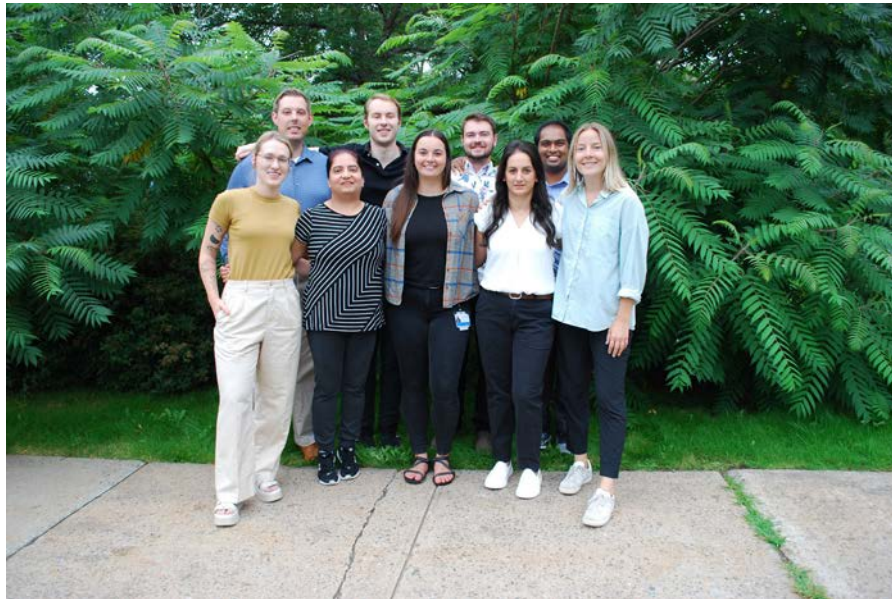
In November, we will host our bi-annual full faculty meeting on Nov. 7, 2023, where we will provide an update on departmental activities.

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

On the **Cover**

Welcoming the new PGY-1 residents

A big welcome to the new class of residents who began their postgraduate training in the Department of Psychiatry on July 1, 2023. Let's get to know the class of 2028!



Back Row (Left to Right): Drs. Erik Fraunberger, Anthony Hinde, Michael Malek, and Chanaka Attygalle
Front Row (Left to Right): Drs. Louise Moodie, Seema Sharma, Gina Lamont, Meg Stephens, and Emilie Comeau

Louise Moodie

Where I call home: Halifax, NS

Where I attended medical school: Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry:

The fact that the residents and staff all seem to enjoy their work and life!

What I like to do outside of work:

I love to spend time with my friends and family. I enjoy hot yoga, gravel trail bike rides, swimming, watching movies, and reading books.

What I would be doing if I weren't in medicine:

If I weren't in medicine, I would be living in California attempting to live out

my dream of being a stylist for the rich and famous.

An interesting fact about me:

I am a cookie monster and love to post about my "cookie of the day." I'm also very good at limbo.



Gina Lamont

Where I call home:

Dartmouth, NS

Where I attended medical school:

Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry:

Being part of a wonderful team of residents and getting to work alongside such kind people

What I like to do outside of work:

Hiking, kayaking, biking and spending time with friends/family

What I would be doing if I weren't in medicine:

Carpenter

An interesting fact about me:

I have a 5-year-old dog and she's a lab/cattle dog mix



Michael Malek

Where I call home: Halifax, NS

Where I attended medical school:

University of British Columbia, Vancouver Fraser Program.

What excites me most about being a part of Dalhousie Psychiatry:

Having a close-knit group of residents and psychiatrists to work with.

What I like to do outside of work:

Anything outdoors! E.g., hiking, skiing, paddle-boarding, skateboarding, or any lawn-based games.

What I would be doing if I weren't in medicine:

Clinical psychology or race-car driver.

An interesting fact about me:

In high school, I represented Nova Scotia in Fencing at the Canada Games.



Anthony Hinde

Where I call home:

I'm from Ladysmith, Vancouver Island. My wife and I decided to move across the country from Victoria, BC once she started her neuroscience post-doc position to make a new home in beautiful Halifax!

Where I attended medical school:

Island Medical Program at UBC, in Victoria.

What excites me most about being a part of Dalhousie Psychiatry:

Where to start? First of all, I can't wait to be a part of a dynamic and fun group of co-residents and supportive staff! Our class already feels really tightly knit and I'm looking forward to spending the next five years learning and having a great time with everyone. Halifax and Nova Scotia are also beautiful coastal places that feel like home already (minus maybe the thunderstorms!). Also, the rural moonlighting initiative seems like a great, unique opportunity to get some early independence.

What I like to do outside of work:

I'm a big fan of anything that could be called "nerdy," like Dungeons and Dragons (which I run for a group of friends), gaming, reading, history, and artwork. I consider myself a bit of a foodie and like eating out, probably more than my LOC can handle. I'm also a big fan of hanging out with friends, family, wife, and our little cat Autumn. Finally, I'm trying to become a bit more active, though my stage of change is usually contemplative.

What I would be doing if I weren't in medicine:

Studying the past via a history PhD or aiming for the future via aerospace engineering.

An interesting fact about me:

I had a huge fantasy map hanging behind me for all of my CaRMS interviews, which I made myself. Some of my maps are used as promotional material for map-making software (Inkarnate).



Emilie Comeau

Where I call home:

Halifax, NS

Where I attended medical school:

Dalhousie

What excites me most about being a part of Dalhousie Psychiatry:

Getting to know everyone in the department! Also, the free lunches on Wednesdays.

What I like to do outside of work:

Walk my dog, Olive, at Point Pleasant Park.

What I would be doing if I weren't in medicine:

Probably trying to find a way to work at Mobile Outreach Street Health (MOSH).

An interesting fact about me:

I was a background actor in a movie with Jason Momoa. Sadly, I'm nothing but a few pixels on the screen, but I'll take it!



Meg Stephens

Where I call home:

Halifax has been my home for the past six years after moving from the UK.

Where I attended medical school:

University of Nottingham.

What excites me most about being a part of Dalhousie Psychiatry:

The team! I spent five years working in psychiatry research in Halifax. Everyone was incredibly supportive and passionate, and I'm thrilled to be joining the department.

What I like to do outside of work:

You'll likely find me outdoors and doing something active. I enjoy hiking with my dog, kayaking, cycling, and playing a variety of sports including softball, soccer, dodgeball, and most racket sports. I also like to do photography whenever I get the opportunity.

What I would be doing if I weren't in medicine:

Living in South Africa, working as a game ranger or veterinarian on a game reserve.

An interesting fact about me:

I love to try new activities and learn new skills while travelling around the world. My most memorable activities include flying a microlight, taking cooking classes, riding a motorbike, exploring an active volcano, and climbing Mount Doom.

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Erik Fraunberger

Where I call home: Anywhere with my wife (Kim) and son (Lukas)! Most recently, that would be Calgary, but I am originally from Stouffville, Ontario.

Where I attended medical school: Cumming School of Medicine at the University of Calgary

What excites me most about being a part of Dalhousie Psychiatry: The people! The welcoming resident body combined with the infectious passion of the staff makes this an undeniably great place to become a psychiatrist!

What I like to do outside of work: Playing with Lukas, reading non-fiction, learning how to cook seafood, playing video games, and analyzing early-stage healthcare ventures as a Fellow with HaloHealth.

What I would be doing if I weren't in medicine: I would get my CFA and work in venture capital or investment banking.

An interesting fact about me: I played clarinet in the McMaster Marching Band during my undergraduate degree and got to perform across Ontario, in Montreal on St. Patrick's Day, and on TV with MuchMusic.

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Seema Sharma

Where I call home: I call Halifax my home. Although I was born in India and lived in the UK for 10 years, my family and I moved here around eight years ago. In this short time we have had

incredible experiences here. We look forward to staying in Halifax for good and serving our community.

Where I attended medical school: I am proud to be a Dalhousie graduate. Dalhousie has nurtured my inner desire to practice as a physician and be able to make a difference in the lives of others.

What excites me most about being a part of Dalhousie Psychiatry: I am most excited about the opportunity to help patients with mental illness and reduce the impact of the illness on their lives. Also, the opportunity to learn from specialists in all areas of psychiatry and be a part of the Dalhousie team of Psychiatrists.

What I like to do outside of work: I love to spend time with my family and friends. I cook, go for long walks, and read books in my free time.

What I would be doing if I weren't in medicine: If I wasn't in medicine I would probably be teaching. I enjoy working with students and helping them achieve their potential. I also worked as a tutor for the

Dalhousie College of Pharmacy for two years prior to joining the clerkship program in Dalhousie University.

An interesting fact about me: I know five languages: English, Hindi, Punjabi, Kannada, and Urdu.

.....

Chanaka Attygalle

Where I call home: I am Sri Lankan

Where I attended medical school: I attended medical school in Canada, at Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry: I like Dalhousie Psychiatry because the residents are well supported and the teaching sessions plus learning opportunities are fantastic.

What I like to do outside of work: I like to learn new things outside of work.

What I would be doing if I weren't in medicine: If I weren't in medicine and had no commitments in life, I would be a Jazz guitarist.



Research Report

Thank you to our DPRF Summer Students!



Summer student Sana Sheikh with supervisor Dr. Sandra Meier.

Summer student Nicole Ponto with supervisor Dr. Candice Crocker.

Summer student Sizza Hassan with supervisor Dr. Rudolf Uher.

Summer student Sarah-Jeanne Trottier.

This summer we were pleased to host the following DPRF summer students:

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

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

About the Psychiatry Summer Studentship Program

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.

Department of Psychiatry Research Fund (DPRF) – Fall 2023 Intake

The competition for the department’s Psychiatry Research Fund (DPRF) fall intake is open.

Deadline: Oct. 3, 2023

To apply for the DPRF Fall 2023 intake, please contact **Anila Balakrishnan** (Research Coordinator) at anila.balakrishnan@nshealth.ca

Department of Psychiatry Research Day 2023

The 2023 Department of Psychiatry Research Day will be held on **Oct. 27, 2023** at the Atlantica Hotel.

This year's keynote speaker is Dr. Tomas Paus from the University of Toronto who will be speaking about population neuroscience.

The event will be certified by Dalhousie's Continuing Professional Development Accreditation for the Royal College of Physicians & Surgeons.

For more information and to register for the event, visit: <https://dalpsychiatry.ca/rd>

REGISTER FOR RESEARCH DAY

Registration deadline: **Oct. 20, 2023**

Event date: **Oct. 27, 2023, 9 a.m. to 4 p.m.**

For more information and to register for the event, visit: <https://dalpsychiatry.ca/rd>

Note: This is an internal department event and not open to the public.

Public Panel Discussion: Environment, brain development, and mental health, Oct. 26, 2023



Each year, to coincide with the Department of Psychiatry Research Day, the department hosts a public panel discussion you may know as Café Scientifique.

The discussion is on an important topic for researchers and the local community.

Title: Environment, brain development, and mental health

How do environment influences affect brain development and mental health?

This year's public panel discussion will take place on **Oct. 26, 2023** from 7 to 9 p.m. at the Peggy Corkum Music Room.

This event is FREE and open to the public. No registration is required.

Although parking is limited, there is some street parking on Lady Hammond Rd. and Basinview Drive. On evenings & weekends, patrons of The Music Room can park for free behind the Credit Union Atlantic Central Building at 6074 Lady Hammond Rd.

[Learn more](#) about the public panel discussion.

We encourage you to share this event with your networks!

RESEARCH SUCCESSES

- Dr. **Abraham Nunes** and team received funding from the NSH Innovation Catalyst fund that will go toward purchasing their 64-lead EEG setup.
- Dr. **Phil Tibbo** and team received funding from the Standards Council of Canada to develop a National Workshop Agreement (NWA) for Early Psychosis Intervention in Canada.
- Drs. **Phil Tibbo, Candice Crocker**, and **Kara Dempster** received a CIHR grant as co-applicants for the project titled “Schizophrenia Canadian Neuroimaging Database (SCanD).”
- Dr. **Phil Tibbo**’s appointment as the Dr. Paul Janssen Chair in Psychotic Disorders has been renewed for a further five years, commencing on August 1, 2023 and ending July 31, 2028.

Dr. Paul Janssen Chair in Psychotic Disorders: Dr. Phil Tibbo

The Janssen Chair’s research group have a number of research projects ongoing and have recently presented work at international conferences. To highlight a few:

The Janssen Chair is the PI on a grant from the Canadian Center on Substance Use and Addiction (CCSA) that has been examining cannabis related presentations to the ED. This project has finished data collection, screening over 50,000 ED records, in determining the frequency of physical and mental health related adverse events related to cannabis use since cannabis legalization in Canada. Analyses of this large data set is ongoing. A summer RIM student (who was a previous Psychiatry Research MSc student, Maria Simmons) has been examining a sub-section of this data. Monitoring emergency department outcomes has been previously identified as an important metric for measuring the impact of cannabis

legalization on the healthcare system in Canada.

As co-PI of a CIHR Team Catalyst grant, the Chair’s team has been recruiting for an imaging study involving non-help seeking adolescents (15–16-year-olds), to evaluate the extent to which past and current cannabis use are associated with brain measures of neuroinflammation and how such effects are moderated by risk for psychosis. Two MSc students are attached to this project (Isaiah Burton (Psychiatry Research) and Nicole Ponto (incoming to Medical Neuroscience MSc).

As PI on another CIHR grant, the Chair’s team is active with a study examining a psychosocial intervention using cognitive enhancement therapy (CET) and comparing it to treatment as usual which involves brief (1 session) psychoeducation, to reduce problematic alcohol use in youth and young adults with early psychosis.

The team has completed data collection for a CIHR longitudinal neuroimaging two site study (Halifax primary site) examining brain white matter and cannabis exposure in early phase psychosis and controls. The analyses for all the neuroimaging indices has been a summer task led by Dr. Candice Crocker and Kyle McKee, manuscripts from this extensive data set will start to be submitted in the fall.

The Janssen Chair’s team was well represented at the recent Schizophrenia International Research Society annual conference (May) as well as the International Early Psychosis Association conference (July) where data from various projects were presented.

The fall will see the start of some new projects with collaborators across the country and internationally, as well as the continuation of other active research projects.

Education Report

UNDERGRADUATE EDUCATION NEWS

As we wrap up the 2022/23 undergraduate academic year, we would like to thank our faculty for their ongoing contribution to teaching and supervising our medical students. Your dedication is truly appreciated.

During the 2022/23 academic year:

- 93 core clinical clerks rotated through our Dalhousie Medicine Nova Scotia (DMNS) sites located in HRM, distributed sites, and the longitudinal integrated clerkship sites.
- 35 core clinical clerks rotated through our Dalhousie Medicine New Brunswick (DMNB) sites located in Saint John and the longitudinal clerkship sites.
- The department received 91 clerkship elective requests and successfully placed 73 of them for a 80% placement rate. 54 of those electives were completed.
- Annually, the department recognizes a resident for their outstanding teaching efforts. The winner is based on nominations and feedback given by the clinical clerks throughout the year. We would like to congratulate **Dr. Alex Whynot** for being the 2022/23 Clerks' Choice award winner!
- Overall, our residents received 66 nominations from the clerks; a testament to how much the clerks value our residents. Thank you to our residents for providing such a positive experience to our medical students!
- Our Undergraduate Education Committee would like to thank resident representative, **Dr. Michelle MacDonald**, and the various medical student representatives for their contribution to the committee over the past year.
- sessions now has its own dedicated session.
- To date we have received 52 clerkship elective requests and have successfully placed 39 of them on various services for a 75% placement rate.
- The Undergraduate Education Committee welcomed resident representative **Dr. Kara Yeung** to the committee.

For the upcoming 2023/24 academic year:

- We have successfully recruited all our tutors for this year. Thank you to everyone who has signed up to tutor.
- Yarmouth has been added as a distributed traditional block clerkship site and the Acute Day Hospital has become a core clerkship rotation in HRM.
- The annual Med 2 Skilled Clinician interviewing skills unit has been extended from eight to 12 weeks this year and runs in three blocks of four weeks. The 'Hearing Voices' simulation that has been held during these

POSTGRADUATE EDUCATION NEWS

Welcome to our new Postgraduate Education Coordinator

Welcome to **Petra Corkum**, the new Postgraduate Education Coordinator in the Department of Psychiatry. Petra comes to us from four years in Animal Care in the Faculty of Medicine as an animal care technician.

Welcome Petra!

Postgraduate Teaching

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.

Resident Exams

PGY-2 to 4 must complete an on-service practice STACER exam during the month of October. Supervisors will receive an email in September with forms and an outline of the assessment

process. Start planning this in advance to look for assessment opportunities with your resident as it can take time to organize. Patients are eligible for an honourarium if it is not part of their regular treatment and honourariums can be requested at minimum 48 hours in advance from **Petra Corkum** at petra.corkum@nshealth.ca

Patient Recruitment

As we begin another academic year, we ask that all staff be aware of opportunities for their patients to take part in teaching and assessment opportunities with our learners. Patients often enjoy the experience and many of our regular patients consider it an integral part of their wellness.

How is the patient involved?

- A medical student or resident will conduct a psychiatric interview, either virtually or in-person

- One or two psychiatrists will observe the interview; medical trainees may also observe
- Participation in a session typically lasts one hour
- Most sessions are held at the Abbie J. Lane Building at the QEII with potential for other teaching sites in HRM
- Participants receive \$30 per session as an appreciation for their time and many choose to participate in more than one session at a time.

Interested patient?

If you have a patient who would be interested in joining our volunteer patient program, they can contact **Jen Brown** at 902-473-2433 or by email at jen.brown@nshealth.ca

FELLOWSHIP AND SUBSPECIALTY TRAINING NEWS

CHILD AND ADOLESCENT PSYCHIATRY SUBSPECIALTY PROGRAM

Congratulations to Dr. **Lauren Chan** who graduated from the CAP Subspecialty program on June 30. Dr. **Emily Fraser** will graduate Dec. 31.

On July 1, Drs. **Courtney Handford** and **Kate Stymiest** began their CAP subspecialty training as PGY-6s.

GRADUATE PROGRAM

Our MSc class of 2023 has been very successful with their theses. This past summer, we held six successful MSc defences; six MSc students will be graduating at the convocation in October. We also had two successful PhD dissertation proposal defenses this past spring and summer with another scheduled during the last week of August.

Our second-year MSc students (class of 2024) have completed their core coursework and are engaged in data collection, analysis, and thesis writing; some completed their electives in first year and others are currently doing so or have plans to complete in the coming year.

The incoming class for September (class of 2025) has been finalized. We will be welcoming six new MSc students and two new PhD students. They will begin their coursework in fall 2023.

The success rate for external funding for our graduate students was stellar this year. Many of our students are fully externally funded. Two students (one MSc and one PhD) have secured very prestigious Killam Scholarships. Four students (three MSc and one PhD) have secured coveted tri-council Canada Graduate Scholarships (from SSHRC and CIHR). Our students obtained six provincial scholarships (two Nova Scotia

Graduate Scholarship–Masters’ awards; three Scotia Scholar – Masters’ awards from Research Nova Scotia; and one Masters’ level graduate scholarship in patient-oriented research from the Maritime SPOR Support Unit). Eight students (four MSc and four PhD) obtained new competitive Faculty of Medicine Scholarships.

The program would like to thank the supervisors, course instructors and lecturers, and committee members for their continued engagement in our program. We are also grateful to the departmental administration for their ongoing financial support of our students.

Welcome to the new class of graduate students!

On Sept. 5, the department welcomed its new class of graduate students. A big welcome to the new class of MSc. and PhD students! We hope you enjoy your time with the department.



Back row: Dr. Sherry Stewart, Nicole Basso, Holly Carbyn, Colby Price, Steve Jackson, and Andem Effiong

Front row: Mikaela Ethier-Gagnon, Julia Fraiha, and Dr. Kim Good.

Missing from photo: Morteza Fattahi

Department leaders visit Cape Breton

On Aug. 14, 2023, Dr. **Deborah Parker**, Program Director, and Dr. **Lara Hazelton**, Director of Education, visited Cape Breton Regional Hospital in Sydney, NS for a site visit. Over the past year, Cape Breton has been welcoming R2 psychiatry residents for one month of their inpatient rotation as a pilot project. Starting in 2023-24, Sydney will become a required rotation for all R2 residents.

Drs. Parker and Hazelton received a warm welcome from the psychiatrists in Eastern Zone. Dr. Hazelton presented on creating a healthy learning environment, with the local psychiatrists contributing insightful comments based on their experience working with learners in Cape Breton and other settings. This was followed by a tour of the inpatient unit, including the newly renovated interview room used by residents. There were opportunities for informal discussions during the lunch that followed, which included a cake to celebrate the birthday of one of the Cape Breton psychiatrists.

Our program is very fortunate to have faculty members at our regional sites who are committed to supporting the educational mandate of the Department of Psychiatry.



From Left to Right: Drs. Adewale Raji, Farrakh Nawaz, Deborah Parker, Faisal Rahman, and Sukhcharan Singh.



Division of **Child & Adolescent Psychiatry**

CAP EDUCATION

CAP Journal Club

Journal Club was held on June 20 with **Courtney Handford** leading the discussion on the article “A Randomized Controlled Trial of Combinational Pharmacogenetics Testing in Adolescent Depression”.

APCAP

The 15th annual Atlantic Provinces Child and Adolescent Psychiatry conference was held at White Point June 9-11.

The theme of this year’s conference was Advocacy and Collaboration.

The conference was well attended with presentations given by child and adolescent psychiatrists, residents, and Senator Kutcher.



Department of Psychiatry Heads, past and present, attended the 15th Annual APCAP Conference.

Left to Right: Dr. Aidan Stokes, Senator Stanley Kutcher, Dr. Michael Teehan, and Dr. Vincent Agyapong.

AWARDS

Congratulations to Dr. **Sabina Abidi** who received the 2023 Dalhousie University R. Wayne Putnam Award for Outstanding Contributions to Community CPD. This award recognizes individuals who consistently contribute in notable ways to the continuing education of Maritime physicians.



Congratulations to Dr. **Herb Orlik** who received the IWK Board of Directors Award of Distinction on June 27, 2023. This award of distinction is the highest honour bestowed by the IWK Board of Directors. This award honours an individual who has made a unique, sustaining, and significant contribution to the IWK Health Centre and to the accomplishment of their mission, vision, and mandate.



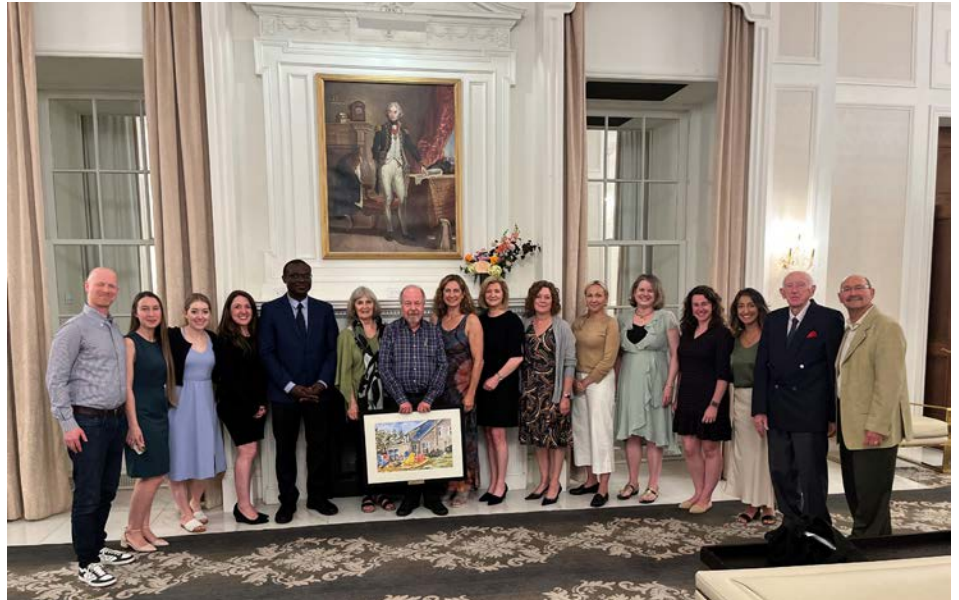
Left to Right: Catherine Woodman, Chair, IWK Board of Directors and Dr. Herb Orlik.

FACULTY UPDATES

Retirement

After 50 years of dedicated service to the Department of Psychiatry and children, youth, and families at the IWK Health Centre, Dr. **Herb Orlik** retired on June 30, 2023. A dinner was held in celebration and recognition of his service on June 29.

Left to Right: Dr. David Lovas, Dr. Chelcie Soroka, Dr. Sarah Fancy, Dr. Celia Robichaud, Dr. Vincent Agyapong, Ms. Phyllis Orlik, Dr. Herb Orlik, Dr. Alexa Bagnell, Ms. Maureen Brennan, Ms. Michelle LeBlanc, Dr. Katie Radchuck, Dr. Suzanne Zinck, Dr. Alexandra Manning, Dr. Sabina Abidi, Dr. Aidan Stokes, and Dr. Normand Carrey.



Wellness hike

The Wellness Committee is planning monthly hiking outings to promote community and healthy activity. Hikes to explore nature in our beautiful province are happening monthly on a Sunday, from April 2023 through to October 2023 (excluding August). All department members are welcome to participate.

Here are some pictures from the June hike at Castle Rock Trail in East River, NS.

The next hike is scheduled for Sunday, September 24 at the Crowbar Lake Trail in Porters Lake, NS at 1:45 p.m.



Department hosts first summer recreational event

On June 23, 2023, the department hosted its first summer recreational event. The event took place at Hatfield Farm and included a variety of activities for attendees. Department members could bring their loved ones (family, children, significant other, best friend).

The sun was shining as attendees arrived at the farm to enjoy a horse-drawn wagon ride from the Hatfield Farm office to Fort Clayton, the event site.

Attendees gathered in the main lodge for lunch. Dr. **Vincent Agyapong**, Department Head, welcomed everyone to the event and provided an overview of the day. Dr. **Zenovia Ursuliak**, Department Wellness Chair, also provided remarks explaining the craft activity and its connection to wellness.

Participants partook in mini-golf, zipline, horseshoe toss, and the Rubber Rodeo — including inflatable games and a mechanical bull! Additional activities were organized and hosted by department members.

Dr. **Keri-Leigh Cassidy** led participants through a self-compassion meditation, Dr. **Mackenzie Armstrong** organized a soccer game, and Drs. **Zenovia Ursuliak** and **Jason Morrison** invited everyone to join them in a dance-off!

Dr. Ursuliak also led the arts & crafts activity for the event. We

invited participants to decorate an envelope with colourful, different shaped stamps. Participants placed a scoop of wildflower seeds in each decorated envelope and placed a sticker on the envelope. The sticker was a message thanking people for attending, which included the following quote:

“Chase your wildflower dreams, because even the smallest buds can become something beautiful.”
— C.V. Sutherland

The envelopes were handed out to participants as a parting gift.

We owe a huge thanks to all those who organized, led, or helped with event activities!

“It was heart-warming to see people of all ages enjoying the animals, recreational activities, and artistic endeavours — a colleague told me there was something for everyone,” says Dr. Ursuliak. “And the icing on the cake came when a guest said she was struck by how kindly people in our department treated each other.”

A few weeks before the event, the province was struck by wildfires, and the department felt it was appropriate to show support for those affected. In response, we held a moment of reflection during the event for those affected by the wildfires, and provided the link to donate to the Canadian Red Cross Nova Scotia and Atlantic Canada Fires Appeal.

The event was a chance to promote wellness in the department. It was organized by a planning group led by Dr. Ursuliak, and members of the Wellness Committee, resident representative, and staff who planned this event based on survey results from over 100 Department of Psychiatry members.

Following the event, we invited all department members to complete a feedback survey, whether they attended or not. Our thanks to everyone who completed the survey so far.

It was a joy to welcome attendees and their loved ones to the event and see the camaraderie among our colleagues (not to mention their dance moves)!



Department Head visits Ghana

Dr. **Vincent Agyapong**, Department Head, visited Ghana from July 18 to 28, 2023 on a work trip to connect with several colleagues and department collaborators.

While in Ghana, Dr. Agyapong met virtually with colleagues at Lusaka Apex Medical University, representatives of National Teachers Unions in Zambia, representatives of the Zambian Ministry of Education, Provincial Education Officers and Head Teachers in Zambia as they launched the Wellness4Teachers program to improve the mental health literacy and psychological wellbeing of tens of thousands of teachers in Zambia. The Zambian Wellness4Teachers program is a collaboration between the Department of Psychiatry at Dalhousie University and Lusaka Apex Medical University.

Thanks to the Global Psychological eHealth Foundation, Alberta Mental Health Foundation, and the RBC Foundation for sponsorship of the Zambian Wellness4Teachers program which is one of the ResilienceNHope suite of e-mental health programs. Thanks to the Vice Chancellor of Lusaka Apex Medical University and the Permanent Secretary of the Zambian Ministry of Education for facilitating the launch of the Wellness4Teachers program. Contributing to improving the mental health literacy and reducing the psychological treatment gaps

in communities around the world, particularly in low and middle income communities and communities impacted by natural disasters is a key priority of the Dalhousie University Department of Psychiatry, and the program launch in Zambia is the first step towards realizing our ambition.

During the trip, Dr. Agyapong also met with the Dean of Ghana's premier medical school, the University of Ghana Medical School, Professor Alfred Edwin Yawson. Discussions focused on research, education, and training collaborations and exchanges with the Dalhousie University Department of Psychiatry to advance the field of Global and Transcultural Mental Health.

Dr. Agyapong also met and interacted with several young and enthusiastic psychiatric trainees at the Department of Psychiatry, University of Ghana Medical School and Korle Bu Teaching Hospital.



Dr. Agyapong with the Dean of the University of Ghana Medical School.

Meeting with the Department Head and psychiatry residents at the Korle Bu Teaching Hospital in Accra



Meetings with CEO and officials of Ghana Mental Health Authority



Meeting with the Ghana College of Physicians and Surgeons



Department News



Department Head meets with VP of Mental Health and Addictions

On Sept. 6, 2023, Dr. **Vincent Agyapong**, Head of Psychiatry for Dalhousie University and NS Health Central Zone, met with Bethany McCormick, Vice-President for the Mental Health and Addictions Program, to discuss commitment to ongoing efforts by the Mental Health and Addictions Program to address mental health treatment gaps for all residents of Nova Scotia. Our department stands committed to contributing to these efforts, working collaboratively with community stakeholders.



Department Leadership holds Strategic Planning meeting

On Sept. 8, 2023, Department of Psychiatry leadership, along with NS Health operational leaders and staff, met to reflect on the department's Transformational and Strategic Plan.

Back row (Left to Right): Matt White, Co-Director, Mental Health and Addictions Program, NS Health Central Zone; Dr. Phil Tibbo, Director of Research; Dr. Alexa Bagnell, Head, Division of Child and Adolescent Psychiatry; Dr. Vincent Agyapong, Head, Department of Psychiatry, Dr. Risk Kronfli, Head, Section of Forensic Psychiatry; and Dr. Mahmoud Awara, Head, Section of Community Psychiatry.

Front row (Left to Right): Dr. Sabina Abidi, Associate Head, Division of Child and Adolescent Psychiatry; Maureen Brennan, Director of IWK Mental Health and Addictions Program; Dr. Sanjana Sridharan, Head, Section of Acute, Consultation and Emergency Psychiatry; Dr. Zenovia Ursuliak, Wellness Chair, Dr. Keri-Leigh Cassidy, Director, Social Policy & Advocacy; Dr. Mutiat Sulyman, Director, Equity, Diversity, Inclusion, and Accessibility; and, Ariann Greenidge, Administrative Assistant to the Department Head.



Victoria Patterson (PhD student) presents at the International Early Psychosis Association Conference

Victoria Patterson (PhD student) presents work at the International Early Psychosis Association (IEPA) Conference in Switzerland on past adversity, substance use, and psychosis.

IN MEMORIAM: DR. MAGDALENA WALENTYNOWICZ

The Department of Psychiatry is deeply saddened to learn of the passing of Dr. Magdalena (Magda) Walentynowicz on Tuesday, August 29. Many department members know Dr. Walentynowicz as she was a member of our department for over 25 years. Our condolences go out to her family, friends, loved ones, and colleagues during this sad time.

Dr. Walentynowicz was a member of the Department of Psychiatry and worked for the Nova Scotia Health Authority (and its

predecessors) since 1994. Her relationship with the Department of Psychiatry dates back to 1990, when she began her four-year residency training program.

She steadfastly and tirelessly provided a dedicated service to her patients, leadership to her clinician colleagues and DCMH, and mentorship to her peers.

In 2018, she received the Department of Psychiatry's Outstanding Clinician Award, which recognizes those members who have made

outstanding contributions to the department's mandate of providing excellence in clinical care.

Dr. Walentynowicz retired from the department in December 2021, and is a recipient of the department's Dedicated Service Award.

She will be greatly missed.

Dr. Walentynowicz's obituary is available [here](#).

IN THE MEDIA

- Dr. **Vincent Agyapong** and Dr. **Jason Morrison** were interviewed by CBC News about the Rapid Access and Stabilization Program: [Instead of waiting months, this Nova Scotian saw psychiatrist in days under new program](#)
- Dr. **Vincent Agyapong** was interviewed by Dr. **Lara Hazelton** on the Leadership PRN Podcast about collaborating with international partners: [Leadership PRN Podcast with Dr. Lara Hazelton - Ep 11 | Dalhousie University](#)
Leadership PRN is Dalhousie Faculty of Medicine's podcast for leaders whether formal or informal, established or emerging.

STAFF AND FACULTY CHANGES

Arrivals

- Dr. **Ejemai Eboeime** joined the department as an assistant professor effective June 1, 2023, working in Clinical Translational and Global Mental Health in the Abbie Lane Building. Dr. Eboeime can be reached at Ejemai.Eboeime@nshealth.ca
- Dr. **Vhari James**, a child and adolescent psychiatrist, joined the department as an assistant professor effective June 1, 2023. Dr. James is working in outpatients in Eastern Zone and doing locums at the IWK and can be reached at Vhari.James@nshealth.ca
- Dr. **Kerry Ann Murray** joined the department as an assistant professor effective June 1, 2023 and is located at Stadacona. Dr. Murray can be reached at kerryann.murray@forces.gc.ca
- Dr. **Matthew Knox** joined the department as an assistant professor working in acute care effective June 12, 2023 and can be reached at Matthew.Knox@nshealth.ca
- Dr. **Shahzada (Farrakh) Nawaz** joined the department as an assistant professor effective July 1, 2023. Dr. Nawaz is located at the Cape Breton Regional Hospital and can be reached at Shahzada.Nawaz@nshealth.ca
- Dr. **Kayla Choo Chong**, a child and adolescent psychiatrist, joined the department as an assistant professor effective July 1, 2023. Dr. Chong can be reached at Kayla.Choochong@nshealth.ca
- **Petra Corkum** joined the department as the new Postgraduate Education Coordinator, effective July 4, 2023. Petra can be reached at Petra.Corkum@nshealth.ca
- Dr. **Shiloh Gossen** joined the department as an assistant professor effective July 10, 2023. She will be working in the Rapid Assessment Clinic and PES and can be reached at Shiloh.Gossen@nshealth.ca
- Dr. **Cody Sherren** joined the department as an assistant professor effective July 17, 2023. Dr. Sherren is located at the Bayers Road community mental health clinic and can be reached at Cody.Sherren@nshealth.ca
- Dr. **Amy Gough** joined the department as an assistant professor effective July 17, 2023. Dr. Gough will be working in Seniors mental health at NSH and Bayers Road community mental health. She can be reached at Amy.Gough@nshealth.ca
- Dr. **Katie Lines** joined the department as an assistant professor effective Aug. 1, 2023. Dr. Lines will be working in the Rapid Assessment Clinic and PES and can be reached at Katherine.Lines@nshealth.ca
- Dr. **Amaka Abuah** joined the department as an assistant professor effective Sept. 1, 2023. Dr. Abuah will be working at the IWK and can be reached at amaka.abuah@iwk.nshealth.ca
- Dr. **Margaret Leigh Meldrum** is excited to be joining the department as an assistant professor, and the Nova Scotia Operational Stress Injury Clinic as a full-time psychiatrist. She is originally from Nova Scotia but has been living and working abroad for over a decade. She completed medical school at St George's University School of Medicine followed by specialty training in psychiatry at the University of Maryland/Sheppard Pratt Psychiatry Training program, where she served as the Chief Resident. She practiced psychiatry in the United States for several years before living and working as a psychiatrist in New Zealand more recently. Dr. Meldrum's clinical interests include trauma and stressor related disorders, substance related disorders, and consultative-liaison psychiatry. She is joined in Halifax by her husband and their 6-year-old daughter. Dr. Meldrum can be reached at Margaret.Meldrum@nshealth.ca

Welcome!

Departures

- Dr. **Sherry James** — September 2023
- Dr. **Kathleen Howell** — August 2023
- Dr. **Pamela Arenella** — *will retain academic appointment* — September 2023

We wish you well!

AWARDS & HONOURS

Dr. Joseph Sadek re-elected as chair of the Education Committee of The Canadian Psychiatric Association

Dr. **Joseph Sadek** has been re-elected as the chair of the Education Committee of The Canadian Psychiatric Association for a period of three years starting July 1, 2023.

Congratulations Dr. Sadek!

Master's Student Anastasia Harris receives 2023/24 Master's Scotia Scholars Award

Congratulations to **Anastasia Harris** for receiving a 2023/24 Master's Scotia Scholars Award from Research Nova Scotia for the following project:

Project: Examining outcomes for individual and group based Cognitive Behaviour Therapy – Ten (CBT-T) for eating disorders

Supervisor: Dr. Susan Gamberg & Dr. Aaron Keshen

Master's Student Mikaela Ethier-Gagnon receives 2023/24 Master's Scotia Scholars Award

Congratulations to **Mikaela Ethier-Gagnon** for receiving a 2023/24 Master's Scotia Scholars Award from Research Nova Scotia for the following project:

Project: Does cannabidiol impact acute stress and anxiety responses in individuals with posttraumatic stress disorder and trauma-exposed healthy adults when presented trauma-related cues

Supervisor: Dr. Sean Barrett & Dr. Sherry Stewart

Dr. Abraham (Rami) Rudnick named Physician Lead for Psychiatry/Mental Health for the One Person One Record Program

Dr. **Abraham (Rami) Rudnick** has been named the Physician for Psychiatry/Mental Health for the One Person One Record Program.

Congratulations Dr. Rudnick!

Master's Student Thomas Snooks receives 2023/24 Master's Scotia Scholars Award

Congratulations to **Thomas Snooks** for receiving a 2023/24 Master's Scotia Scholars Award from Research Nova Scotia for the following project:

Project: Testing the Interactive Associations of Cannabis Potency and Cannabis Use Regimen on Cannabis Consumption and Dependence Levels in Trauma-Exposed Individuals

Supervisor: Dr. Sherry Stewart & Dr. Phil Tibbo

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.

Linda Ford is the inaugural recipient of the Extra Mile Award



Congratulations to **Linda Ford**, the inaugural recipient of the department's Extra Mile Award!

Linda was nominated by Department Head Dr. Vincent Agyapong:

In her role as administrative assistant, Linda often goes above and beyond the call to duty in service to the department and its mandate. She has worked in the department for several years and is always helpful and ready to pitch in when needed. Linda has filled gaps on numerous occasions when other staff members are on vacation, including my administrative assistant, to provide support. Although she is consistently reliable, one occasion in particular stands out. A forecasted storm last year caused many staff to work from home to avoid the inclement weather, however, Linda came into the office. Needless to say, when I arrived, I was surprised to see her onsite. This stood out to me as we were expecting to meet with a potential new psychiatrist to the department, and without Linda, we would not have had anyone to welcome him.

Thank you Linda for going the “extra mile!”

UPCOMING EVENTS

Thursday, Oct. 26, 2023, 7 to 9 p.m.: Public Panel Discussion — Environment, Brain Development, and Mental Health at the Peggy Corkum Music Room. Free and open to the public. No registration required. [Learn more](#) about the event.

Friday, Oct. 27, 2023, 9 a.m. to 4 p.m.: 33rd Annual Department of Psychiatry Research Day at the Atlantica Hotel. For more information and to register for the event, visit: <https://dalpsychiatry.ca/rd>

Note this is an internal department event and not open to the public.

**SAVE
THE
DATE**

Department of Psychiatry
Bi-Annual Meeting

**Tuesday, Nov. 7, 2023
4 to 6:30 p.m.**

Join us for an update on department activities.

Details to follow.

Humanities Corner

Annual Student Writing Competition

We are pleased to announce the 2023 annual creative writing competition awardee is Hannah Dolin, undergraduate medical student from the University of Toronto, for her submission I've got life, which is posted on our department's [medical humanities webpage](#)

Medical Humanities Program

Two residents from our department have been assigned for this academic year to support our medical humanities program. They are **Natasha Glover** and **Louise Moodie**. Thanks to them for volunteering and to **Sophie Church** and **Emma Hazelton** for serving in this role during the last academic year.

Photo Feature



Dawn in Banff — a view from the arts and creativity centre during their annual classical music festival, September 3, 2023 (Dr. Rami Rudnick).

All are welcome to submit their picture of nature for the newsletter to **Penney Miller** at Penney.Miller@nshealth.ca

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 **November 2023**.

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



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