

HEADLINES



Master of Clinical Psychiatry and Global Mental Health



Psychiatry Research Graduate Programs

WELCOME GRAD STUDENTS!



DALHOUSIE
UNIVERSITY

Department of Psychiatry

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HEAD LINES

Message from the Department Head



This fall is off to an exciting start in the department as we welcome the first ever cohort of learners into our [Master of Clinical Psychiatry and Global Mental Health Program](#). After years of preparation and program development, it's gratifying to see these professionals from varying health care backgrounds online taking the program's courses. I know they'll take what they learn and apply it to their current practice, contributing to mental health care delivery in their communities.

We were also pleased to welcome the new cohort of [MSc](#) and [PhD](#) students in our Psychiatry Research Graduate Programs. You can learn more about all the graduate students who joined the department this fall in this edition of Headlines. I hope you'll join me in giving them a warm welcome.

Over the summer, nine Psychiatry Research graduate students successfully defended their thesis or dissertation. Congratulations to **Akua Agyare** (MSc), **Daniel Basso** (MSc), **Pierre-Olivier Couture** (MSc), **Bronwyn Inness** (MSc), **Lilith Nosko** (MSc), **Maxwell Seward** (MSc), **Nami Trappenberg** (MSc), **Andem Effiong** (PhD), and **Ashley Francis**

(PhD). A special thanks to their faculty supervisors for guiding and supporting the students during their programs: Drs. **Patrick McGrath**, **Sherry Stewart**, **Jillian Filliter**, **David Gardner**, **Sandra Meier**, **Phil Tibbo**, **Alissa Pencer**, **Kara Dempster**, **Derek Fisher**, **Aaron Keshen**, **Ejemai Eboeime**, and **Rita Orji**.

We also want to thank the DPRF summer students for their contributions this summer. Our thanks to **Stella Murphy**, **Breanna Crowe**, **Alice Bourne**, **Eshaa Amer**, and **Felix Agyapong-Opuku**, along with their faculty supervisors Drs. **Patrick McGrath**, **Candice Crocker**, **David Gardner**, **Kim Good**, and **Ejemai Eboeime**.

In July, we hosted two department events: the fourth annual Summer Celebration and the Centre for Global Mental Health's first conference. While these events have very different formats and purposes, they share a common theme: community — cultivating it within our department, and then more broadly, as we aim to build capacity and equity in mental health care.

This fall we will host two annual research events. Our [36th Psychiatry Research Day](#) on October 30 and a [public panel discussion](#) on October 29. Research Day is a signature event showcasing the breadth of research expertise in the department and is one not to be missed. This year, we welcome Dr. Jai Shah as our keynote speaker, who will also be taking part in our public panel discussion "How Early is Early Intervention for Potential Mental Illness? What are the risks, what do we do?" Dr. Shah will be joined by Dr. **Sabina Abidi**, Dr. **Lori Wozney**, and Dr. **Rudolf Uher** and the panel discussion will be moderated by

RN Krista Ellsworth. This free, public event will be an important discussion focusing on how we can improve access to interventions and services for young people who are experiencing mental health difficulties.

Department members' research continues to be recognized by securing grants and publishing papers. Congratulations to: Drs. **Kara Dempster**, **Maria Alexiadis**, **Candice Crocker**, **Derek Fisher**, **Jason Morrison**, **Phil Tibbo**, **Zenovia Ursuliak**, **Ejemai Eboeime**, **Linda Liebenberg**, **Belinda Agyapong**, **Martin Alda**, **Abraham Nunes**, **Sandra Meier**, **Michelle MacDonald**, **Erik Fraunberger**, **Neha Khanna**, **Selene Etches**, **Lori Wozney**, and Psychiatry Research graduate student **Damilola Onietan**.

In September, the department shared a [progress report](#) on its [2026-2031 Strategic Plan](#), highlighting the status of the plan's actions. I'm proud of all the work that has gone into implementing this plan and sincerely thank everyone involved.

The [Centre for Global Mental Health](#) also released a [report](#) in September highlighting its events, programs, research, and partnerships. The centre has had a busy year and continues to gain momentum, with thanks to the dedicated researchers and nimble team who support its mission.

Our postgraduate residency programs are preparing for their Royal College accreditation review in November and for CaRMS in the new year.

The Division of Child and Adolescent Psychiatry is hosting an accredited series of education sessions for primary care providers. The first

two in the series were held in June and September, with the next one coming up in November. In this edition of Headlines, you'll also read about the launch of new national guidelines for youth substance use health and a gathering of youth advisors from seven Anchor Youth Space sites to shape the future of their care.

The Medical Humanities Program is announcing the winners of its 2026 humanities writing competition. Congratulations to medical students Zayn Alazawi (McMaster University) and Christine Strelchuk (University of Alberta) and resident Ariel Foo (University of Ottawa) on their winning entries.

We were pleased to welcome the following new people to the department: Faculty members Drs. **Mitchel Betsch**, **Catherine (Maria)**

Finnegan, **Sophie Church**, **Margaret Ogbeide-Ihama**, **Oluwabukola Rosiji**, and operations team member **Tina Craigg**, our new undergraduate education coordinator. In welcoming these new department members, we also said goodbye and well wishes to Dr. **Pamela Arenella**, Dr. **Sanjana Sridharan**, and **Parisa Abdi Sabouhi**.

Department members continue to be recognized for their outstanding contributions. Previously announced, the following award winners attended ceremonies to receive their awards: Drs. **Sarah Fancy**, (Faculty of Medicine Early Career Award of Excellence in Clinical Practice and CACAP Certificate of Special Recognition for the Garron Centre); **Ali Manning** (Faculty of Medicine Early Career Award of Excellence in Education); **Selene Etches** (Doctors Nova

Scotia Dr. William Grigor Award); and **Alexa Bagnell** (CACAP Paul D. Steinhauer Advocacy Award). In September, Drs. **Barani Sambandan** and **John Oguntade** received the Department of Psychiatry's Extra Mile Award and, in August, Dr. **Bala Harri** received a Certificate of Achievement for his presentation at the 5th World Congress on Public Health and Epidemiology. Congratulations to you all.

Wishing everyone a fulfilling and productive year ahead.

Dr. Vincent Agyapong
Head, Department of Psychiatry,
Dalhousie University
Head of Psychiatry, Nova Scotia
Health Central Zone

Follow us on LinkedIn!

Follow the **Dalhousie Department of Psychiatry** [HERE](#).

Follow the **Centre for Global Mental Health** [HERE](#).

Welcome Grad Students!

This month, we're excited to welcome two sets of graduate students: the first ever cohort of the new Master of Clinical Psychiatry and Global Mental Health and a new cohort of MSc and PhD students in Psychiatry Research.

Master of Clinical Psychiatry and Global Mental Health welcomes first ever cohort

This month marks the launch of the Master of Clinical Psychiatry and Global Mental Health (MCPGMH). This program is a two-year, practice-oriented program designed to strengthen the capacity of healthcare providers to provide high-quality, person-centred mental health care, locally and globally. Through a flexible hybrid model, the program integrates core clinical psychiatry with global mental

health, cultural perspectives, and evidence-informed approaches to assessment and treatment.

Drs. Agyapong, Eborieme, and the MCPGMH team, are pleased to welcome its inaugural cohort of students beginning in fall 2026. These students bring a wealth of diverse experiences, perspectives, and expertise to the program. Representing communities across

Canada, Ghana, and Ethiopia, the cohort includes professionals from a wide range of disciplines, including pharmacy, medicine, nursing, nurse practitioner practice, social work, and creative arts therapy.

Join us in welcoming them to the department and MCPGMH community. We look forward to supporting their academic and professional journeys.

Meet the students:



Abigail Annan

Where you are located: Accra, Ghana

Your academic or professional background: I'm a medical doctor who's recently completed her residency in Psychiatry. I graduated from Kwame Nkrumah University of Science and Technology, School of Medical Sciences and then rotated through the four traditional specialties, i.e., Internal Medicine, Pediatrics, Surgery, and Obstetrics and Gynaecology. Following that, I've been with the Accra Psychiatric Hospital where I had my residency training.

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: I've always been fascinated by the enormous scope of mental health and hearing about this program was an opportunity I could not allow to pass me by.

What you hope to learn or accomplish: I'm particularly excited to be a part of the inaugural group and I hope to enrich my knowledge and competencies in clinical work and global practices.

An interesting fact, hobby, or personal interest: I'm a mother of two. I love reading novels and non-examinable literature. I also love to dance, although I do not know how to.



Kailey Ashong

Where you are located: Accra, Ghana

Your academic or professional background: I'm a medical doctor, and I recently completed my residency program in Psychiatry. For my housemanship, I rotated through Internal Medicine, Paediatrics, Obstetrics and Gynaecology, and General Surgery. I also worked for over a year at my hospital's accident and emergency centre, before entering my residency program.

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: I want to add onto my knowledge in Psychiatry and I'm particularly interested in the transcultural aspect of the course.

What you hope to learn or accomplish: I am interested in learning about how mental health providers in other parts of the world practice.

An interesting fact, hobby, or personal interest: I am biased towards even numbers; I'm a lefty and a foodie, and I adore animals.



Aqeel R. Askari

Where you are located: Spruce Grove, Alberta

Your academic or professional background: I'm a clinical pharmacist working in rural Alberta in a small town of Barrhead. I have a PharmD and additional authorization to prescribe (APA). I am a Certified Diabetes Educator (CDE), Certified Bariatric Educator (CBE), Certified in Travel Health (CTH), Certified Tobacco Educator (CTE) and have an Advanced Obesity Counselling Certification (AOCC).

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: I enrolled in this program to be able to better respond to clients' mental health concerns.

What you hope to learn or accomplish: I want to learn about the complexity of mental health, how it affects individuals and communities globally, how to manage acute mental health situations at pharmacy level and how to make a difference in communities with limited resources.

An interesting fact, hobby, or personal interest: I like to spend time with my family whenever I get a chance. I love gardening so spend a lot of time in our backyard growing flowers.



Eyram Esi Awusanya-Sosu

Where you are located: Accra, Ghana

Your academic or professional background: I completed medical school in Ivano-Frankivsk, Ukraine in 2018, and did a two-year housemanship (clinical training) in Internal Medicine, Obstetrics and Gynaecology, Paediatrics, and Surgery. I loved Surgery, but Psychiatry won me over! I started working in Psychiatry in 2022 and then started my residency program in psychiatry in 2023.

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: I recently completed my residency program in Psychiatry (September 2026) and I'm fascinated about understanding how Psychiatry is practised in many different cultures and countries.

What you hope to learn or accomplish: Practising in Ghana so far has been eye opening, and I cannot wait to learn more from many different cultures, especially with regards to how people present, what they expect from their treatment, how I can offer culturally appropriate treatment, and how I can influence policies to address the treatment burden of mental illness in Ghana.

An interesting fact, hobby, or personal interest: I sing, I used to write short stories (hoping to get back into it now), and I enjoy reading novels, travelling and exposing myself to other cultures!

Jennifer Fougere

Where you are located: Halifax, Nova Scotia

Your academic or professional background: I'm a registered social worker with a MSW and work across a few different areas of social work practice. I teach and work in field education with the School of Social Work at Dalhousie University, work casually in hospital social work at the IWK, and also maintain a private clinical practice.

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: I enrolled in this course because I'm always interested in expanding my knowledge of mental health and gaining perspectives that I can bring back into my clinical, hospital, and teaching work.

What you hope to learn or accomplish: I'm particularly interested in learning more about psychiatry and mental health from a broader global and interdisciplinary perspective.

An interesting fact, hobby, or personal interest: Outside of work, I enjoy travelling whenever I get the opportunity, spending time with my family, and trying to convince myself that going to the gym counts as a hobby.



Angela Isoki

Where you are located: Toronto, Ontario

Your academic or professional background: I'm a nurse practitioner working in forensic mental health, primary care, and adult autism assessment.

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: Adult autism assessment includes a lot of co-occurring mental health assessments, so I was very excited to discover the new master's program which both fits my interests and will enhance my clinical practice.

An interesting fact, hobby, or personal interest: I have two young sons and enjoy playing piano, reading, and doing puzzles (both jigsaw and word/number/logic).



Bill Kyeremeh

Where you are located: I am currently based in Cape Coast, Ghana.

Your academic or professional background: I hold a Bachelor of Medicine and Bachelor of Surgery degree from the University of Ghana Medical School and currently work as a Medical Officer at Ankaful Psychiatric Hospital. I have research experience at Accra Psychiatric Hospital, focusing on early intervention in psychosis and digital mental health. I also volunteer with Ghana Medical Relief and Agro Kings, supporting rural communities in Ghana through periodic mental health education and screenings.

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: I enrolled because I want to deepen my understanding of how mental health care can be delivered equitably across different settings, particularly in resource-constrained areas, and how varying social determinants of health should be reflected in mental health policy in Ghana. I want to develop interventions that are evidence-based, culturally sensitive, equitable, and community-based, and adapted to the Ghanaian context. This program's focus on global mental health policy aligns with my career goals.

What you hope to learn or accomplish: I hope to learn practical skills in evaluating the effectiveness and appropriateness of program interventions and to build more competencies in cross-cultural psychiatry. I also hope to complete a research project, improve my clinical practice, and collaborate with other coursemates and faculty members. After completing the program, I aim to contribute to mental health policies and treatment interventions in Ghana that reflect the diverse cultural and social determinants of mental health.

An interesting fact, hobby, or personal interest: Outside of my studies and work, I enjoy running, cycling, and hiking. An interesting fact about me is that I have hiked Mount Meru and plan to return to hike Mount Kilimanjaro soon.



Jen Marchand

Where you are located: My family and I live in Addis Ababa, Ethiopia. I'm originally from Cape Breton, Nova Scotia.

Your academic or professional background: I completed my master's in Creative Arts Therapies at Concordia University in Montreal, which originally led me to work in Northwest BC (Smithers) with survivors of sexual violence. I started my journey as a trauma and EMDR therapist there. I've also worked in Vietnam, with survivors of human trafficking and in an international clinic, and in Germany, working with an international women's rights organization.

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: I started thinking about how useful it would be to learn more about this emerging and essential field of global mental health so I can contribute more and stay abreast of developments in the field. I was very excited to see Dalhousie's new program as I had been eyeing other GMH programs, but none seemed entirely right.

An interesting fact, hobby, or personal interest: I love playing board games and hiking and travelling with my family, listening to podcasts, discovering new things and places, and playing badminton.



Aghogho Oyibo

Where you are located: London, Ontario

Your academic or professional background: I am a family physician with a MD and CCFP certification, currently practicing in Ontario, Canada. I have experience in comprehensive family medicine, hospital medicine, and long-term care. I am also pursuing graduate studies in clinical psychiatry and global mental health to strengthen my skills in the assessment and management of mental health conditions in primary care.

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: During my early medical education and clinical practice, I became increasingly aware of the close relationship between patients' physical symptoms and underlying psychological and social challenges. Encounters with patients experiencing depression, anxiety, trauma-related conditions, and the psychosocial effects of chronic illness highlighted for me how significantly mental health influences overall well-being.

What you hope to learn or accomplish: I hope to strengthen my skills in psychiatric assessment, diagnosis, treatment, and management. Ultimately, I would like to provide more effective support to patients experiencing mental health challenges and contribute positively to their overall health and well-being.

An interesting fact, hobby, or personal interest: I enjoy swimming, reading, and listening to music.



Mac Renaerts

Where you are located: Chilliwack, British Columbia

Your academic or professional background: As a nurse, I've worked in surgery, medicine, emergency, geriatric, mental health, and public health. I was a travel RN for some time and worked in Washington and California during the COVID-19 pandemic. Most recently, I've been in a role of clinical nurse mentor on inpatient medicine units providing elbow-to-elbow support to new grads, LPNs, RNs, and assisting internationally-educated nurses transition into our healthcare system.

Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: I'm interested in mental health, causes of psychiatric conditions, how the brain works and how resiliency plays out in the face of trauma, PTSD, and everyday stress in our lives.

What you hope to learn or accomplish: I hope to learn more about the mind and how we as clinicians offer evidence-based care to patients and at the same time learn to also help our own mental health in the process.

An interesting fact, hobby, or personal interest: I have two children and a dog. I'm a big soccer fan and have been playing it since I was a child. I love being at the river and camping with my family.



Eugenie Shum

Where you are located: My work is in Waterloo Ontario, where both the residents and the health care providers community are of diverse cultural backgrounds.

Your academic or professional background: I am a primary health care nurse practitioner, full scope, of over 15 years experience. The desire to deepen my assessment and treatment skills led me to seek admission to the MCPGMH program. I hope to acquire the knowledge and skills along with research know how, and the global interdisciplinary perspectives shared during the live sessions,

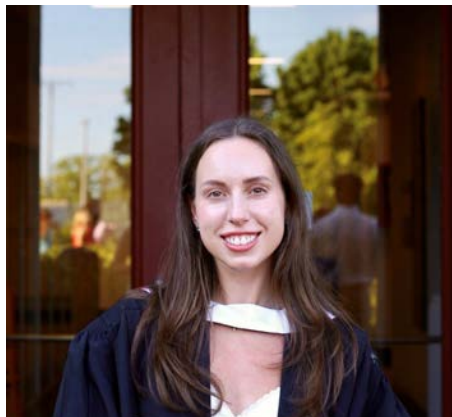
Why you enrolled in the Master of Clinical Psychiatry and Global Mental Health: To apply it towards clinical care and community leadership.

What you hope to learn or accomplish: I am enjoying the program very much.

An interesting fact, hobby, or personal interest: In my spare time my favourite activity is singing and food adventures.

Graduate Programs in Psychiatry Research welcome new students

The Psychiatry Research Graduate Programs team is pleased to welcome a new cohort of students.



Adele Bernier

Program: MSc in Psychiatry Research

Supervisors: Dr. Phil Tibbo & Dr. Derek Fisher

The place I call home is: Vermont, USA

Your academic or professional background: I have a BSc Honours in Psychology with a minor in Biology from Dalhousie University.

Why you enrolled in the Psychiatry Research graduate program: I enrolled in the Dalhousie Psychiatry Research graduate program to pursue a long-standing interest and passion in psychosis research and neuroimaging techniques, and to work towards a future clinical psychology career that is grounded in evidence-based care.

An interesting fact, hobby, or personal interest: I am a marathoner and love to travel and spend time in nature!



Nora Connolly

Program: MSc Psychiatry Research

Supervisor: Dr. Tomas Hajek

The place I call home is: Halifax, Nova Scotia

Your academic or professional background: I got my undergraduate degree in Psychology (Honours) at Saint Mary's University!

Why you enrolled in the Psychiatry Research graduate program: I enrolled in this program because I really enjoyed the research aspect of my undergraduate degree and was looking for a thesis-based program that could build those skills, especially at the intersection of mental health, neuroscience, and medicine.

An interesting fact, hobby, or personal interest: I love geology, and have a huge collection of local rocks and minerals. The best place to find them is at Amethyst Cove off of Cape Split in the Valley!



Danae Conrad

Program: MSc in Psychiatry Research

Supervisor: Dr. Patrick McGrath

The place I call home is: Halifax, Nova Scotia

Your academic or professional background: I received my BSc in Psychology (Hons) at Saint Mary's University.

Why you enrolled in the Psychiatry Research graduate program: I realized how much I enjoyed the research process while completing my honours, and I realized that there's so much that can be done to improve the lives of others on the research side of things.

An interesting fact, hobby, or personal interest: I knew that I'd be working in this field since the sixth grade!



Madison Conrad

Program: MSc in Psychiatry Research

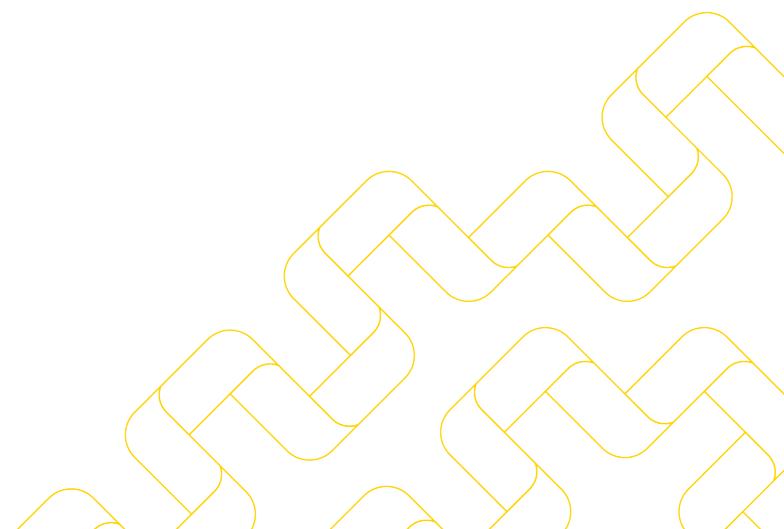
Supervisors: Dr. Lori Wozney & Dr. Sandra Meier

The place I call home is: Ottawa, Ontario

Your academic or professional background: Applied Forensic Psychology at StFX

Why you enrolled in the Psychiatry Research graduate program: I wanted to deepen my understanding of mental health disorders, learn from researchers in the field, and contribute to impactful research.

An interesting fact, hobby, or personal interest: I have a black belt in Taekwondo and I love to read!





Anjali (Anj) Gosal

Program: MSc Psychiatry Research

Supervisor: Dr. Andrea Murphy & Dr. David Gardner

The place I call home is: Toronto, Ontario

Your academic or professional background: BSc (hon.) Neuroscience — Dalhousie University

Why you enrolled in the Psychiatry Research graduate program: I am interested in psychiatry research because the questions are rarely simple. Problems related to mental health are shaped by many interacting factors, and the same diagnosis or treatment can look very different from one person to another. I like that the research has to account for that variability rather than treating people as though they are interchangeable. It also feels like a field where the stakes are high: better evidence can change how people are diagnosed, how care is delivered, and whether someone receives support that works for them. That combination of complexity, individual variation, and the potential to have a direct impact on people's lives is what makes psychiatry research especially compelling to me.

An interesting fact, hobby, or personal interest: My favourite animals are sharks and last summer I got to go cage diving with Great Whites in the South Shore of Nova Scotia!



Aliya Qureshi

Program: MSc in Psychiatry Research

Supervisor: Dr. Kim Good

The place I call home is: Halifax, Nova Scotia

Your academic or professional background: Honours Bachelor of Health Sciences from the University of Ottawa

Why you enrolled in the Psychiatry Research graduate program: I have always been interested in psychiatric disorders and I really enjoyed my research experiences during my undergraduate degree. I was also looking to work with people and hear about their mental health and patient care experiences. The MSc program felt like a great opportunity to combine these interests while gaining more research experience and developing a better understanding of psychiatry.

An interesting fact, hobby, or personal interest: I love spending time outdoors, especially hiking and exploring new beaches and trails around Nova Scotia.



Lauren Stirpe

Program: MSc in Psychiatry Research

Supervisor: Dr. Rudolf Uher

The place I call home is: Toronto, Ontario

Your academic or professional background: BHSc, McMaster University

Why you enrolled in the Psychiatry Research graduate program: To explore my passion for psychiatry and contribute to research that supports those affected by mental illness

An interesting fact, hobby, or personal interest: I play the NYT games every day! My favourite is the Mini Crossword.



Leann Timmer

Program: MSc in Psychiatry Research

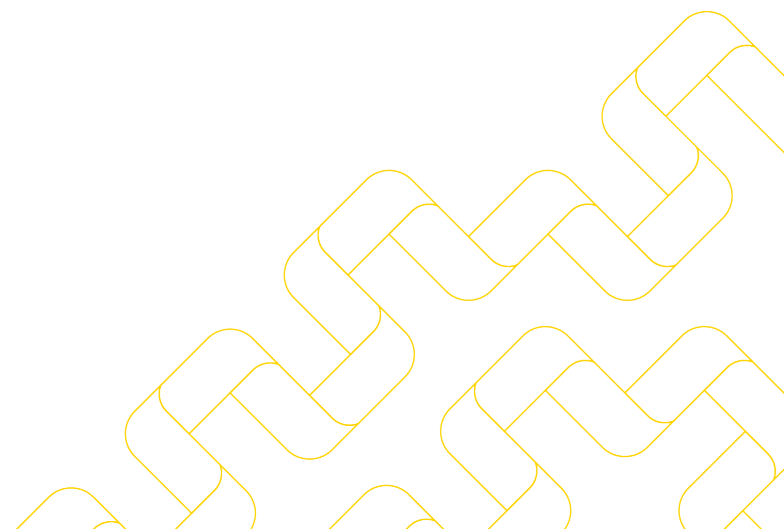
Supervisor: Dr. Rudolf Uher

The place I call home is: The Netherlands

Your academic or professional background: I completed my honours in psychology and did a certificate in forensic science.

Why you enrolled in the Psychiatry Research graduate program: I loved collecting and analyzing data when working on my honours thesis, so I wanted to explore research further.

An interesting fact, hobby, or personal interest: I love to crochet and make crochet versions of my friends' pets. My next project is crocheting my orange tabby Harriet!





Deniz Yildirim

Program: MSc in Psychiatry Research

Supervisor: Dr. Sandra Meier

The place I call home is: Ankara, Turkey

Your academic or professional background: After completing my BSc (Hons) in Psychology at Dalhousie University, I worked as a research assistant, a teaching assistant, as well as a crisis responder for the 9-8-8 Suicide & Crisis Lifeline. With a keen interest in internalizing disorders and addictions, I am currently studying the role of emotions on cannabis-related attentional bias through eye-tracking technology.

Why you enrolled in the Psychiatry Research graduate program: As a prospective clinician and academic, I'm very passionate about youth mental health and learning how to make supports and/or interventions more accessible. I'm excited to learn more from leading professionals in the field throughout the program.

An interesting fact, hobby, or personal interest: Outside of research, I volunteer for the arts program with Autism Nova Scotia, I do ballet, and I enjoy going on runs and long walks on sunny days!



Pierre-Olivier Couture

Program: PhD in Psychiatry Research

Supervisors: Dr. David Gardner & Dr. Sherry Stewart

The place I call home is: Halifax, Nova Scotia

Your academic or professional background: I completed my BA (Hons) at Saint Mary's University in Halifax, where my honours thesis was a narrative review of ketamine and MDMA use in veterans with PTSD. I then completed my MSc in the Psychiatry Research program at Dalhousie, examining the psychological and clinical determinants of benzodiazepine receptor agonist (BZRA) discontinuation in older adults. I'm now continuing in the same program as a PhD student, with my dissertation focused on evaluating a population-scale sedative deprescribing program for older Nova Scotians.

Why you enrolled in the Psychiatry Research graduate program: My interest in deprescribing actually started during my honours thesis. Looking at ketamine and MDMA for PTSD in veterans, I noticed how often conditions like PTSD are managed with medications, like antidepressants, that require long-term daily use, when other approaches might allow for less frequent dosing and potentially better outcomes. That got me interested in a broader question: are people staying on medications longer than they actually need to be? My MSc gave me the chance to pursue that question directly, focusing on BZRA discontinuation in older adults, a focus that has carried straight into my PhD work.

An interesting fact, hobby, or personal interest: Outside of research, I officiate ice hockey in the QMJHL and AUS, and have travelled across the Maritimes, Ontario, Alberta, and Quebec for games, as well as internationally to Mexico.

UPCOMING EVENTS

Register Now!



PSYCHIATRY RESEARCH DAY

Friday, October 30, 2026 | 9 a.m. to 4 p.m.

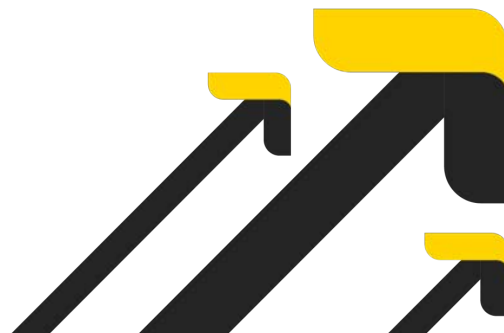
Atlantica Hotel Halifax

Theme: Child and Adolescent Research

Keynote speaker: Dr. Jai Shah, MD, FRCPC
Associate Professor, Researcher
Douglas Hospital Research Centre, McGill University

Register [HERE](#) by October 22.
Space is limited — be sure to register early!

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



**DALHOUSIE
UNIVERSITY**

Department of Psychiatry

Panel Discussion

How Early is Early Intervention for Potential Mental Illness?

What are the risks, what do we do?

Thursday, October 29, 2026

7 to 9 p.m. | The Peggy Corkum Music Room

Guest Speaker:

Dr. Jai Shah

Psychiatrist and Researcher
Douglas Research Centre and McGill University

FREE PUBLIC EVENT.

All are welcome. No registration required.
Event is in person only.

Learn more [HERE](#).

Photo: Pexels/Vitaly Gariev

Thank you to the DPRF Summer Students!



Top left: Minh Nguyen, Dr. Phil Tibbo, and Stella Murphy

Top middle: Brenna Crowe and Dr. Candice Crocker

Top right: Alice Bourne and Dr. Andrea Murphy

Bottom left: Eshaa Amer and Dr. Kim Good

Bottom right: Felix Agyapong-Opoku and Dr. Ejemai Eboreime

We were pleased to welcome five undergraduate students to the department this summer to gain hands-on research experience. Psychiatry Summer Studentships were awarded to:

- **Stella Murphy** (supervisor: Dr. **Patrick McGrath**): *A public health intervention for PTSD in youth*
- **Brenna Crowe** (supervisor: Dr. **Candice Crocker**): *Is socioeconomic status associated with increased cannabis use in patients with mental health disorders?*
- **Alice Bourne** (supervisor: Dr. **David Gardner**): *Impacts of insomnia on mental health and wellness of midlife women*
- **Eshaa Amer** (supervisor: Dr. **Kim Good**): *Vaping Cue Reactivity in patients with early phase psychosis patients: Development of the vaping cue videos*
- **Felix Agyapong-Opoku** (supervisor: Dr. **Ejemai Eboreime**): *Exploring Multifactorial Barriers and Resources for Accessing Care and Equity in Mental Health for Black Communities in Nova Scotia (EMBRACE-MHB)*

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

A special thanks also goes to the faculty supervisors.

GRANTS

CIHR Grants

Dr. **Kara Dempster** (PI); Co-Investigators: **Alexiadis, M; Crocker, CE; Fisher, DJ; Morrison, J; Tibbo, PG; Ursuliak, Z.** “Exploring the Use of Anterior Cingulate Cortex Glutathione, Glutamate and Complex Mismatch Negativity on Electroencephalogram in Predicting Response to Antipsychotic Treatment in First Episode Psychosis,” 5-Year CIHR Project Grant. Congratulations to Dr. **Kara Dempster** on receiving her first CIHR Grant!

Dr. **Ejemai Eboreime** (NPA); **Agyapong, VO; Liebenberg, L** (PAs); **Agyapong, B;** Murphy, J; **Onietan, D;** Orji, RO; Oyeboade, O (Co-Applicants) “Exploring Multifactorial Barriers and Resources for Accessing Equitable Mental Health Care Among African Nova Scotians (EMBRACE-ANS),” 2-Year CIHR Project Grant

Alda, Martin; KHAYACHI, Anouar; **Nunes, Abraham J;** Rouleau, Guy A (PIs); Scott, Kathleen (Co-Investigator) “Cellular phenotypes of bipolar disorder and its response to treatment,” 4-Year CIHR Project Grant

Meier, Sandra M; Coelho, Jennifer S; Jones, Shaleen; **Keshen, Aaron;** Mills, Jennifer S (PIs); Bishop, Emma M; Sherry, Simon B (Co-Investigator) “BodyScreen: A Phase III Randomized Controlled Trial Evaluating a Co-Designed Mobile Intervention Targeting Maladaptive Social Media Use and Psychological Risk Factors to Reduce Eating Disorder Risk in Youth,” 1-Year CIHR Project Grant - Priority Announcement: Institute of Neurosciences, Mental Health and Addiction – Health Effects of Digital Applications and AI

Other External Grants

Dr. **Phil Tibbo** (PA; NPA: Dr. M. Ferrari) “Learning Health System Network for Early Intervention in Psychosis in Canada,” 2026-2028 Graham Boeckh Foundation (GBF)

UPCOMING DEADLINE: Department of Psychiatry Research Fund

Application deadline:
October 9, 2026 at 11:59 p.m.

To apply or for more information,
email **Minh.Nguyen@dal.ca**

PUBLICATIONS

Agyapong B, Liebenberg L, Eboreime E, Greenshaw AJ and **Agyapong VIO** (2026) Translating innovation into impact: a national policy dialogue on scaling and integrating evidence-based supportive text messaging into Canada's mental health care systems. *Front. Digit. Health* 8:1830295. doi: 10.3389/fdgth.2026.1830295 <https://www.frontiersin.org/journals/digital-health/articles/10.3389/fdgth.2026.1830295/full>

Saccone M, Ball BDP, Elsayy M, **MacDonald MA,** McIntyre A, Conrad DM. A CanMEDS-Based Approach to Physician Evaluation and Performance Assessment. *Healthcare Management Forum*. 2026;0(0). doi:10.1177/08404704261462736

Liebenberg, L., Eborieme, E., Sanders, J., & Jefferis, T. (2026). A framework and guidelines for the implementation of mental health in all policies. *Discover Mental Health*. <https://doi.org/10.1007/s44192-026-00583-5>

Liebenberg, L. (2026). Schools, solidarity, and resilience: Understanding why and how we can develop children's potential. *Emotionale und soziale Entwicklung in der Pädagogik der Erziehungshilfe und bei Verhaltensstörungen*, 8. <https://doi.org/10.35468/6236> (<https://www.esz-zeitschrift.net/esz-8-2026-solidaritaet-und-potenzialentfaltung/>)

Erik Fraunberger, M.D., Ph.D., Margo D. Lauterbach, M.D., Lindsey J. Gurin, M.D., David B. Arciniegas, M.D. (August 2026). Traumatic Brain Injury: State-of-the-Art Advances Published in the Journal of Neuropsychiatry and Clinical Neurosciences. Editor's Choice article. *Journal of Neuropsychiatry and Clinical Neurosciences*. https://psychiatryonline.org/jnp/editorschoice/tbi_august_2026

International opportunities for Sleepwell's research and knowledge mobilization

From Dr. David Gardner

Sleepwell, a research and knowledge mobilization program led by Drs. **David Gardner** and **Andrea Murphy**, continues to expand its reach across Canada and internationally. Following publication of the YAWNS NB study, which demonstrated that Sleepwell's self-guided resources can improve sleep while reducing sedative use, the program has established collaborations to translate, culturally adapt, implement, and evaluate its resources in diverse healthcare settings.

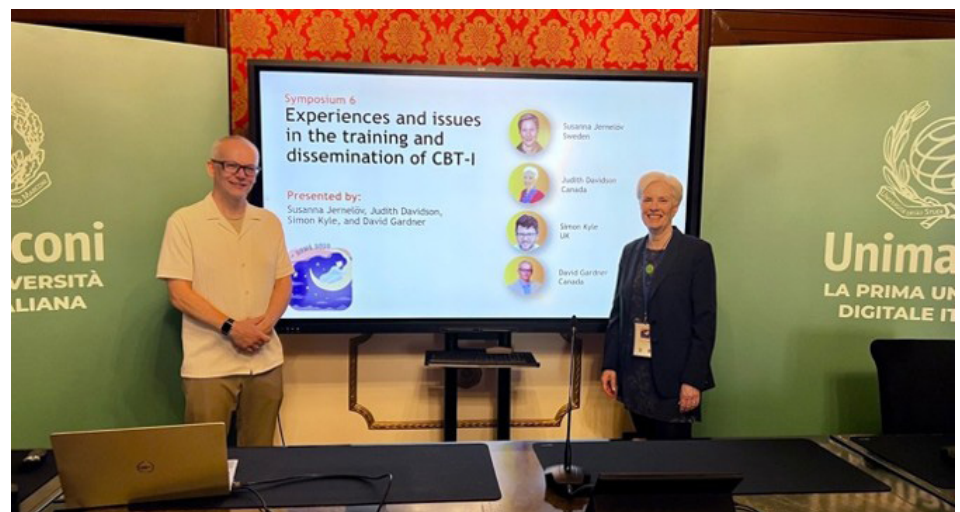
Sleepwell's first international collaboration, led by Prof. Anna Birna Almarsdóttir, brought the program to Iceland, where sedative use is among the highest in the Nordic countries. The partnership translated Sleepwell's materials, launched the Sofðuvel website, and supported a national campaign that distributed 15,000 translated booklets through primary care clinics and community pharmacies. Evaluation of the campaign is ongoing.

A second major collaboration is underway with the deprescribing research team at Nantes University in France, led by family physician Dr. Jean-Pascal Fournier. Their team is piloting a novel two-step approach that invites long-term sedative users to request Sleepwell resources before receiving a targeted mail-out. This work is informing discussions about adapting similar population-based strategies within the Canadian healthcare system, beginning in the Maritimes.

Additional partnerships are underway with research teams in Sweden and Israel, including translations of Sleepwell resources



Meeting with Icelandic health professionals, Reykjavik, August 2025.



Symposium presentation at the European Insomnia Network conference, Rome, May 2026.

into Swedish, Hebrew, Arabic, and Russian. Sleepwell has also begun discussions with the United Kingdom's Sleepio team to explore how Sleepwell's self-guided approach to reducing sedative use could complement digital CBT-I.

Within Canada, Sleepwell continues to collaborate with researchers, clinicians, and community organizations, including the Calgary Chinese Elderly Citizens' Association, where culturally adapted group CBT-I programs have demonstrated promising early

results in community settings. Plans are underway to expand the Calgary program.

Sleepwell's expanding international activities also provide valuable training and collaboration opportunities for Dalhousie students and staff. **Pierre-Olivier Couture**, who recently transitioned from the MSc in Psychiatry Research program to a PhD, is leading research focused on advancing and evaluating Sleepwell's knowledge mobilization and implementation objectives. **Katya Kruglova**,

Sleepwell's research coordinator, plays a central role in coordinating the program's research activities and international collaborations.

development to ensure all adaptations remain evidence-based while being culturally relevant and accessible.

Sleepwell's translation and international partnerships are supported by Dalhousie University's Research and Innovation team, which assists with licensing agreements and collaborative



Program training for members of the Calgary Chinese Elderly Citizens' Association, Calgary, October 2025.



Symposium presentation at the International Conference on Deprescribing, Montreal, April 2026.



Sleepwell booth at the Canadian Sleep Society conference, Montreal, April 2025.



Discussing Pierre-Olivier Couture's MSc research at the International Conference on Deprescribing, Montreal, April 2026.

Connecting the Dots: Local and Provincial Youth Advisors from seven Anchor Youth Space sites gather in Halifax to shape the future of their care

From Dr. Lori Wozney, Anam Khan, and Cora Macdonald



The youth gathering marked the first chance for advisors to come together to have open conversations about what is happening across Anchor Youth Space sites.

On August 29-30, 2026, Dr. **Lori Wozney**'s research teams at IWK Health and Dalhousie University, in collaboration with the Anchor Youth Space youth advisors and provincial leadership team, hosted a gathering that brought together youth from seven local and provincial advisory teams across Nova Scotia to convene in Halifax. The event was part of the Guiding Real Outcomes through United and Novel Approaches to Data-Integrated Youth Services (GROUND-IYS), a project funded by the Canadian Institutes of Health Research (CIHR) and marked the second annual Anchor Youth Space Nova Scotia

gathering, funded by IWK Health. Over two days, 14 young people joined Dr. Wozney and her research team, and two provincial staff members — Lindsey Parker, Social Worker and Nicole Hankinson, Youth and Caregiver Engagement Coordinator, for a meaningful and energizing weekend.

The group gathered at the Halifax Central Common Multi-Purpose Room for a day focused on building connections, strengthening youth voice, and exploring how young people can help shape the future of Anchor Youth Space across Nova Scotia. Jenna Kedy, a member

of the provincial youth advisory team and co-planner of the event, opened the morning with a heartfelt land acknowledgement and a fun icebreaker. Guided by Emily Neil, a Patient Family Advisor with the IWK and facilitator, the group engaged in rich conversations, watched videos about how data currently informs Anchor Youth space clinical and team processes, and participated in hands-on priority-setting activities. They explored and shared input on how their data should be protected, shared, and used. Following the data session, a session on safety guidelines led by Lindsey Parker was designed to

foster youth engagement in service planning and delivery, building on the team's ongoing commitment to shared decision-making with young people and their caregivers. The day wrapped up with a summary of key takeaways, followed by a lunch and learn session guided by Nicole exploring priorities for future youth-led projects and how youth advisory teams across the province could continue to grow and work together.

At its heart, the gathering was about creating spaces that feel welcoming, effective, and responsive to the needs of young people from different communities across the province. This work also intersects with Dr. Wozney's partnership with the UNITE (Unifying Networks to Innovate) research program — a six-year initiative funded by Research Nova Scotia at Dalhousie University. These initiatives share the common goal of supporting youth data literacy and co-designing data practices, ultimately positioning Nova Scotia to contribute to the pan-Canadian Integrated Youth Services (IYS) data ecosystem in equitable and meaningful ways.

Nicole Hankinson, Youth and Caregiver Engagement Coordinator for IYS Nova Scotia, who attended the gathering and facilitated a vision and mission statement session with the provincial youth, shared: *"Bringing youth together from across the province was a great opportunity to connect, share experiences, and think about how we can continue to strengthen youth voices across Anchor Youth Space. It was great to see how quickly the group connected and how much they had to contribute."*



UNDERGRADUATE EDUCATION NEWS

As we wrap up the 2025/26 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 2025/26 academic year:

- **106** core clinical clerks rotated through our Dalhousie Medicine Nova Scotia (DMNS) sites:
 - 77 completed their rotations in the Halifax Regional Municipality.
 - 18 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).
- **39** core clinical clerks rotated through our Dalhousie Medicine New Brunswick (DMNB) sites:
 - 18 completed their rotations in Saint John.
 - 21 completed their rotations at a longitudinal integrated clerkship site (Fredericton, Moncton, Miramichi, and Upper River Valley).
- We had **85** completed Med 4 electives (67 home electives and 18 visitors).
- We successfully placed **24** Master of Physician Assistant Studies (MAPS) students for the year 2026.

- 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. **Anthony Hinde**, for being the 2025/26 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 the resident representative, Dr. **Elycia Monaghan**, and the various medical student representatives for their contributions to the committee over the past year.

For the upcoming 2026/27 academic year:

- We have successfully recruited all our tutors for this year. Thank you to everyone who has signed up to tutor.
- We rotated **99** core clinical clerks through DMNS and **17** through DMNB (excluding LIC students).
- The annual Med 2 Skilled Clinician interviewing skills unit will run in three blocks of four weeks. Sessions started on August 27, 2026, and will continue on Thursday afternoons until November 12, 2026. The 'Hearing Voices' simulation has its own dedicated session on a Tuesday morning during each block.
- To date, we have successfully placed **26** home electives and visitor electives across various services in HRM.
- We are in the process of finalizing the schedule for **24** MAPS students for 2027.

WELCOME TINA — NEW UNDERGRADUATE EDUCATION COORDINATOR

At the end of August 2026, we were pleased to welcome **Tina Craig** as the new undergraduate education coordinator in the Department of Psychiatry. Welcome Tina!

Tina can be reached at Psych.Undergrad@dal.ca

We also thank **Parisa Abdi Sabouhi**, previous undergraduate education coordinator, for her help during the transition. Thank you Parisa!

POSTGRADUATE EDUCATION NEWS



A little summer sunshine and a lot of smiles! Our residents had a great time connecting, relaxing, and enjoying some well-deserved fun at the Department of Psychiatry Summer Celebration.

Save the Date: Royal College Accreditation Review

Mark your calendars! Our Royal College Accreditation Review will take place on **Monday, November 23, 2026**. Further information about staff, faculty, and resident participation will be shared as we get closer to the date.

To help everyone get accreditation-ready, be sure to join us for **Grand Rounds** on **October 14**, where we'll share important information about the review, what to expect, and how we can all be prepared for the day.

More details to come and thanks to everyone for the ongoing support!

GRADUATE PROGRAM NEWS

GRADUATE PROGRAMS IN PSYCHIATRY RESEARCH

Congratulations to our students who successfully defended their thesis or dissertation this summer!

The Graduate Program in Psychiatry Research is pleased to have nine students who have successfully defended their thesis or dissertation over the summer months.

- **Akua Agyare (MSc)** — *Cumulative Exposure to Racism-Related Experiences and Mental Health Outcomes: A Retrospective Survey*
Supervisor: Dr. **Patrick McGrath**
- **Daniel Basso (MSc)** — *Investigating the Substance Use Motives and Behaviours of Autistic Emerging Adults*
Supervisors: Dr. **Sherry Stewart** & Dr. **Jillian Filliter**
- **Pierre-Olivier Couture (MSc)** — *Psychological and Clinical Determinants of Benzodiazepine Receptor Agonist Discontinuation Success: Findings from the Stopping Insomnia Medications in Older Adults (SIMOA) Survey*
Supervisor: Dr. **David Gardner**
- **Bronwyn Inness (MSc)** — *The Effects of Parental Smartphone Addiction and Behaviours on Socioemotional Wellbeing in Children*
Supervisor: Dr. **Sandra Meier**
- **Lilith Nosko (MSc)** — *Improving Engagement to Care in Early Psychosis Services: Examining the Interaction of Past Adverse Events, Substance Use, and Stigma With a Brief Engagement-Focused*
Supervisors: Dr. **Phil Tibbo** & Dr. **Alissa Pencer**
- **Maxwell Seward (MSc)** — *Examining Medial Frontal Theta Oscillations as Markers of Glutamatergic Dysfunction in First Episode Psychosis*
Supervisors: Dr. **Kara Dempster** & Dr. **Derek Fisher**
- **Nami Trappenberg (MSc)** — *The Acceptability of Brief Integrated Psychotherapy for Comorbid Eating Disorder and Posttraumatic Stress Disorder: A Qualitative Analysis and Case Series*
Supervisor: Dr. **Aaron Keshen**
- **Andem Effiong (PhD)** — *From Evidence Synthesis to Local Application: Depression and Anxiety Among Forcibly Displaced Persons in Low- and Middle-Income Countries*
Supervisors: Dr. **Ejemai Eboreime** & Dr. **Rita Orji**
- **Ashley Francis (PhD)** — *Examining The Impact of Auditory Hallucinations on the Neural Functioning of Individuals with Bipolar Disorder*
Supervisors: Dr. **Phil Tibbo** & Dr. **Derek Fisher**

We wish them all the very best as they embark on this exciting new chapter and pursue their future goals.

THANK YOU DR. SHERRY STEWART

As the program bids farewell to Dr. **Sherry Stewart**, who has completed her term as graduate coordinator, we extend our sincere gratitude for her leadership, dedication, and vision over the past 10 years. Her contributions have been instrumental in shaping the Psychiatry Research Program into the thriving and successful program it is today.

Dr. Stewart's impact on students, trainees, and colleagues will be felt for years to come. She will be greatly missed, and we wish her all the best in the next chapter of her journey. Thank you, Dr. Stewart, for everything you have given to our program and community.

Welcome to the new cohort of Psychiatry Research graduate students

As we say goodbye to our graduates, we are welcoming our new cohort of MSc and PhD students.

Get to know the students on page 11.

Back Row (L-R): Dr. Kim Good, Anj Gosal, Lauren Stirpe, Aliya Qureshi, Madison Conrad, Danae Conrad, Leeann Timmer, and Pierre-Olivier Couture

Front Row (L-R): Adele Bernier, Deniz Yildirim, and Nora Connolly



The new class of MSc and PhD students in Psychiatry Research with Dr. Kim Good.

MASTER OF CLINICAL PSYCHIATRY AND GLOBAL MENTAL HEALTH

This month marks the launch of the Master of Clinical Psychiatry and Global Mental Health and we're excited to welcome the first ever students into the program.

Get to know the students on page 5.

From Cape Breton to Jamaica to Lagos.

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Residents' Corner

Residents participated in two events this academic year: a welcome dinner and BBQ for first-year residents and a tour of the therapeutic riding program at Lancers as part of the DPRA Symposium.



Humanities Corner

Congratulations to the winners of the 2026 Humanities Writing Competition!

The **Department of Psychiatry Medical Humanities Program** is delighted to announce the winners of the 2026 Writing Competition. Please join us in congratulating the following winners:

Medical Student Winners (Tie)

- **Zayn Alazawi, McMaster University** — Read the winning entry "[Infant of his Mother](#)"
- **Christine Strelchuk, University of Alberta** — Read the winning entry "[Beyond the Chart](#)"

Resident Winner

- **Ariel Foo, University of Ottawa** — Read the winning entry "[The Language of the Butterfly](#)"

Centre for Global Mental Health hosts first conference:

Mental Health Responses in a Changing World 2026: Innovative Responses to Humanitarian Emergencies



A diverse audience of policymakers, mental health practitioners, researchers, students, and community organizations gathered in early July for the Centre for Global Mental Health's first conference: Mental Health Responses in a Changing World 2026: Innovative Responses to Humanitarian Emergencies.

Inspired by the World Health Organization's 2025 World Mental Health Day theme, the conference responded to the urgent global need for effective, evidence-informed, and community-based mental health and psychosocial supports in humanitarian emergencies.

Delivered in a hybrid format through the keynote presentation, panel discussion, tabletop presentations, community spotlights, breakout sessions, and poster presentations, attendees explored responses to humanitarian emergencies that strengthen community resilience at home and abroad.

"These conversations reminded us that humanitarian emergencies take many forms," said Dr. **Linda Liebenberg**, the centre's program coordinator and moderator of the event. "Sometimes they are dramatic and highly visible — armed conflict, forced displacement, floods, fires, hurricanes, or pandemics. But oftentimes they are quieter, experienced through housing insecurity, persistent racism and discrimination, social isolation, poverty, climate-related anxiety, and in communities where access to relevant and meaningful care remains out of reach."

The conference reinforced another important truth, said Dr. **Vincent Agyapong**, the centre's director and head of Psychiatry for Dalhousie and Nova Scotia Health's Central Zone.

"Behind every humanitarian emergency is a person, a family, and a community whose mental health deserves the same urgency as their physical health."

Context and community: An inspiring keynote and expert panel

The conference opened with an Indigenous prayer led by Raymond Swell, an assistant professor in the English Department at Saint Mary's University.

Dr. Agyapong welcomed attendees to the event. His remarks highlighted how humanitarian emergencies affect mental health, the importance of research in informing policy and practice, and how mental health equity locally and globally is a collective responsibility.

Dr. Pamela Collins, Chair, Department of Mental Health, Johns Hopkins Bloomberg School of Public Health, opened the conference with her keynote presentation "HIV, mental health, and humanitarian emergencies: understanding integrated responses." The presentation explored why mental health should be included in HIV care in humanitarian settings.

She reminded us humanitarian crises affect more than physical health. They disrupt families, communities, service-providing systems, and social networks, creating ripple effects that continue long after the immediate emergency has ended. Her keynote also reminded us mental health is interconnected with physical health, social and structural conditions, and the strength of political and economic systems that support people throughout their lives.

Following her keynote presentation, Dr. Collins participated in our panel discussion, joining the Honourable Wanda Thomas Bernard, Senator – Nova Scotia (East Preston); Dr. Ejemai Eboime, researcher, implementation scientist, and assistant professor in the Dalhousie Department of Psychiatry; and, Kendall Paul, Mental Health Counsellor with the Indigenous Mental Health & Wellness Team at the Mi'kmaw Native Friendship Centre.

Our panel challenged us to think more broadly about how we respond to humanitarian emergencies. Their discussion explored the concept of power sharing, highlighting the importance of language and community-driven solutions and involvement in the research process.

Highlighting under-represented voices: Community Spotlight and Breakout Sessions

“One of the things I found particularly powerful was that today’s discussions never suggested that responses to mental health interventions in humanitarian emergencies lie solely in clinics, hospitals, or larger health systems,” said Dr. Liebenberg.

“Instead, we heard repeatedly that communities are extraordinary sources of innovation, resilience, and knowledge.”

Our three community spotlight sessions highlighted underrepresented voices and mental health initiatives at the community level. They illustrated how schools can become places that promote well-being, how families become advocates for systems change, how housing is healthcare, and how relationships and peer support can transform lives.

Several breakout sessions explored innovative mental health responses across a variety of contexts. We learned from experiences in Rwanda, Sudan, Nigeria, Tanzania, Jamaica, Bhutan, and here in Mi'kma'ki, Nova Scotia.

Despite the diversity of these contexts, the same principles emerged, underscoring how mental health is strengthened when communities, as knowledge holders and experts, are engaged.

Reflections and lessons learned

As the conference ended, Dr. Liebenberg reflected on the day’s presentations and shared six key lessons and their implications for advancing mental health and well-being.

1. Mental health is created long before someone enters a clinic
2. Equity is not an optional extra — it is the foundation of effective mental health systems
3. Communities are not simply recipients of care — they are creators of solutions
4. Relationships are the most powerful intervention we have
5. Research creates impact only when it changes lives
6. Hope is built through partnership

Dr. Liebenberg shared that together, these lessons represent a profound shift in how we view mental health, challenging us to think beyond responding to illness and to promote well-being and resilience at the individual and community level.

The conference also reflected several shared priorities around equity, partnership, prevention, innovation, and learning and ended with a call to action: *What will we do with what we know?*

Reflections on the centre’s first conference continued through feedback gathered from attendees. Overall, feedback was positive with attendees noting they enjoyed the variety of speakers and perspectives shared and many indicating they gained new knowledge.

Attendees also shared suggestions to improve the event in the future, and the organizers will be considering those as it plans its next conference.

Building on the conference’s call to action, Dr. Agyapong said progress depends on collaboration.

“One message resonated throughout the day: no single organization, profession, or country can solve today’s mental health challenges alone. Progress depends on partnership, innovation, and communities working together to translate evidence into action.”

Division of Child & Adolescent Psychiatry

AWARDS/RECOGNITION

Media interviews

- Dr. **Sabina Abidi** was interviewed by CBC Information Morning about “increase in cannabis-induced psychosis in youth” on May 27, 2026.
[Listen to the interview.](#)
- Dr. **Kyle Godden** was interviewed by CBC Nova Scotia for article about “increased number of cases of high potency cannabis induced psychosis among youth” on May 31, 2026.
[Read the article.](#)
- Dr. **Sabina Abidi** was interviewed by CBC Island Morning about “increased number of cases of high potency cannabis-induced psychosis among youth” June 1, 2026.
[Listen to the interview.](#)

Awards

- Dr. **Sarah Fancy** received the 2026 Dalhousie Faculty of Medicine Early Career Award of Excellence in Clinical Practice — June 2, 2026
- Dr. **Ali Manning** received the 2026 Dalhousie Faculty of Medicine Early Career Award of Excellence in Education — June 2, 2026
- Dr. **Selene Etches** received the Dr. William Grigor Award from Doctors Nova Scotia — June 5, 2026
- Dr. **Alexa Bagnell** received the 2026 CACAP Paul D. Steinhauer Advocacy Award — June 10, 2026



Dr. Sarah Fancy (left) and Dr. Stephen Miller, Senior Associate Dean, Education, Faculty of Medicine (right).



Dr. Sabina Abidi (left) and Dr. Selene Etches (right).

The Garron Centre is awarded the 2026 Certificate of Special Recognition from the Canadian Academy of Child and Adolescent Psychiatry.

This national award recognizes individuals and organizations who are making meaningful, lasting contributions to Child and Adolescent Mental Health particularly in work that reflects innovation, leadership, impacts improving the quality of mental health care and how it's delivered. It speaks volumes of the dedication, passion, expertise and strong collaboration of the entire team — June 10, 2026.



Dr. Sarah Fancy.



Left to right: Drs. Alexa Bagnell, Kyle Godden, and Sabina Abidi.

In other news

Please join us in welcoming Dr. **Sabina Abidi** as Interim Chief of Psychiatry for IWK and Interim Division Head, Child and Adolescent Psychiatry, Department of Psychiatry, Dalhousie University effective July 1, 2026.

We also would like to acknowledge and thank Dr. **Alexa Bagnell** for many years as an exemplary leader: as Associate Chief of Child and Adolescent Psychiatry at IWK from 2012-2014, Interim Chief from 2014-2016 and two, five-year terms as Chief starting in 2016 and concluding June 30, 2026. We cannot thank Dr. Bagnell enough for her leadership, mentorship, and longstanding dedication to the Division of Child and Adolescent Psychiatry.



Dr. Sabina Abidi.

CAP PRESENTATIONS

The Canadian Academy of Child & Adolescent Psychiatry Annual Conference was held in St. John's, Newfoundland and Labrador between June 6-9, 2026. Several Dalhousie CAP members presented their research:

Poster presentations:



Drs. **Sabina Abidi, Jill Chorney, Snow S, Works N, MacPhee H** — "Implementing Measurement-Based Care in a Tertiary Youth Mental Health Program."



Dr. **Lourdes Soto-Moreno**, Fraser K, Clark S, Hankinson N, Kehoe S — "From Inpatient Cohorts to Individualized Community Based Care: Transforming Intensive Mental Health Care for Children."



Drs. **Kyle Godden and Selene Etches** — "International Review of Pediatric Somatic Symptom and Related Disorders Treatment."

Dr. **Selene Etches**, Ignaszewski M, Choi F — "Antidepressants in Youth with Comorbid Alcohol Use Disorder: A Systematic Review."

Drs. **Sabina Abidi, Alexa Bagnell**, De Souza C, Rasasingham R, Amirali L, Morrisette, Davidson J, Ridley E, Sassi R — "CACAP Physician Workforce Survey: Taking Stock to Inform Policy" June 6-9, 2026.

Invited oral presentations:

Dr. **Selene Etches** — "Adolescent Addiction Psychiatry: realities, challenges, and opportunities" June 6-9, 2026.

Dr. **Alexa Bagnell** co-presented with Dr. Clara Westwell Roper from BCCH/UBC as plenary speaker: "Perspectives on PANS/PANDAS: Practical approaches from Atlantic to Pacific" June 6-9, 2026.



Further research/presentations:

- Dr. **Lori Wozney**, Mehta R presented a poster at the 49th Annual Science Atlantic Psychology Conference, St. John's, Newfoundland and Labrador "Posttraumatic stress disorder symptom severity and coping-motivated substance use among Canadian youth with interpersonal and non-interpersonal trauma" May 21, 2026.
- Dr. **Lori Wozney** presented a lunch and learn presentation at Anchor Youth Cumberland, "Measuring What Matters: Data, Research, and Evaluation in Integrated Youth Services" May 22, 2026.
- Dr. **Lourdes Soto-Moreno**, Fraser K, Clark S, Hankinson N, Kehoe S presented poster at Children's Healthcare Canada conference, Calgary, Alberta "From Inpatient Cohorts to Individualized Community Based Care: Transforming Intensive Mental Health Care for Children" June 1, 2026
- Dr. **Selene Etches** presented as part of CAP-Ed (Child & Adolescent Psychiatry Educational Series for Frontline Healthcare Workers "Substance Use Disorders in Youth," Dr. **Celia Robichaud** is the session facilitator. June 17, 2026.
- Dr. **Selene Etches** presented to the Nova Scotia IWK/NSH School Health Partnership Nurses "Somatization and the Mind Body Connection" June 17, 2026.
- Dr. **Jennifer Cumming** presented at the 27th World Congress of the International Association for Child & Adolescent Psychiatry & Allied Professions, Hamburg, Germany "Developing an Infant Mental Health Service in Halifax, Nova Scotia: A program evaluation of challenges and successes" July 3, 2026.

CAP GRANTS

- **Neha Khanna** (psychiatry resident) who is co-supervised by Dr. **Selene Etches** & Brothers, T has received Canadian Society of Addiction Medicine Grant of \$5,000 for project "*Improving Perinatal Substance Use Care: Exploring acceptability and feasibility of integrated models of care in Nova Scotia.*" July 2026.

APCAP — The Atlantic Provinces Child and Adolescent Psychiatry Annual Conference

The Atlantic Provinces Child & Adolescent Psychiatry Annual Conference meeting was held in St. John's, Newfoundland and Labrador on June 6, 2026 for the Atlantic members, coinciding with the national CACAP conference.

Attendees represented Nova Scotia, New Brunswick, NL and some colleagues from Ontario to share, network, and enjoy!



CAP EDUCATION

CAP-Ed Educational Series: Session 1

The Division of Child and Adolescent Psychiatry at Dalhousie University, in partnership with the IWK Health Centre, launched a **free** virtual educational session on “Substance Use Disorders in Youth” presented by Dr. **Selene Etches** on June 17, 2026. The session was attended by 101 frontline healthcare workers

across three provinces who chose to spend lunch time learning and expanding their knowledge on youth mental health. Dr. **Celia Robichaud** is the session facilitator.

This *accredited series* connects pediatricians, family physicians, and nurse practitioners with local

Maritime experts to explore key, clinically relevant topics in child and adolescent mental health.

The second session was held on September 16, 2026 and the next session will be held on November 18, 2026.

CAP subspecialty program updates

Congratulations to Dr. **Sophie Church**, who graduated from the CAP subspecialty program in June 2026. She joined the faculty on August 4, 2026 and is working at CMHA Sackville.

Welcome Dr. **Lauren Miller**, who started her Child & Adolescent Psychiatry subspecialty residency training in July. A welcome party was hosted by program director Dr. **Celia Robichaud**, where division members celebrated our newest subspecialty resident.



Dr. Sophie Church.



CAP resident welcome party.

CAP RESEARCH

Dr. **LeAnne Revell**'s scholarly project, supervised by Dr. **Selene Etches**, titled “More than a Mess: A Scoping Review of Atypical Pediatric Fecal Behaviors,” was initiated after recognizing the significant challenges these poorly understood behaviours pose for caregivers, particularly within the foster care system, where they may contribute to breakdowns in care relationships.

The project distinguishes atypical fecal behaviours from common elimination disorders, focusing

on secondary encopresis, scatolia (fecal smearing or manipulation), and coprophagia (fecal ingestion). In the absence of severe neurodevelopmental or intellectual disabilities, the causes of these behaviours remain unclear and may be misinterpreted as willful defiance or oppositionality.

Dr. Revell, Dr. Etches, Darlene Chapman, and **Nicholas Hennessey** conducted a rigorous scoping review using the PICO framework. Searches of PubMed, Embase, PsycINFO, and CINAHL

identified 5,230 articles, which were independently screened. Preliminary findings indicate that the literature is largely limited to isolated case reports, highlighting a significant gap in evidence-based management. Following abstract submission to Dalhousie Psychiatry Research Day, the team will proceed with data extraction and synthesis to identify psychosocial contexts and management approaches, with the goal of informing future clinical assessment guidelines.

CAP PUBLICATIONS

- Dax Bourcier, Joanna Holland, Andrew Veysey, Naeem Khan, **Selene Etches**. Korsakoff Syndrome in a Late Adolescent with Wernicke Encephalopathy: A Case Report. *Case Rep Neurol*. 2026 May 30;18(1):356-363. doi: 10.1159/000552504. PMID: 42499986; PMCID: PMC13399960. May 30, 2026. [Read the article](#).
- Jennifer Lane, Megan White, Holly McCulloch, **Lori Wozney**, et al. Strategic aggregation: A more equitable approach to creating two-category variables. *Can J Public Health*, 2026. June 3, 2026. [Read the article](#).
- Allison Gallant, Hannah Adams, **Selene Etches**, Tania Wong. "Health care-related needs for youth in care: a mixed methods study." *Pediatrics & Child Health*, 2026; pxag070 August 19, 2026. [Read the article](#).

National Guidance for Youth Substance Use Health

From Dr. Selene Etches



Dr. Selene Etches.

I'm excited to share that Canada's first National Guidance to Support Youth Substance Use Health in Canadian Pediatric Hospitals is now available [online](#).

Youth substance use remains prevalent in Canada, yet many pediatric healthcare providers lack standardized, evidence-based guidance to identify and support youth substance use health (SUH). This leads to youth substance use being missed, or not being assessed or treated using evidence-based approaches. Providers need a national framework that ensures

equitable access to high-quality SUH care for all youth in Canada.

As part of the Canadian Advisory on Youth Substance Use, I've had the privilege of working with pediatric experts in substance use disorders from across Canada to help create this guidance document. Validated by youth, parents and caregivers, it provides an evidence-informed framework to strengthen and standardize substance use health care services for young people across emergency, inpatient and outpatient settings.

This document includes practical recommendations and tools to support:

- Screening and assessment of substance use in youth
- Response options such as withdrawal management, initial and psychosocial interventions, harm reduction, pharmacotherapy, and ongoing supports
- Key considerations for quality care

This project is an important step toward more consistent, equitable, and responsive care for Canadian youth with substance use disorders.

Please take a moment to visit the [Canadian Centre on Substance Use and Addiction website](#) for more information.

Section of Geriatric Psychiatry

Geriatric Psychiatry Subspecialty Program Updates

Welcome Dr. Jay Toulany

The Section of Geriatric Psychiatry is thrilled to officially welcome Dr. **Jay Toulany** (PGY-5) to our subspecialty program, effective July 1, 2026.

Dr. Toulany brings a strong commitment to specialized care for older adults, and we are excited to have him join our clinical and academic community. Please join

us in extending a warm welcome to Dr. Toulany as he begins his subspecialty training with our team!

Drs. Alec Watts and Lauren Haslam transition into PGY-6 subspecialty roles

Congratulations to both Dr. **Alec Watts** and Dr. **Lauren Haslam**, who officially transitioned into their PGY-6 subspecialty roles on July 1, 2026.

We look forward to their continued leadership and clinical excellence in the coming year.

Resident research on display at CACP-CCSMH

Dr. **Lauren Haslam**'s abstract has been accepted for a poster presentation at the upcoming Canadian Academy of Geriatric Psychiatry (CAGP-CCSMH) Annual Scientific Meeting, taking place at the Marriott on the Falls in Niagara Falls, ON, from October 16–17, 2026!

The abstract, titled "*Suicide in Long-Term Care: A Narrative Review*," was completed under the supervision of Dr. **Mark Bosma** and Dr. **Cheryl Murphy**. The review provides an updated synthesis of the literature on rates of suicidal ideation, suicide attempts, and completed suicides in long-term care settings.

Please join us in congratulating Dr. Haslam on this well-deserved academic accomplishment!

CaRMS preparations underway

The Geriatric Psychiatry team is actively preparing for the upcoming CaRMS Subspecialty Match. File reviews and interviews have been scheduled for September 17, 2026.

Serving and Engaging Society

Serving and Engaging Society Fund

The “Serving and Engaging Society Fund” offers \$1,000 grants for academic initiatives that help to close gaps in serving equity-denied groups. Learn more and review the fund requirements below:



Serving and Engaging Society Fund

Funding is available for academic initiatives, in collaboration with community partners, in the areas of education, clinical care, or research to close gaps in serving and engaging equity-denied populations and to become a more trusted partner with community.

The Serving and Engaging Society Fund is available to all members of the Dalhousie Department of Psychiatry.

LEARN MORE & APPLY [HERE](#).

 **DALHOUSIE UNIVERSITY**
Department of Psychiatry

Serving and Engaging Society Committee members attend Wije'winen Health Centre's Anniversary BBQ



Wije'winen Health Centre's
4th Birthday Community BBQ

EVERYONE WELCOME!
Come celebrate with us and enjoy an evening of giveaways, goodies, and a delicious BBQ dinner!

Beef, chicken, salmon, and tofu options!
Catered by Sizzler BBQ

**WEDNESDAY,
JULY 15TH, 2026**
5:00 PM - 7:00 PM
209-2021 Brunswick Street
at the Mi'kmaw Native Friendship Centre in the Joan Gloade room

CELEBRATING FOUR YEARS OF SERVING KIPUKTUK • 2022 • 2026
wije'winen HEALTH CENTRE

On July 15, Dr. **Keri-Leigh Cassidy**, director of Social Policy and Advocacy and chair of the Serving and Engaging Society Committee, and **Eleanor Kumahia**, the committee's administrator, attended the Wije'winen Health Centre's Anniversary BBQ. They were joined by **Sam Hawkins**, research assistant for the Section of Geriatric Psychiatry.

Summer Celebration at St. Mary's Boat Club



In recognition of community, belonging (and the warmer summer weather!), our department hosted its fourth annual Summer Celebration on July 19, 2026. For the second year, department members and their families gathered at the St. Mary's Boat Club in Halifax to take part in a variety of activities and spend some time together outside of their professional roles.

Attendees could participate in a scavenger hunt at their own pace, encouraging them to take photos of the beautiful scenery and with people they hadn't met before. A prize was available for the winning photo. Arts and crafts for all ages (led by Dr. **Pippa Moss**) were offered throughout the event. Specific times were dedicated to deck games for children and adults with prizes available for the winners. Camp counsellors

ran additional children's games. Some attendees also took time to catch part of the world cup game, displayed on a screen inside the clubhouse.

After the activities, Dr. **Zenovia Ursuliak**, director of wellness, who organized the event, welcomed attendees and thanked volunteers. A dinner of BBQ and international food followed, honouring the rich diversity of our department. The event concluded with a performance by Sarah and Dale Letcher from the band Big Fish.

More than just a fun day, the Summer Celebration also aligns with our guiding principles, fostering a sense of belonging and community and celebrating our diverse department.

Each year it's wonderful to see so many department members and their families come out to this event to meet new people and enjoy the activities and the beautiful day. A special thanks to the event organizers and many volunteers who helped make the event a success.

A feedback survey was circulated to department members to share their thoughts on the event.

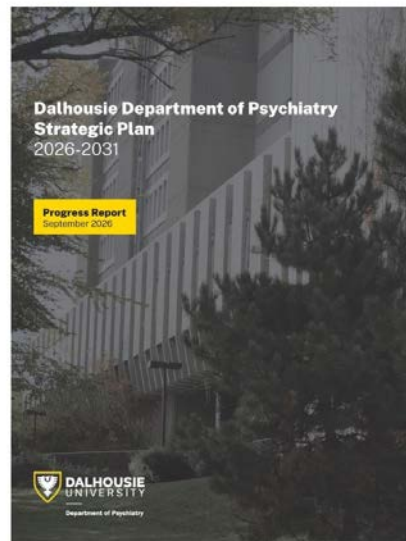
Thank you to everyone who attended and we hope to see you next summer!

Department of Psychiatry shares progress report on its 2026-2031 Strategic Plan

In September, we were pleased to share a [progress report](#) on our [2026-2031 Strategic Plan](#).

This report illustrates how our actions (whether new or ongoing) align with our strategic goals and objectives. It also indicates what actions are in progress and what is not yet started. As you'll read in this progress report, work is underway in almost all our high-level actions.

Thank you to everyone who has contributed to implementing our strategic plan. Together, we will keep shaping the future of mental health care locally and globally as we bring this plan to life.



[View the Strategic Plan Progress Report — September 2026](#)

Centre for Global Mental Health shares fall 2026 report



The Centre for Global Mental Health is pleased to share its fall 2026 report, highlighting its events, programs, research, and partnerships.

[View the Global Mental Health Report — Fall 2026](#)

FACULTY AND STAFF CHANGES

Arrivals

- Dr. **Mitchel Betsch** joined the department as a Hospitalist, effective May 1, 2026. Dr. Betsch is located on 6 & 7 Lane. He can be reached at **Mitchel.Betsch@nshealth.ca**. Dr. Betsch has previously provided locum coverage for the department.
- Dr. **Catherine (Maria) Finnegan** joined the department as a Hospitalist, effective July 27, 2026. Dr. Finnegan is located at the East Coast Forensic Hospital. She can be reached at **Catherine.Finnegan@nshealth.ca**
- Dr. **Sophie Church** joined the department as an Assistant Professor, effective August 1, 2026. Dr. Church is located at the IWK-Bedford Sackville Clinic. She can be reached at **Sophie.Church@iwk.nshealth.ca**. Dr. Church recently completed her residency with the department.
- Dr. **Margaret Ogbeide-Ihama** joined the department as an Assistant Professor, effective August 10, 2026. Dr. Ogbeide-Ihama is located at Dartmouth Connections/Cole Harbour Community Mental Health Clinic. She can be reached at **ogbeidma@nshealth.ca**
- Dr. **Oluwabukola Rosiji** joined the department as an Assistant Professor, effective September 14, 2026. Dr. Rosiji is working at the OSI clinic and RASP. She can be reached at **rosijio@nshealth.ca**
- **Tina Craigg** joined the department's operations team as Undergraduate Education Coordinator, effective August 26, 2026. She can be reached at **Psych.Undergrad@dal.ca**

Welcome to you all!

Departures

- Dr. **Pamela Arenella**, effective June 30, 2026
- Dr. **Sanjana Sridharan**, effective August 31, 2026 — will remain as adjunct faculty
- **Parisa Abdi Sabouhi**, effective August 31, 2026

We wish you well!

Welcome dinner for new faculty members



In August, we were pleased to host a welcome dinner for six new psychiatrists who joined the department.

Welcome to the department!

Department head staff engagement lunches

Over the summer, department head Dr. **Vincent Agyapong** continued his annual small-group lunchtime conversations with the Dalhousie Psychiatry operations team. These conversations are an important opportunity to hear feedback, listen, learn, imagine, and lead.

During the lunch, Dr. Agyapong asked a fundamental question: *What will it take for us to move from excellence to eminence?*

Over the past five years, staff, faculty, and learners have demonstrated what is possible when talented people are united by a shared purpose. Together, we

have achieved phenomenal growth across our clinical, educational, and research programs, while creating new opportunities for members of our department to learn, contribute, innovate, and thrive. But our greatest achievements are still ahead of us.

Dr. Agyapong is grateful to staff, faculty, and learners for their passion, commitment, and willingness to imagine what our department can become.



MEDIA

- [A father follows his son through Nova Scotia's revolving door of severe mental illness, homelessness and addiction](#), The Chronicle Herald (with Dr. **Jason Morrison**)
- [Researchers say better cannabis education could reduce high-potency THC use](#), CBC News Newfoundland and Labrador (with Dr. **Phil Tibbo**)
- [Shining a light on mental health](#), CTV Your Morning Atlantic (with Dr. **Linda Liebenberg**)

UPCOMING EVENTS

Let's Keep Talking

Let's Keep Talking

Mental Health Foundation of Nova Scotia Event

Event details

WHEN: October 6, 2026 | 6-8 PM

WHERE: NSCC Ivany Campus, Presentation Theatre

REGISTRATION: Free

Keynote speaker: Olympian Karen Furneaux

[Register here](#) to reserve your seat.

About

Let's Keep Talking, presented by Bell Let's Talk, is an annual public event created to educate, inspire

and celebrate the achievements of outstanding Nova Scotians who either live with mental illness or addiction or support those who do. This year, we are proud to welcome Olympian Karen Furneaux as our keynote speaker.

For more information, visit [their website](#).

28th Annual Mosaic for Mental Health “Kindness”

Canadian Mental Health Association
Halifax-Dartmouth Event

28th Annual Mosaic for Mental
Health “Kindness,” Art Exhibition
and Sale

WHEN: October 15-27, 2026

WHERE: The Craig Gallery, Alderney
Landing

AWARDS & HONOURS

Dr. Bala Harri awarded Certificate of Achievement at 5th World Congress on Public Health and Epidemiology

Dr. **Bala Harri** was awarded a Certificate of Achievement for his exceptional and noteworthy presentation “Psychosocial Realities and Displacement-Related Factors Shaping Mental Health Among Internally Displaced Persons in North Central Nigeria” at the 5th World Congress on Public Health and Epidemiology, held in Orlando, Florida, USA, from August 17–18, 2026.

Dr. Bala Harri is a PhD in Psychiatry Research student in Dalhousie’s Department of Psychiatry. Congratulations Dr. Harri!

Extra Mile Award recipients

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

The Department of Psychiatry’s Extra Mile Award recognizes exceptional contributions by department members who have truly gone “the extra mile” in service to the department by advancing its mission in the areas of education, research, clinical care, advocacy, wellness, and EDIRA.

Recipient: Dr. Barani Sambandan

Nominated by: Dr. Mahmoud Awara

Dr. Sambandan consistently goes above and beyond in his work with adults receiving psychiatric care, particularly individuals with intellectual disabilities and other vulnerable populations. He is widely recognized for his compassionate, patient-centred approach, his ability to build meaningful therapeutic relationships, and his unwavering commitment to advocacy. His reflective practice, humility, and awareness of the broader social determinants of health enable him to provide care that is both clinically

excellent and deeply respectful of patients’ individual needs.

In addition to maintaining a demanding clinical workload, Dr. Sambandan makes significant contributions to medical education through teaching undergraduate medical students and supervising residents, fellows, and clinical learners. He is committed to fostering a supportive learning environment and helping the next generation of physicians develop both clinical competence and professionalism. His appointment as Assistant Professor reflects his growing contributions to the academic mission of the department.

Dr. Sambandan also demonstrates a commitment to continuous improvement and departmental engagement through participation in faculty development activities, professional certification programs, and service on the Department of Psychiatry's CPD Subcommittee on Equity, Diversity and Inclusion. He approaches his work with integrity, collegiality, and a genuine desire to improve the quality of patient care and the learning experience for trainees.

Recipient: Dr. John Oguntade

Nominated by: Dr. Mahmoud Awara

Dr. Oguntade exemplifies exceptional dedication, compassion, and a sustained willingness to contribute beyond the usual expectations of his role. His service reflects not a single extraordinary act, but a consistent pattern of going above and beyond for patients, learners, colleagues, and communities.

Dr. Oguntade provides psychiatric care across multiple clinical sites serving distinct catchment areas. By making himself available across these communities, he improves access to specialized care for patients who might otherwise encounter delays, geographical barriers, or fragmented services. He manages a consistently high clinical volume with remarkable commitment, balancing comprehensive assessments with longitudinal follow-up and continuity of care. Even under intense demand, he remains focused on ensuring that patients receive thoughtful, responsive, and coordinated treatment.

Working across several sites also requires adaptability and reliable coordination with different teams. Dr. Oguntade meets these demands without letting organizational complexity reduce his availability. Colleagues and patients benefit from a physician who is dependable,

collaborative, and prepared to assume responsibility wherever the need is greatest.

A particularly distinctive part of Dr. Oguntade's work is his commitment to people living with concurrent mental health and substance-use disorders. This is a high-need population whose care is often complicated by clinical complexity, social disadvantage, stigma, and difficulty remaining connected with conventional services. Dr. Oguntade provides high-intensity access to specialized psychiatric and addiction expertise. He does not limit his involvement to an initial consultation; he remains available through assessment, treatment planning, stabilization, and follow-up. His approach helps patients who are particularly vulnerable to gaps in care receive consistent clinical attention and a meaningful opportunity for recovery.

Dr. Oguntade's contribution also extends well beyond direct patient care. Despite an exceptionally demanding and overbooked clinical schedule, he remains an exemplary trainer for residents and international fellows in Addiction Psychiatry. He generously shares his knowledge, experience, and time, creating learning opportunities within the realities of a busy and complex clinical practice. His international reputation is reflected in the extraordinary demand for training with him: fellows are already waiting for opportunities through 2028.

His educational work multiplies the impact of his clinical service. Residents and fellows learn not only diagnostic and treatment skills, but also how to engage respectfully with people affected by addiction, navigate complex systems, and maintain therapeutic commitment when care is challenging. International fellows carry this learning into other services and

communities, extending the influence of his work far beyond his own clinics.

What distinguishes Dr. Oguntade is the breadth and consistency of his contribution. He expands access for a high-need population, manages substantial clinical demand effectively, maintains continuity across multiple sites, supports colleagues and trainees, and strengthens the department's reputation in Addiction Psychiatry. He repeatedly accepts responsibilities that require additional time, flexibility, and personal commitment, yet continues to approach his work with professionalism and compassion.

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](#).

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 2026**.

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



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