

HEADLINES



NEW EXCHANGE PROGRAM BOOSTS CROSS-CULTURAL PSYCHIATRIC TRAINING



DALHOUSIE
UNIVERSITY

PSYCHIATRY
CELEBRATING 75 YEARS

IN THIS ISSUE

FEATURE

NEW EXCHANGE PROGRAM BOOSTS CROSS-CULTURAL PSYCHIATRIC TRAINING *page 5*

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HEAD LINES

Message from the Department Head

Readers, I hope you all had a wonderful summer enjoying our beautiful weather and spending time with your loved ones. When I look at the academic year ahead, I am energized and optimistic about all we have accomplished, and what we will continue to accomplish.

This year, the Dalhousie Department of Psychiatry is celebrating its 75th anniversary. We will be marking this significant milestone throughout different departmental events and other ways between now and the end of 2024. Watch for details about the different ways we are celebrating and opportunities to participate.

One example of this is our Summer Event that took place on Sept. 6 with the department's anniversary included in event activities. This event was again a success, welcoming department members and their friends and families, and an opportunity to connect with colleagues. You can read more about this event in this issue of *Headlines*.

On Sept. 5, we released a [video](#) and [report](#) showcasing the progress of our Strategic and Transformational Plan from 2021 to 2024. This day also marks my third year as department head. I'm proud of our collective progress in becoming a more inclusive, innovative, and global department, and I want to again thank our department members and key partners for their contributions and support for our Transformational Plan. The video



Dr. Vincent Agyapong

and the report are available on the department's [website](#).

As you'll read in this issue of *Headlines*, a trip to Ghana in June helped solidify our partnership with the University of Ghana Medical School and the Ghana College of Physicians and Surgeons to launch an international exchange program. I'm looking forward to the valuable learning opportunities this program will provide.

In July, we were pleased to welcome the new class of PGY-1 residents. 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.

We are also glad to welcome the following new department

members: **Chelsea Mantin**, as my administrative assistant, and faculty members Drs. **Sanjay Jain**, **Natasa Zatezalo**, **Madeline Ferracuti**, **Tareq Ghani**, **Jihane Rohayem**, **Kadisha Douglin**, **Kate Stymiest**, and **Christie McClelland**. You may recognize some of these names as former postgraduate trainees with the department! In welcoming these new department members, we also said goodbye to Drs. **Justin Paradis** and **Amy Bombay** who resigned from the department at the end of June.

Our annual Research Day will be held on Nov. 1 at the Atlantica Hotel. This is a signature department event showcasing our research, and I'm always interested to learn about the projects our department members are working on and their findings.

With summer behind us, I want to thank and send well wishes to our 2024 DPRF summer students: Alanna Kaser, Marika Schenkels, Tamar Gazit, and Ella Hodgson-Page. Thank you also to their supervisors: Drs. **Sherry Stewart, Aaron Keshen, Patrick McGrath,** and **Kara Dempster.**

Three faculty members were promoted in July 2024. Congratulations to Drs. **Selene Etches** and **Aaron Keshen** who were promoted to associate professor, and to Dr. **Sabina Abidi**, who has been promoted to full professor.

Our department members continue to be recognized

for their outstanding work. Congratulations to Dr. **Jasmyn Cunningham** for receiving a Research Nova Scotia 2024/25 Doctoral Scotia Scholars Award; **Katie Scott**, a recipient of the ACNP Annual Meeting Global Scholarship and a winner of the 2024 ISBD Early Mid-Career Poster Travel Award; **Samuel Obeng-Nkrumah**, recipient of the Heart & Stroke and Brain Canada 2024 Personnel Awards for Black Scholars; Dr. **Celia Robichaud**, recipient of the Canadian Academy of Child and Adolescent Psychiatry 2024 Excellence in Education Award; and Dr. **Normand Carrey**, recipient of

the Canadian Academy of Child and Adolescent Psychiatry 2024 Certificate of Special Recognition.

We also congratulate four recipients of the department's Extra Mile Award: Dr. **Julie Munich**, Dr. **Katharine Black**, Dr. **Anand Natarajan**, and **Joanne Petite.**

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

Seeking submissions for a History of the Dalhousie Department of Psychiatry (1999 - 2024)

Do you have fond memories of the past 25 years of Dalhousie Psychiatry, or insights you want to share about the future of the department? If so, we want to hear from you!

To mark our 75th anniversary, the Dalhousie Department of Psychiatry is putting together a history of the past 25 years similar to the book edited by Dr. Patrick Flynn that was published in 1999 to mark the 50th anniversary. Because the previous book covers the first 50 years of the department's history, the current project will primarily focus on what has transpired since that time, including our current activities and future aspirations.

Some ideas for contributions include:

- Fond memories and expressions of thanks to mentors and colleagues
- Poems and other creative works about the department and its people
- Recollections of familiar places (Remember when there used to be a post office and a gift shop in the Purdy Building?)
- Essays about significant times and events, such as the COVID lockdown
- Anything else related to the DoP in the past 25 years!

Submissions from past and present department members (faculty, staff, or residents) are welcomed, and should be approximately 500-1500 words in length. All submissions will be reviewed by the project committee and may be edited prior to inclusion in the final document.

Submissions and inquiries can be addressed to Dr. **Lara Hazelton** at Lara.Hazelton@nshealth.ca

The final deadline for submissions is **October 11, 2024.**

New exchange program boosts cross-cultural psychiatric training



In June 2024, Dalhousie Department of Psychiatry representatives Drs. Vincent Agyapong, department head; Alexandra Manning, director, International Psychiatry Residency Exchange Program; and, LeAnne Revell, fourth-year psychiatry resident, visited Ghana to meet with partners in establishing the international exchange program between the Department of Psychiatry at Dalhousie University, the Ghana Medical School, and the Ghana College of Physicians and Surgeons.

A collaboration between the Dalhousie University Department of Psychiatry and the Ghana Medical School and Ghana College of Physicians and Surgeons offers new training opportunities in cross-cultural psychiatric care. Through a Memorandum of Understanding, the institutions have established an exchange program. Dalhousie Psychiatry residents

will have the opportunity to take an elective at the Ghana Medical School, and Ghanaian psychiatrists a clinical fellowship at Dalhousie in a variety of subspecialty areas such as Child and Adolescent Psychiatry, Geriatric Psychiatry, Forensic Psychiatry, Neuropsychiatry, and Concurrent Disorders Psychiatry. “I’m extremely proud of this partnership and the valuable

opportunities it provides to members of these institutions,” says Dr. Vincent Agyapong, head of Dal’s Department of Psychiatry. “Together, we are working to close psychiatric treatment gaps locally and abroad.”

In June 2024, Dalhousie Department of Psychiatry representatives Drs. **Vincent Agyapong**, department head,

Alexandra Manning, director, International Psychiatry Residency Exchange Program, and **LeAnne Revell**, fourth-year psychiatry resident, travelled to Ghana to meet with partners as an initial step to implementing the exchange program. They visited representatives from the University of Ghana, the Ghana College of Physicians and Surgeons, and the Ghana Mental Health Authority and viewed the clinical spaces, study areas, lecture halls, and accommodation options available for visiting residents at the University of Ghana Medical School.

The University of Ghana, established in 1948, holds the distinction of being the oldest and largest university in Ghana. It is widely recognized for its commitment to academic excellence and plays a pivotal role in shaping health policies and practices in the region, thereby amplifying the impact of this collaboration.

As outlined in the [Global Mental Health Report](#) documenting the visit, the MOU represents our department's significant commitment to enhance the global competencies of our residents. The program was also [covered in the local media](#).

"These experiences will offer opportunities to develop expertise in transcultural psychiatry — through the direct participation in provision of clinical care, in a culture that is different than the primary training sites we currently use," says Dr. Manning. "There is something about experiencing and working in a culture that is different than your own that

simply cannot be taught in a classroom."

"Additionally, with the support of departmental leadership, we have been able to embed the value of equity within the elective exchange program itself — by removing one of the main barriers related to participation in these opportunities — cost. While understandably cost does not represent all barriers to participation — I view this as a demonstration of our commitment to making this an accessible experience, and our departmental commitment to providing excellence in psychiatric care to diverse patient populations."

"I'm thrilled that it's being designed with a strong emphasis on the learner experience, ensuring that residents receive the best possible education in a safe and effective environment," says Dr. Revell. "It's particularly exciting that residents will experience this elective together, travelling and working as a team, which will foster collaboration and shared learning across all stages of training."

Drs. Manning and Revell developed their interest in transcultural psychiatry and global mental health through their past experiences.

For Dr. Manning, who studied education prior to pursuing a career in medicine, completing her senior practicum for her Bachelor in Education in a remote community in Nunavut was a transformative experience. It changed how she viewed herself, her profession, and her role within her profession. Today,

it continues to influence her and how she approaches her work.

Over the past few years, Dr. Revell has been developing an interest in medical education, program development, and creating learning opportunities in under-resourced settings. Her involvement in the Dalhousie Special Interest Forum for Global Mental Health and Leadership Development over the past year expanded her understanding of the complexity and importance of this field, she says.

The international elective helps psychiatry residents foster a deeper understanding of diverse mental health practices, providing a well-rounded learning opportunity in providing culturally-sensitive care.

"The program focuses on broadening the understanding of mental illness across different cultural contexts and exposing learners to the unique needs of diverse populations," says Dr. Revell. "Through this training, residents will gain the knowledge and expertise needed to help reduce health disparities and promote global mental health equity."

"An essential skill of being a psychiatrist is understanding the sociocultural understandings and experiences of our patients," says Dr. Manning. "As a training program, we have a responsibility to ensure our graduates are competent to provide care to all citizens — including those that come from marginalized communities/ equity-deserving groups. As our Canadian population, including Nova Scotia, becomes more diverse, experiences

in transcultural psychiatry becomes increasingly important.”

The benefits to Ghanaian psychiatrists who complete an international fellowship at the Dalhousie Department of Psychiatry also cannot be overlooked. The fellowship builds capacity that can be brought back to their practice in Ghana.

“The partnership has been exceptionally valuable, facilitating a significant exchange of knowledge and skills that benefits both institutions,” says Dr. **Delali Fiagbe**, head of the Department of Psychiatry at the University of Ghana and one of the first psychiatrists from Ghana to

participate in an international fellowship at Dalhousie University under this program.

“My tenure as an international fellow has afforded me the opportunity to engage in diverse clinical environments, with particular focus on Child and Adolescent Psychiatry (Northern Zone) and Neuropsychiatry. This experience has substantially enhanced my understanding of global mental health challenges and reinforced the critical importance of culturally-sensitive practices in psychiatric care. I aspire to pass down this experience to future generations who will reap the benefits of this continuous collaboration.”

The department has also welcomed two other international fellows from Ghana. In September 2024, Dr. **Winnifred Twum** began a six-month fellowship in Geriatric Psychiatry, and Dr. **Peggy Ekremet** began a six-month fellowship in Child and Adolescent Psychiatry.

“The international exchange program between Dalhousie University and the University of Ghana offers a revealing and transformative learning experience,” says Dr. Twum. “This experience is sharpening my professional expertise and igniting innovative solutions for geriatric mental health care in Ghana. I am happy to be part



Dr. Delali Fiagbe, head of the Department of Psychiatry at the University of Ghana and one of the first psychiatrists from Ghana to participate in an international fellowship at Dalhousie University under this program, collaborates with the team at Colchester East Hants Health (CAMHS division) during his fellowship

of the inspiring and great team here. Thanks to all who made this program possible.”

“The Division of Child and Adolescent Psychiatry is pleased to welcome Dr. Peggy Ekremet for a six-month fellowship, starting September 1, 2024,” says Dr. **Celia Robichaud**. “Dr. Ekremet brings a wealth of experience and insight from her work as a psychiatrist in Ghana, and we are as eager to learn from her as she has been to learn from us! Dr. Ekremet will be gaining a variety of experiences in our division, spending three months in various subspecialty clinics and three months in general outpatient child psychiatry. So far, we have been inspired by her adaptability and motivation, and we are gaining valuable insight into the barriers that are facing those practicing youth mental health in Western Africa, and how we might work together to innovate solutions moving forward. We are looking forward to showing Dr. Ekremet all Nova Scotia can offer and developing an ongoing educational relationship!”

“It has been great experiencing the similarities and differences in the practice of psychiatry with my wonderful team members at IWK Health Centre, so far,” says Dr. Ekremet. “I look forward to



Dr. Peggy Ekremet with members of the Division of Child and Adolescent Psychiatry team at IWK Health and the Dalhousie Department of Psychiatry. From left to right: Adrienne McCarthy, education and research coordinator; Dr. Peggy Ekremet, international fellow; and, Dr. Alexa Bagnell, division head and chief of Child and Adolescent Psychiatry at IWK Health.

an enriching and exciting time of discovery and learning in the coming months. I am hopeful that this international fellowship in child psychiatry offered by Dalhousie University, Department of Psychiatry, will increase my knowledge and expertise and equip me with necessary skills to enhance the practice of child psychiatry in Ghana.”

“This program is truly exciting, offering a unique, experience-

focused opportunity that brings all learners together to broaden their education,” says Dr. Revell.

LEARN MORE ABOUT THE INTERNATIONAL EXCHANGE PROGRAM:

- [Global Mental Health Report, July 2024 – Visit to Ghana](#)
- [Media Coverage: Mental Health: Ghana partners Dalhousie University to combat mental health crisis](#)



Thank you to our DPRF Summer Students!

This summer we were pleased to host the following DPRF summer students, whose projects were supervised by members of our faculty:

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

Education Report

UNDERGRADUATE EDUCATION NEWS

As we wrap up the 2023/24 undergraduate academic year, we would like to extend our sincere thanks to our faculty for their ongoing contributions to teaching and supervising our medical students. Your dedication is truly appreciated.

During the 2023/24 academic year:

- 104 core clinical clerks rotated through our Dalhousie Medicine Nova Scotia (DMNS) sites:
 - 83 completed their rotations in the Halifax Regional Municipality.
 - 10 completed their rotations at a distributed traditional block clerkship site (Amherst, Kentville, Truro, and Yarmouth).
 - 11 completed their rotations at a longitudinal integrated clerkship site (Sydney and South Shore).
 - 30 core clinical clerks rotated through our Dalhousie Medicine New Brunswick (DMNB) sites:
 - 14 completed their rotations in Saint John.
 - 16 completed their rotations at a longitudinal integrated clerkship site (Fredericton, Moncton, Miramichi, and Upper River Valley).
 - The department received approximately 98 elective requests; 58 of these requests were completed (50 home electives and 8 visitors).
 - Annually, the department recognizes a resident for their outstanding teaching efforts, which may be didactic or clinical in nature. The winner is based solely on nominations and feedback provided by the clinical clerks throughout the year. We would like to congratulate **Dr. Julie Munich**, for being the 2023/24 Clerks' Choice Award winner!
 - Overall, our residents received 83 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. Kara Yeung**, and the various medical student representatives for their contributions to the committee over the past year.
- For the upcoming 2024/25 academic year:**
- We have successfully recruited all our tutors for this year. Thank you to everyone who has signed up to tutor.
 - The annual Med 2 Skilled Clinician interviewing skills unit will run in three blocks of four weeks. Sessions started on Aug. 29, 2024, and will continue on Thursday afternoons until Nov. 14, 2024. The 'Hearing Voices' simulation has its own dedicated session on a Tuesday morning during each block.
 - We will have an increase in Med 3 students (core clerk) this year, with 115 clerks in DMNS and 33 in DMNB.
 - The Rapid Access and Stabilization Program (RASP) has become a clerkship rotation in HRM.
 - To date, we have successfully placed 53 home electives and 7 visitor electives across various services in HRM, reflecting an increase in elective approvals.
 - The Undergraduate Education Committee welcomed resident representative, **Dr. Julia Leblanc**, to the committee.

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, 2024. Let's get to know the class of 2029!



The new class of residents began their postgraduate training in the Department of Psychiatry in July 2024.

Chloe Ahluwalia

Where I call home: Toronto (go raps!)

Where I attended medical school: University of Ottawa

What excites me most about being a part of Dalhousie Psychiatry: Exploring all the different avenues for a career in psychiatry while also exploring a completely new side of the country to me!

What I like to do outside of

work: Reading, watching movies, thrifting, exploring new coffee shops

What I would be doing if I weren't in medicine: Run a little independent book shop, with a cat always on the windowsill, and those sliding ladders on the shelves a la Beauty and the Beast

An interesting fact about me: I'm 6'2!



Daniel Higham

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 faculty here have been so great to work with and learn from, and the resident body is very engaged

and supportive — I couldn't be happier to be training here. From a more academic perspective, I'm particularly excited about the psychotherapy training opportunities and child psychiatry program

What I like to do outside of work: Getting outside — running, stargazing, sea kayaking, or shouting from the stands at a Wanderers game

What I would be doing if I weren't in medicine: Perhaps I'd start a tea shop

An interesting fact about me: I find it easier to think when I can see the ocean

.....

Abbey MacLellan

Where I call home: PEI

Where I attended medical school: Dalhousie

What excites me most about being a part of Dalhousie Psychiatry: The people and getting to build connections and mentorship in the Maritimes!

What I like to do outside of work: Going to the beach, bouldering, playing ice hockey, and trail running

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

An interesting fact about me: I've competed in three different varsity sports at three different universities



Olivia Pieroni

Where I call home: Brandon, MB

Where I attended medical school: Winnipeg, MB

What excites me most about being a part of Dalhousie Psychiatry: The community and the people — everyone has been so warm and enthusiastic about psychiatry

What I like to do outside of work: Anything involving the ocean, gardening, art, and baking

What I would be doing if I weren't in medicine: Realistically, dentistry; ideally, ceramics

An interesting fact about me: I have a black belt in Shotokan karate



Qëndresa Sahiti

Where I call home: Halifax, NS

Where I attended medical school: Dalhousie University

What excites me most about being a part of Dalhousie Psychiatry: Working with an amazing team of dedicated staff, teachers, and co-residents!

What I like to do outside of work: Boxing, cooking, reading, open water swimming, and hanging out with friends and family!

What I would be doing if I weren't in medicine: Realistically, I would either be a teacher or a journalist. In my dreams, I would own a

bookstore/coffee shop out of a Hallmark movie

An interesting fact about me: My first language is Albanian



Mariska Silas

Where I call home: Fredericton, NB

Where I attended medical school: Université de Sherbrooke, Moncton campus

What excites me most about being a part of Dalhousie Psychiatry: The incredible staff and resident body I have the privilege of learning from every day! And exploring more of Nova Scotia

What I like to do outside of work: I enjoy reading, indoor cycling, hiking, attending live music shows, and anything by/in a body of water or with the people I love

What I would be doing if I weren't in medicine: I considered Clinical Psychology before applying to medical school. I also love the idea of writing fiction

An interesting fact about me: French is my first language, and since all my education thus far has been in French, I am slowly but surely re-learning all medical terminology in English



Ashleigh Skinner

Where I call home: Harbour Breton, NL

Where I attended medical school: Memorial University of Newfoundland

What excites me most about being a part of Dalhousie

Psychiatry: My incredible co-residents, who are so passionate and knowledgeable! An honourable mention would be the program's focus on psychotherapy.

What I like to do outside of work: A little bit of everything! Some favourites would be hiking with my dogs, cooking up new recipes, and binge-watching Netflix true crime

What I would be doing if I weren't in medicine: With a Kinesiology background, I always thought it would be super cool to be an NHL athletic trainer

An interesting fact about me: I have four pets, can play the drums, and make a pretty mean lasagna

.....
Alex Stephenson

Where I call home: South Shore of Nova Scotia

Where I attended medical school: University of Calgary

What excites me most about being a part of Dalhousie Psychiatry: The fabulous group of co-residents and staff, the opportunity to do rotations and eventually locum in rural areas, and being back in my home province near my family

What I like to do outside of work: I enjoy being in nature whether that's walking in the woods, birdwatching, swimming/polar dips, or just sitting on my deck with my partner and our two cats Merry and Pippin! I also love yoga, reading, and spending time with my extended family

who are spread all over the province

What I would be doing if I weren't in medicine: Teaching high school French immersion science

An interesting fact about me: I taught piano for 15 years and just "retired" when I started residency

.....
Dana Wiens

Where I call home: Winnipeg, MB

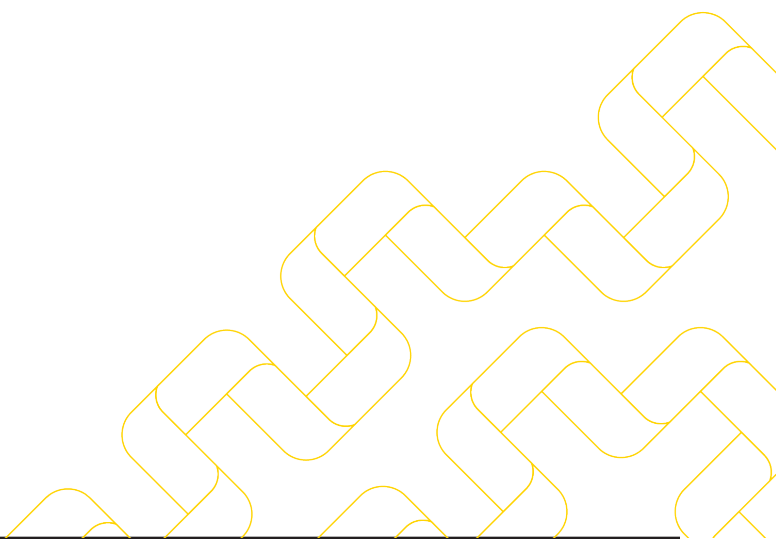
Where I attended medical school: University of Manitoba

What excites me most about being a part of Dalhousie Psychiatry: Joining a tight-knit group of residents and the opportunity to work with excellent mentors

What I like to do outside of work: Hiking, camping, crocheting and film photography

What I would be doing if I weren't in medicine: I love gardening and have always dreamed of having a flower farm

An interesting fact about me: I grew up on a dairy farm



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. **Ali Manning** 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 honorarium if it is not part of their regular treatment and honorariums can be requested at minimum 48 hours in advance from **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 **Petra Corkum** at **902-473-7122** or by email at **Psych.Postgrad@dal.ca**

PSYCHIATRY RESEARCH GRADUATE PROGRAM NEWS

Welcome to new students

A big welcome to the new class of Msc and PhD students! The new cohort also includes our first psychiatry resident, Dr. **Jasmyn Cunningham**, in the PhD program.

Student awards

Congratulations to the following students on their awards:

- Dr. **Jasmyn Cunningham**, recipient of a Research Nova Scotia 2024/25 Doctoral Scotia Scholars Award
- **Katie Scott**, a recipient of the ACNP Annual Meeting Global Scholarship, and a winner of the 2024 ISBD Early Mid-Career Poster Travel Award
- **Samuel Obeng-Nkrumah**, recipient of the Heart & Stroke and Brain Canada 2024 Personnel Awards for Black Scholars

Division of Child & Adolescent Psychiatry

FACULTY UPDATES



Welcome Dr. **Kate Stymiest** as a new faculty member. Dr. Stymiest graduated from the Dalhousie Child & Adolescent Psychiatry

subspecialty residency program in June 2024, and joined faculty on August 1, 2024. She will be working in Halifax CMHA and Dartmouth CMHA and covering vacation leaves at the Garron Centre.



Welcome to the faculty Dr. **Charlie Kelderhouse**. Dr. Kelderhouse will be moving from locum to a faculty position

as Medical Director and Co-Lead of Adolescent Intensive Services on September 1, 2024.

Congratulations to Dr. **Courtney Handford** who has accepted a position in Truro. Dr. Handford graduated from the Dalhousie Child & Adolescent Psychiatry subspecialty residency program in June 2024.

Many thanks to Dr. **Anett Bessenyei** for her clinical care and leadership at AIS over the past two years. Dr. Bessenyei will be working in Emergency Mental Health and Addictions Service as of September 1, 2024.

Awards/recognition

Congratulations to Dr. **Chelcie Soroka** on being recognized among the Top 10% of Med 1 tutors by Dalhousie UGME.

CAP RESEARCH

CAP research highlight

Dr. **Alexa Bagnell** in collaboration with Drs. Amanda Newton (University of Alberta), Matthew Morrissette (University of Alberta), Mohamed Eltorki (University of Calgary) and the Translating Emergency Knowledge for Kids (TREKK) team have developed and made available a clinical resource document: “Bottom Line Recommendations: Caring for Patients with Anxiety.”

The document provides healthcare professionals with key facts and recommendations on caring for children and youth who present with anxiety in the emergency department.

Aspects of care covered include the recognition, assessment, and management of a patient’s anxiety, as well as additional resources which might be disseminated as supplemental support.

To view the document in its entirety, visit the [Translating Emergency Knowledge for Kids](https://trekk.ca) (trekk.ca) website’s resource page. For a collection of best available resources and evidence related to caring for patients with anxiety, you can find the evidence repository on the TREKK team’s website -- [TrekK-Translating Emergency Knowledge for Kids](https://trekk.ca).

This marks the second TREKK contribution for our Child and Adolescent Psychiatry faculty, the first being Dr. **Selene Etches** as member of the development team for a separate resource document: “[Care of the Agitated Patient](#),” which was updated in May 2024.

CAP PRESENTATIONS

Dr. **Selene Etches** presented “Intimate Partner Violence in Adolescent Relationships” at the Canadian Pediatric Society’s National Grand Rounds on July 9.

CAP EDUCATION

CAP subspecialty program updates

Welcome to Dr. **Sophie Church** and Dr. **LeAnne Revell**, who started their Child & Adolescent Psychiatry subspecialty residency training in July and August. A welcome party was hosted by program director Dr. **Celia Robichaud** in August, where division members celebrated our subspecialty residents.



Left to right: Drs. Kyle Godden, Sophie Church, Celia Robichaud, and LeAnne Revell. Special appearance by T.J Robichaud.

Dalhousie International Fellowship in Child and Adolescent Psychiatry



Welcome to Dr. **Peggy Ekremet**, who joins us from Ghana and will be doing a six-month fellowship in Child & Adolescent Psychiatry starting in September 2024.

Section of **Acute, Consultation, and Emergency Psychiatry**

Welcome to Dr. Christie McClelland

The Section of Acute, Consultation, and Emergency Psychiatry is pleased to welcome Dr. **Christie McClelland**.

Dr. McClelland joined the department as an Assistant Professor on Sept. 3, 2024 and is working in Acute Care and Emergency Psychiatry at the Abbie Jane Lane Building.

Welcome Dr. McClelland!

First Neuro-Radiology Psychiatry Complex Case MDT Monthly Meeting hosted on Sept. 6

The Section of Acute, Consultation, and Emergency Psychiatry launched a Neuro-Radiology Psychiatry Complex Case MDT monthly meeting. The meetings will be held on the first Friday of each month from Noon to 1:30 p.m. The first meeting was held on Sept. 6, 2024.



Wellness Garden at the Mental Health Day Hospital

The wellness garden at the Mental Health Day Hospital was recently featured on social media by the Canadian Coalition for Green Healthcare. The garden is a project supported by the Mental Health Foundation of Nova Scotia and it was also featured on their [website](#).

Section of Geriatric Psychiatry

Geriatric Psychiatry Subspecialty Program

The Geriatric Psychiatry Subspecialty Program is honoured to announce Dr. **Eileen Burns** has received the CAGP Geriatric Psychiatry Sub-Specialty Resident Award for her project titled Dementia Simulation Experience. This prestigious award, presented by Canadian Academy of Geriatric Psychiatry, recognizes outstanding commitment to Geriatric Psychiatry and her scholarly work, and is well deserved. A heartfelt thank you to Dr. **Deborah Parker**, whose advocacy led to Dr. Burns' project being incorporated into the PGY-3 Geriatric Psychiatry curriculum. Drs. **Cheryl Murphy** and **Kathleen Singh** are her project supervisors.

Also, huge congratulations go out to Dr. **Mackenzie Armstrong** on the successful completion of his Geriatric Psychiatry residency! His dedication and perseverance have culminated in this remarkable achievement. He is preparing to write the Royal College Subspecialty Examination on September 5 and we look forward to him joining our section as a colleague (along with his new bobblehead!).

In July, the residency program piloted a successful Capacity Assessment Simulation. Subspecialty residents had an opportunity to practice assessing financial and personal care capacity in a safe setting with simulated patients. Program evaluation is underway, but early

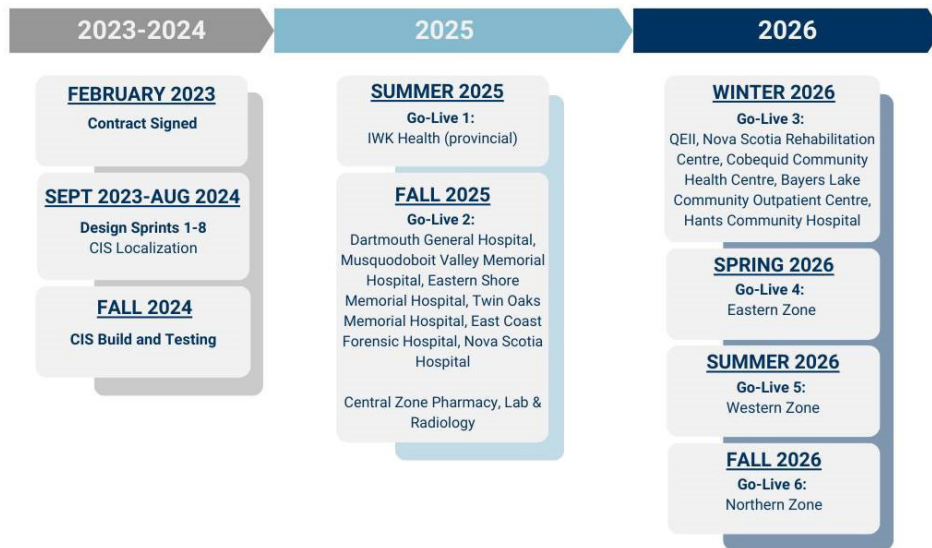
feedback has been positive with significant positive gains in self-perceived knowledge. Thank you to all the simulated patients and staff at the Collaborative Health Education Building and to our expert tutors who helped lead our debrief (Drs. **Ian Mackay, Cheryl Murphy, Mark Bosma, Maia von Maltzahn, and Kathleen Singh**).

The program's first international fellow will start on September 3 for a six-month fellowship. Dr. **Winnifred Twum** has safely arrived in Nova Scotia from Ghana and has already completed the Canadian Academy of Geriatric Psychiatry Online Course in preparation.



One Person **One Record**

One Person One Record (OPOR) has realigned their Go-Live dates. The image below captures the new schedule. The OPOR Mental Health team, along with Subject Matter Experts, and in consultation with MHA Senior Leadership are working to establish MHA programs Go Live roll out. They are mapping the needs of the different MHA programs, and their unique considerations.



Department hosts second Summer Event



The Summer Event Scavenger Hunt Champions following their win.

On Sept. 6, 2024, the Department of Psychiatry hosted its second summer event. The event took place at the Discovery Centre in downtown Halifax. Open to department members and their friends and families, attendees gathered in the Discovery Centre's IMP Flight, Medavie Health & NS Power Flight Galleries on level 2 to enjoy a range of activities and help celebrate the department's 75th anniversary.

Department head, Dr. **Vincent Agyapong**, welcomed everyone to the event acknowledging the department's significant

milestone, and in particular, welcoming new department members in attendance.

From there, MCs Dr. **Zenovia Ursuliak**, director of Wellness, and Dr. **Cameron Taylor**, psychiatry resident, hosted the evening.

"Adults and children exploring the exhibits brought a playfulness to the evening," says Dr. Ursuliak. "It was heartwarming to see people from across our department — administrative staff, residents, graduate students, researchers, and physicians — getting to know

each other. That is what this event is about."

Themes of community and connection, diversity and inclusion, and anniversary celebrations were weaved into the evening.

Attendees were divided into teams to compete in a scavenger hunt that included questions about the Discovery Centre exhibits (provided by the Discovery Centre), an activity to meet as many people in attendance as possible, gathering names and a fun activity they did this summer,

as well as an opportunity to move outside and snap pictures of some Halifax landmarks. The competition was on to see which team could answer the most questions and collect the most names! The summer event scavenger hunt champions posed for a photo following their win.

A duet of Brazilian musicians, Bebel Ribeiro and André Pretzel, played live instrumental music at different points during the event. Songs included Diamonds by Rihanna in celebration of the Diamond Jubilee of the department's 75th anniversary, as well as Happy Birthday to the department, and our department head!



Following on the anniversary theme, attendees were invited to sign a poster board available throughout the evening with a message for the department.

The next activity was a trivia contest. Teams answered questions about psychiatry and pop culture, and the history of the department. The winning trivia team also posed for a photo.



Before the event concluded, using Mentimeter, attendees were asked to share three words to describe what they most appreciate about our department, with the responses forming a word cloud.

As they left, each party was invited to take a treat bag that included a variety of treats from different cultures. The bags included puff-puff, a popular West African snack, particularly from Nigeria; Brigadeiro (baked by department member Dr. **Raquel Dias**!), a beloved Brazilian sweet treat; saltwater taffy, a sweet popular in Atlantic Canada; and mochi, a Japanese dessert.



Trivia contest winners Ariann Greenidge (left), former administrative assistant to the department head, and Jen Brown (right), operations manager.

It was wonderful to see so many department members interacting with each other and meeting new people. Thank you to everyone who attended!



Understanding Stigma and Cognitive Behavioural Interpersonal Skills Program

Submitted by: Dr. Bianca Lauria-Horner



Between 2021-2024, the Mental Health Commission of Canada (MHCC), in collaboration with the Pan American Health Organization/World Health Organization (PAHO/WHO) launched a novel program — Understanding Stigma and Cognitive Behavioural Interpersonal Skills (US_CBIS) — for English speaking healthcare professionals in Caribbean countries.

The decade-long journey began in 2013, when the Nova Scotia Department of Health and Wellness and the MHCC sponsored a successful British Columbia (BC) Adult Mental Health Practice Support Program (AMHPSP) pilot study in Nova Scotia. The program was designed by the BC General Practice Services Committee under the leadership of UBC psychiatrist Dr. Rivian Weirnerman and her team, to reform and improve provincial primary mental health care. I

joined the academic research team as Principal Investigator in collaboration with Dr. Scott Patten, University of Calgary to evaluate the program's impact on mental-health related stigma, confidence in managing mental health disorders, and changes in client depression scores through a randomized controlled trial. Significant positive findings resulted in dissemination of the program across the Maritime provinces between 2018-19.

Then PAHO/WHO partnered with the MHCC to adopt successful programs to address stigma and improve the quality of mental health care in the Caribbean countries. Due to the heterogeneity of health systems in the Region of the Americas, differences among mental health care providers, and financial support, we set out to design a focused program with a higher likelihood of successful implementation.

Two complementary evidenced-based anti-stigma programs for healthcare providers were combined and transitioned with permission into a 16-week virtual delivery model for the Region of the Americas, accessible on the PAHO Virtual Campus for Public Health, open and free for participants (blended online & tutor-guided virtual course).

The *Cognitive Behavioural Interpersonal Skills* (CBIS) program is a core educational component of the AMHPSP,

designed to increase providers' skills and confidence to help clients recover. The Understanding Stigma (US) is an online self-directed program available through the Centre for Addiction and Mental Health (CAMH) to help healthcare professionals recognize their own stigmatizing attitudes and behaviours, the impact, understand practical approaches to address some of the associated challenges, including videos of personal stories of lived experience. A Train-the-Trainer, and two iterations of a main course were delivered in 2021 and 2022 to 19 Caribbean countries: 259 participants. Important changes noted were significant improvements in mental-health related stigma, all measures of provider confidence and overall quality of mental health care provided, and increased client empowerment in their care. Participants also reported the program would positively change their behaviours when working with clients with mental health disorders. These findings support earlier evaluations of various versions of the program.

Most recently in 2023, sponsored by PAHO/WHO, MHCC and UNICEF, Guyana PAHO member state extended the program beyond the health sector to include *First Point of Care Professionals* such as school educators to actively contribute to mental health promotion,

prevention, build resiliency, and/or facilitate the crucial link between *Persons of Lived Experience* and the healthcare sector.

The Project Teams invariably work with “*Local Experts*” from various backgrounds and

disciplines in the development, adoption, and program quality improvement process. It has become extremely valuable to facilitate communication between various stakeholders, gather authentic feedback sensitive to the local context

and culture, as well as supports projects’ sustainability and accessible care, through the transfer of implementation and facilitation skills, an accomplishment I am most proud of.

Department News

FACULTY & STAFF CHANGES

Arrivals

- Dr. **Sanjay Jain**, a psychiatrist, joined the department as an assistant professor effective May 1, 2024. He is located at the Moncton Hospital in New Brunswick. He can be reached at **Sanjay.Jain@horizonnb.ca**
- Dr. **Natasa Zatezalo**, a psychiatrist, joined the department as an assistant professor effective July 1, 2024. Dr. Zatezalo will be working at Cole Harbour Community Mental Health. She can be reached at **Natasa.Zatezalo@nshealth.ca**
- Dr. **Madeline Ferracuti**, a psychiatrist, joined the department as an assistant professor effective July 1, 2024. Dr. Ferracuti will be working at Child & Youth Mental Health Services in Kentville. She can be reached at **MadelineA.Ferracuti@nshealth.ca**
- Dr. **Tareq Ghani**, a psychiatrist joined the department as a Lecturer effective July 1, 2024. Dr. Ghani will be working at Cumberland Regional Health Centre in Amherst. He can be reached at **Tareq.Ghani@nshealth.ca**
- Dr. **Jihane Rohayem**, a psychiatrist, joined the department as an assistant professor effective July 22, 2024. Dr. Rohayem will be working at the NSOSI Clinic. She can be reached at **Jihane.Rohayem@nshealth.ca**
- Dr. **Kadisha Douglin**, a psychiatrist, joined the department as an assistant professor effective July 1, 2024. She is located at the Department of Psychiatry at Yarmouth Regional Hospital. She can be reached at **Kadisha.Douglin@nshealth.ca**
- Dr. **Kate Stymiest**, a psychiatrist, joined the department as an assistant professor effective, Aug. 1, 2024. Dr. Stymiest is located at the IWK. She can be reached at **Kate.Stymiest@iwk.nshealth.ca**
- Dr. **Christie McClelland**, a psychiatrist, joined the department as an assistant professor effective Sept. 3, 2024. Dr. McClelland will be working at the Abbie J. Lane in Acute Care & Emergency Psychiatry. She can be reached at **ChristineR.McClelland@nshealth.ca**
- **Chelsea Mantin** joined the department as administrative assistant to the department head, effective Sept. 3, 2024. She can be reached at **Chelsea.Mantin@nshealth.ca**

Welcome to you all!

Departures

- Dr. **Justin Paradis** resigned from the department effective June 30, 2024.
- Dr. **Amy Bombay** resigned from the department effective June 30, 2024.

We wish you well!

UPCOMING EVENTS

Let's Keep Talking

AN EVENT OF THE MENTAL HEALTH FOUNDATION OF NOVA SCOTIA

Presented by
Bell
Let's Talk

Let's Keep Talking

WITH CANADIAN OLYMPIAN
CLARA HUGHES



REGISTER
www.mentalhealthns.ca

OCTOBER 9, 2024 | 6 - 8 PM | SPATZ THEATRE, HALIFAX
FREE TO ATTEND | PLEASE REGISTER IN ADVANCE

Join us to celebrate the achievements of five outstanding Nova Scotians who live with mental illness or addiction, or support those who do. Keynote speaker Clara Hughes will share her inspiring story of a life beyond her struggle with depression.

Mental Health Foundation of Nova Scotia Event

Let's Keep Talking

WHEN: October 9, 2024 | 6 - 8 PM

WHERE: Spatz Theatre, Halifax

REGISTRATION: Free

Featuring Canadian Olympian Clara Hughes

About

Let's Keep Talking, presented by Bell Let's Talk, is an annual event created to educate, inspire and celebrate the achievements of outstanding Nova Scotians who live with mental illness or addiction, or support those who do. This year, the Mental Health Foundation of Nova Scotia is thrilled to welcome Canadian Olympian and humanitarian Clara Hughes back to the Let's Keep Talking stage.

[Learn more and register to reserve your seat.](#)

GOLD SPONSOR



AWARD SPONSORS



26th Mosaic for Mental Health "The Art of Caring"

26th Annual
MOSAIC FOR MENTAL HEALTH
Art Exhibition & Sale
"The Art of Caring"



Connected by Gigi Hooper, Mosaic 2024

The Craig Gallery • Alderney Landing
October 17 - 29, 2024
WWW.CMHAHALIFAXDARTMOUTH.CA



Canadian Mental Health Association Halifax-Dartmouth Event

26th Mosaic for Mental Health "The Art of Caring"

October 17-29, 2024

The Craig Gallery, Alderney Landing

[Learn more.](#)

AWARDS & HONOURS

Faculty Promotions

Congratulations to the following faculty members in the Department of Psychiatry who have been promoted, effective July 1, 2024:

- Dr. **Selene Etches** has been promoted to associate professor

- Dr. **Aaron Keshen** has been promoted to associate professor
- Dr. **Sabina Abidi** has been promoted to full professor

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

Department members honoured with Canadian Academy of Child and Adolescent Psychiatry Awards

Congratulations to Dr. **Celia Robichaud**, recipient of the Canadian Academy of Child and Adolescent Psychiatry 2024 Excellence in Education Award.

This award is presented to a psychiatric educator who has made a significant contribution in undergraduate, postgraduate, continuing professional education or public education in child and adolescent mental health.

Congratulations to Dr. **Normand Carrey**, recipient of the Canadian Academy of Child and Adolescent Psychiatry 2024 Certificate of Special Recognition

This award recognizes a person or an organization that has made outstanding contributions and provided important leadership in the field of child and adolescent mental health.

Extra Mile Award recipients

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

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

Recipient: Dr. Katharine Black

Nominated by: Dr. Mahmoud Awara

Dr. Black was nominated in recognition of her exceptional dedication and contributions to clinical care, education, and academic administration within the Department of Psychiatry at Dalhousie University. Dr. Black has consistently demonstrated an unwavering commitment to

excellence in all aspects of her professional duties.

Dr. Black has significantly surpassed the contracted clinical hours. Her work at the Dartmouth City CMHT, focusing on outpatient care in community mental health, has been exemplary. Since 2004, Dr. Black has provided clinical care to this vital community service, demonstrating a steadfast commitment to patient well-being and mental health support.

Dr. Black is a distinguished educator, recognized as the 2023 Educator of the Year by the Dalhousie Department of Psychiatry. She has contributed to teaching and engaging with medical students and residents through various undergraduate and postgraduate teaching sessions. Dr. Black has delivered comprehensive education on neuroscience, clinical skills, and supportive psychotherapy.

Dr. Black's leadership in educational administration is equally noteworthy. As the Director of Undergraduate Education, she has chaired the Undergraduate Education Committee and made significant contributions to key committees within the Department of Psychiatry, such as the CPD Subcommittee on Equity, Diversity, and Inclusion and the Education Management Team. Her leadership has been instrumental in shaping the department's educational initiatives.

Dr. Black has actively pursued professional development opportunities to enhance her teaching and clinical skills. Notable courses completed include "Expand your Bandwidth! Integrating Technology into Your Teaching" and "Fundamentals of Teaching: Clinical Teaching and Supervision."

Dr. Black has been an active member of various committees, including the Royal College of Physicians and Surgeons of Canada's Psychiatry Test Committee and the Examination Board. She has also significantly contributed to the organization of academic events like the W.O. McCormick Academic Day.

Dr. Black's extensive contributions to clinical care, education, CAL role and academic leadership make her a deserving candidate for the Extra-Mile Award.

Recipient: Dr. Julie Munich

Nominated by: Dr. Mutiat Sulyman

Julie supported a Black Nova Scotian woman referred to the Dual Diagnosis Psychiatry Clinic (COAST) for visual hallucinations related to cerebral palsy. Living with her mother in Halifax, who was her primary caregiver and had significant mistrust of the healthcare system due to intergenerational trauma, the patient was acutely unwell. Julie had to navigate this mistrust while addressing the patient's urgent medical needs. The clinic's care alone was insufficient as the patient developed medication side effects that constituted a medical emergency.

Despite the mother's reluctance to hospitalize her daughter, Julie devised a plan to provide necessary emergency care while maintaining support for both mother and daughter. Julie collaborated with the Mental Health Mobile Crisis Team, arranging for an accessible cab and joining them at the patient's home. Through her established rapport, Julie gained the mother's trust, which led to an agreement to go to the emergency department.

Julie's approach, including her offer to accompany them through the ER process, was crucial in overcoming the family's mistrust. At the ER,

the patient was found to have a COVID-positive bacterial infection that could have led to sepsis and potentially been fatal. She was admitted and received the lifesaving care she needed.

Recipient: Dr. Anand Natarajan

Nominated by: Dr. Mahmoud Awara

Dr. Natarajan's exceptional dedication to patient care, education, and administrative leadership has significantly impacted the field of psychiatry and the department. His unwavering commitment to his patients demonstrated through his extensive work at Bayer's Community Mental Health Clinic, is a testament to his deserving candidacy for this award.

Dr. Natarajan exemplifies clinical excellence through his extensive work at Bayer's Community Mental Health Clinic, where he has been a pivotal figure since 2018. His clinical responsibilities are comprehensive, including direct patient care, clinical teaching, and telehealth services. Dr. Natarajan has steadfastly provided significant hours for outpatient direct care, demonstrating his unwavering commitment to his patients.

As the Clinical Academic Leader at Bayer's CMHT, Dr. Natarajan's leadership and dedication to community psychiatry are genuinely inspiring. His collaborative approach within the multidisciplinary team has fostered a supportive and effective working environment, ensuring high-quality care for complex patients.

Dr. Natarajan's deep commitment to medical education is

truly inspiring. He actively participates in the teaching and supervision of medical students and residents. In 2023, he contributed to undergraduate medical education through various teaching sessions, including Med 4 OSCE and Skilled Clinician II. His role as a clinical supervisor for multiple residents underscores his dedication to mentoring the next generation of medical professionals.

Dr. Natarajan's commitment to maintaining high educational standards is further highlighted by his role as an examiner for OSCEs. His involvement in learner evaluation ensures that the academic programs remain robust and effective. His participation in Grand Rounds at Dalhousie University's Department of Psychiatry further demonstrates his commitment to staying updated with the latest advancements in the field and sharing knowledge with his colleagues.

Although Dr. Natarajan's primary focus is clinical work, he has expressed a keen interest in research and academic leadership. As the Clinical Academic Leader for Bayer's & Spryfield, he plays a crucial role in shaping the educational and clinical landscape. His membership in the Finance Committee of the Department of Psychiatry also demonstrates his active participation in the governance and policy formation of the department.

As evident in his self-evaluation, Dr. Natarajan's reflective approach to his practice highlights his commitment to continuous improvement. He

actively seeks feedback from colleagues and learners to enhance his professional training and contribute to the overall development of the department.

Dr. Natarajan's advocacy for quality improvement initiatives within the department and his commitment to continuing medical education reflects his dedication to professional growth and community betterment. He actively addresses service gaps and finds solutions for complex patient care within the community mental health teams.

Dr. Natarajan's exceptional contributions to clinical care, education, and administration make him an outstanding candidate for the Extra Mile Award. His dedication, leadership, and commitment to excellence have profoundly impacted his workplace and colleagues.

Recipient: Joanne Petite

Nominated by: Lorielle Dietze

This nomination is supported by Drs. Hajek, Alda, McWhinney, Julie Garnham, and Claire Slaney. Joanne has been with Nova Scotia Health since 1999, and worked with the Mood Disorders Research Group for 16 years as a Research Associate.

I have known Joanne for four years, and she is one of the kindest people I have ever met. She always goes out of her way to help out. Joanne can remember every participant we have recruited (200+ participants) and makes clinical research client centered.

Julie Garnham said, "Joanne has been a very valued and integral member of our research group," that "simply put, Joanne is a wonderful person with a kind and giving nature. It is such an honour and a pleasure working with her."

Dr. Alda emphasized Joanne's "long-term involvement in the lab is critical for making study participants feel comfortable and welcome. It certainly has made a difference in our ability to carry out longitudinal research. She never forgets to bring napkins and plates when we have a cake:)"

Joanne has gone above and beyond in her research work, bringing smiles and positive attitude. She truly deserves to be recognized for her efforts with the Extra Mile Award.

NOMINATE SOMEONE FOR THE 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 [HERE](#).

Recognizing our administrative staff

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

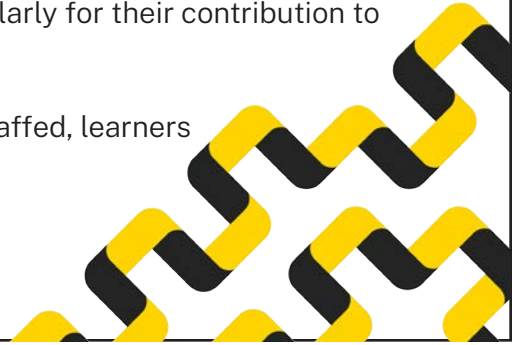
Let us know by filling out the form on the homepage of dalpsychiatry.ca.

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

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

Questions or issues with the form?

Contact jen.brown@nshealth.ca



Dalhousie's BIPOC Graduate Student Mentoring Academy - Call for Mentors 2024/25



The [BIPOC Graduate Student Mentoring Academy](#) at Dalhousie University is an exciting initiative that aims to provide greater support for Black, Indigenous and People of Colour (BIPOC) graduate students at the University. The program connects graduate students with experienced mentors who share their racial, ethnic or academic backgrounds.

The Academy is currently building its network of BIPOC mentors within and outside of academia for its third cohort beginning in October 2024. We welcome applications from diverse backgrounds of the BIPOC community, including university staff, faculty and alumni, government and private sector employees, community leaders, and elders. Becoming a mentor allows you to support the aspirations of BIPOC graduate

students through knowledge sharing, networking, and self-reflection.

To be eligible to be a mentor, you must:

- Self-identify as Black, Indigenous and/or a Person of Colour (BIPOC).
- Be an experienced full or part-time working or retired professional or Elder.

Mentor applications for the 2024/25 program are open until September 30, 2024. **Interested applicants can complete the Mentor application form [here](#).** After applying, you will be added to our list and contacted once you are matched with a mentee.

For more information contact the Program Coordinator, Shirin Shaikh at bipocmpd@dal.ca

MEDICAL HUMANITIES: News & Updates

Medical Humanities Resident Session

The annual Medical Humanities resident session took place on August 28, 2024. We screened the 2006 American tragicomedy, *Little Miss Sunshine*, winner of Best Original Screenplay at the 79th Academy Awards. The film explores multiple themes, including the impact of mental health challenges on the family dynamic, the social construct of winners vs. losers, as well as an examination of gender norms and beauty standards. For a copy of the discussion questions, please email margaret.meldrum@nshealth.ca.

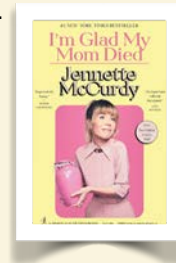
Annual Writing Competition Update

All the submissions have been read and adjudicated by our judges. The winners will be announced in the coming weeks and the submissions published in the next edition of Headlines.

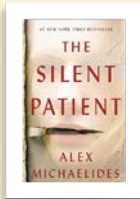
Medical Humanities Book Club

First Book: *"I'm Glad My Mom Died"* by Jennette McCurdy
Recommended Viewing: *Quiet on Set: The Dark Side of Kids TV* (2024, Netflix)

Email louisea.moodie@nshealth.ca or margaret.meldrum@nshealth.ca to receive updates. Our first meeting is coming up! All are welcome!



THE BOOKSHELF



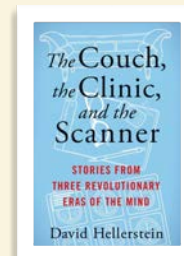
GUILTY PLEASURE READ: "The Silent Patient" by Alex Michaelides

A contemporary psychological thriller that tells the story of Alicia, who hasn't spoken in the 6 years since she killed her husband. The bulk of the novel is narrated by Theo Faber, a forensic psychoanalyst who is working with Alicia at The Grove, the psychiatric facility where she has been since her husband's murder. The novel successfully debuted in 2019 at No. 1 on the New York Times bestseller list.

SOMETHING A LITTLE MORE ACADEMIC:

"The Couch, The Clinic, and the Scanner: Stories from Three Revolutionary Eras of the Mind" by Dr. David Hellerstein (Columbia University Press).

Introduction and interview with Dr. Hellerstein can be found here: <https://news.columbia.edu/news/new-book-traces-turbulent-history-psychiatry>



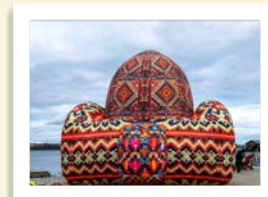
EVEN MORE ACADEMIC (AND HOT OFF THE PRESS):

"Metacognition, Metahumanities, and Medical Education: Thinking Without the Box" by Alan Bleakley, Quentin Eichbaum and Rachel Ellaway. Available September 30, 2024.

LOCAL SPOTLIGHT

Nocturne: Microcosm / October 17-20th, 2024

Founded in 2008, Nocturne: Art at Night Festival is a free, independent, contemporary art festival in Kijipuktuk (Halifax). Annually, Nocturne brings 65,000+ people to the streets of Halifax and Dartmouth to experience art and celebrate the visual arts scene in Mi'kma'ki (Nova Scotia). For more information, visit: <https://nocturnehalifax.ca/>



For more information on the Department of Psychiatry Medical Humanities program, please contact Dr. Leigh Meldrum, Medical Humanities Coordinator, at margaret.meldrum@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 2024**.

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



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PSYCHIATRY
CELEBRATING 75 YEARS