

## **Resume: Dr. Bianca Lauria-Horner**

### **Profile:** *Bianca Lauria-Horner*

Department Affiliation(s): Associate Professor, Dalhousie University

### **Contact Information**

Email: hornerb@dal.ca

Telephone: 902-229-1875

### **Languages**

English: Fluent

French: Fluent

Italian: Native Speaker

Spanish: Basic Knowledge

**Department:** Family Medicine, Consultant Staff, Family Practice, Capital Health (NS)

*Cross Appointment* to Psychiatry Privileges in General Adult Psychiatry Consulting

Privileges at Sites, NS Capital Health Care, Dartmouth General Hospital, Eastern Coast Forensic Hospital, Veterans Memorial Hospital, Nova Scotia Hospital

Active Staff, Family Practice, Capital Health (NS)

*Cross Appointment* to Psychiatry Privileges in General Adult Psychiatry

## **Degrees**

1979 - 1984      Doctorate of Medicine - Université de Montreal

1975 - 1979      Bachelor of Science Biochemistry Major- Université de Moncton

## **Licenses and Credentials**

1985 - present      General Medicine License - College of Physicians and Surgeons of Nova Scotia

1984 - present      Licentiate - Medical Council of Canada  
Licentiate – Permis d’Exercer la Médecine, Corporation Professionnelle des Médecins du Québec

## **Faculty Appointments**

2013 - present      Associate Professor - Dalhousie University - Department of Psychiatry

2005 – 2013      Assistant Professor - Dalhousie University - Department of Psychiatry

2002 - 2004      Lecturer - Dalhousie University - Department of Psychiatry

## **Work Experience**

2018-current      Mental Health Commission Canada (MHCC) Training Team: “*Adult Mental Health Practice Support Program*” developed by the British Columbia General Practice Services Committee for primary care

2018-November	providers. Trainer in the provincial dissemination to various provinces: Newfoundland, Prince Edward Island, and Nova Scotia Mental Health Commission Canada (MHCC) Training Team: Stigma Reduction Primary Care Training Workshop (Cognitive Behavioural Interpersonal Skills Manual and Understanding Stigma) in Paramaribo Suriname PAHO/WHO-MHCC joint partnership initiative, Paramaribo Suriname.
2017- current	Mental Health Commission of Canada Training Team for “ <i>Inquiring Minds</i> ” program, as a Master Trainer delivered numerous Train the Trainer Sessions for University Personnel across Canada
2013- current	Mental Health Commission of Canada Training Team for “ <i>Road to Mental Readiness</i> ” program, as a Master Trainer delivered numerous Train the Trainer Sessions to “ <i>First Responders</i> ” (Law Enforcement, Sherriff, Firefighters, Armed Forces, Primary Care Providers, EMS) Personnel across Canada in both official languages
2013- current	Mental Health Commission of Canada Training Team for “ <i>The Working Mind</i> ” program, as a Master Trainer delivered numerous Train the Trainer Sessions, and “ <i>Workplace</i> ” (Managers and Staff Personnel) across Canada in both official languages
2012- 2016	Primary Mental Healthcare Education Leader, Dalhousie University Department of Psychiatry (Teaching Faculty, Research, Training Community Based Family Physicians, Training various community-based audiences (Education staff and administrators, First Responders)
2004 - 2015	Officer in Charge, Atlantic Region Occupational Health and Safety Unit - Royal Canadian Mounted Police
2004 - 2012	Primary Care Projects Dalhousie University - Department of Psychiatry
2001- 2004	Director of Primary Care Brain Research, Primary Care Projects Network Dalhousie University - Department of Psychiatry
2001 - 2004	<i>Brainworksinternational</i> - Research Division - Atlantic Canada Research Director
1999 - 2001	Clinical assistant - Dalhousie University - Department of Psychiatry
1997 - 1999	Student Health Services –Mount St Vincent University Halifax Nova Scotia
1985 - 1996	Clinical Family Practice – Lower Sackville, NS

## Supervisory Role

2013 - 2016	a) Dalhousie University Department of Psychiatry: Primary Care Mental Health Education Leader (Research and Mental Health Practice Support Program Coordinator)
2004 - 2015	b) Officer in Charge of the Atlantic Regional Occupational Health & Safety Unit for the Royal Canadian Mounted Police, a leadership

position providing effective management and leadership for four key programs—Occupational Health; Occupational Safety; Return to Work program, and the Member Employees Assistance Program. The role’s mandate included managing and directing a large and dispersed administrative and professional staff (27 employees) in Atlantic Canada, training of professional staff, streamlining processes (implementing industry standard “Best Practices”, policies and procedures, quality assurance measures), facilitating collaboration between programs, and responsible for an annual budget of 3.1 million dollars annually.

- 2001-2004 c) Primary Care Projects, Atlantic Region Director of Primary Care Brain Research Network, Dalhousie University Department of Psychiatry—Mental Health Educator, Lead Primary Care Projects and Research with a mandate to manage and direct a large and dispersed administrative and academic personnel (25 employees) in Atlantic Canada
- 2001-2004 d) *Brainsworkinternational* (Commercial arm of Primary Care Brain Research Network, Dalhousie University Department of Psychiatry)—a private corporation specialized in the development and/or execution of clinical trials (2001-2004)—Atlantic Region Director-Research Division, a leadership position with a mandate to recruit, direct, and manage 5 research sites in Atlantic Canada, training in clinical trial design and methodology as well as quality and ethical execution in keeping with International Conference on Harmonization (ICH) / WHO Good Clinical Practice guidelines. of Dalhousie University Department of Psychiatry).
- 1985-2002 e) Dr. Bianca Horner Family Practice Inc: Co-owned and operated a Family Practice clinic (5 employees).

## Mentorship

Number of Mentorees: 3

- 2013-2016 Mentored 1 Master Student/Dalhousie University, Department of Psychiatry staff member in Research and Practice Support Program Coordinator Training
- 2014-2010 Canadian International Development Agency (CIDA) sponsored project “Psycho-Pharmacology Training Research Coordinator Training and Increasing Research Capacity in Cuba”
  - Mentored 2 Cuban Researchers in the Completion of Society of Clinical Research Professionals (SOCRA certification), and one of them through a successful completion of a master’s in public health administration.

## Research Grants and Contracts

1. **Bianca Lauria-Horner** (Principal Investigator), Scott Patten (2013 - 2016). Evaluation of a Mental Health Physician Support Program in Nova Scotia: Impact of Patient Outcomes and Health Care Costs [Establishment Grant] - Mental Health Commission of Canada - \$43000.
2. **Bianca Lauria-Horner**, (Principal Investigator), Scott Patten (2013 - 2016). Evaluation of a Mental Health Physician Support Program in Nova Scotia: Impact of Patient Outcomes and Health Care Costs [Establishment Grant] - Department of Health and Wellness, Nova Scotia - \$204,335.
3. **Bianca Lauria-Horner**, Rao Sanjay (2013 - 2014). Optimizing Family Physician Interest, Comfort and Management of Mental Illnesses; Toolkit Workshop Series [Grant] - Bristol-Myers Squibb Canada Inc - \$15000.
4. **Bianca Lauria-Horner**, (Principal Investigator), (2005 - 2012). Improving First Line Law Enforcement Responders Recognition of Emotionally Disturbed Persons: A Community Based Education Program [Grant] - National Crime Prevention Centre - \$50000.
5. **Bianca Lauria-Horner**, (Principal Investigator), (2005 - 2012). Improving First Line Law Enforcement Responders National Crime Prevention Centre [Clinical]
6. Doctors Nova Scotia - \$1500
7. Delta Hotels - \$1000
8. **Bianca Lauria-Horner**, (Principal Investigator), (2004 - 2005). Improving First Line Law Enforcement Responders Recognition of Emotionally Disturbed Persons: A Community Based Education Program [Research Contract] - Janssen Pharmaceutica Inc - \$10000.
9. Anne Leis, Louise Bouchard, **Bianca Lauria-Horner** (Co-Investigator), (2006 - 2010). Etude des facteurs socio-environnementaux, culturels et structurels qui influent sur les disparites en matiere de sante chez les francophones en situation minoritaire: creation d'un reseau national [Grant] - CIHR - \$732775.
10. Bianca Lauria-Horner, (Principal Investigator), (2003 - 2004). Healthy mind Health body- school supplement to health curriculum for elementary and middle age school children in Nova Scotia [Research Contract] - Doctors Nova Scotia - \$1500.
11. Bianca Lauria-Horner, (Author), (2003 - 2015). Healthy mind Healthy body - school supplement to health curriculum for elementary and middle age school children in Nova Scotia [Grant] - Nova Scotia Department of Health - \$70000.
12. Dr. Stan Kutcher, Bianca Lauria-Horner (Co-director) (2002 - 2010). Psycho-Pharmacological Training and Research Capacity in Cuba [Grant] - Canadian International Development Agency and Association of Universities and Colleges of Canada - \$800,000.

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## Teaching Responsibilities

Within the faculty, Department of Psychiatry, taught a variety of courses with a focus on Community Based Education. The following is a list of teaching responsibilities.

### Courses taught

1. Adult Mental Health Practice Support Program; 2017-2020, (originally developed by the British Columbia (BC) General Practice Services Committee), trainer in the Mental Health

- Commission of Canada led dissemination in Nova Scotia, Newfoundland and Prince Edward Island)
2. Stigma Reduction Primary Care Training Workshop Paramaribo Suriname (November 2018). PAHO/WHO-MHCC joint partnership initiative
  3. Optimizing Management of Depression in Primary Care: “Physician Toolkit on Depressive and Anxiety Disorders” (2014-2016)
  4. Clinical Skills 1 Tutor 2013; Undergraduate Students; Division of Medical Education; January 8-April 18<sup>th</sup> 2013
  5. Improving Diagnosis and Management of Common Mental illnesses for Research Health Professionals (a Cuba-Canadian Project), 2010
  6. Clinical challenges in the Management of Depression and Anxiety in primary care in the Caribbean. (requested by and developed for the International Psychiatry Section), 2010
  7. Family Medicine R2- Cognitive Behavior Therapy (CBT) in the Treatment of Depression in Primary Care, 2005
  8. Family Medicine R2-Cognitive Behavior Therapy (CBT) in the Treatment of Anxiety in Primary Care, 2005
  9. Case Oriented Problem Solving (COPS) program tutor; grade 2 medical students; “Brain and Behavior”, 2004

## Peer Reviewed Journal Publications

1. Hamel, C., Lang, E., Morissette, K., Beck, A., Stevens, A., Skidmore, B., Lauria-Horner, B ... Moher, D. (2019). Screening for depression in women during pregnancy or the first year postpartum and in the general adult population: a protocol for two systematic reviews to update a guideline of the Canadian Task Force on Preventive Health Care. *Systematic reviews*, 8(1), 27. doi:10.1186/s13643-018-0930-3
2. Lauria-Horner, B., Beaulieu, T., Knaak, S., Weinerman, R., Campbell, H., & Patten, S. (2018). Controlled trial of the impact of a BC adult mental health practice support program (AMHPSP) on primary health care professionals' management of depression. *BMC family practice*, 19(1), 183. doi:10.1186/s12875-018-0862-y
3. Valle-Cabrera, R., Mendoza-Rodríguez, Y., Robaina-García, M., Ballesteros, J., Cordero-Jiménez, J., Espinosa-Rodríguez, N., . . . **Lauria-Horner, B.** (2018). Efficacy of Sertraline in Patients With Major Depressive Disorder Naïve to Selective Serotonin Reuptake Inhibitors: A 10-Week Randomized, Multicenter, Placebo-Controlled, Double-Blind, Academic Clinical Trial. *Journal of Clinical Psychopharmacology*, 38(5), 454-459.
4. Beaulieu, T., Patten, S., Knaak, S., Weinerman, R., Campbell, H., & **Lauria-Horner, B.** (2017). Impact of Skill-Based Approaches in Reducing Stigma in Primary Care Physicians: Results from a Double-Blind, Parallel-Cluster, Randomized Controlled Trial. *The Canadian Journal of Psychiatry*, 62(5), 327-335.
5. Chen, S.-P., Dobson, K., Kirsh, B., Knaak, S., Koller, M., Krupa, T., Lauria-Horner, B., et al. (2017). ‘Fighting Stigma in Canada: Opening Minds Anti-Stigma Initiative’. Gaebel W., Rössler W., & Sartorius N. (eds) *The Stigma of Mental Illness - End of the Story?*, pp. 237–61. Springer International Publishing: Cham. DOI: 10.1007/978-3-319-27839-1\_14
6. Stuart H, Chen SP, Christie R, Dobson K, Kirsh B, Knaak S, Koller M, Krupa T, **Lauria-Horner B**, Luong D, Modgill G, Patten SB, Pietrus M, Szeto A, Whitley R (2014).

- Opening minds in Canada: background and rationale. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 59(10 Suppl 1), S8-S12. [Published] PubMed ID: [25565705](#).
7. Stuart H, Chen SP, Christie R, Dobson K, Kirsh B, Knaak S, Koller M, Krupa T, **Lauria-Horner B**, Luong D, Modgill G, Patten SB, Pietrus M, Szeto A, Whitley R (2014). Opening minds in Canada: Targeting change. *Canadian journal of psychiatry. Revue canadienne de psychiatrie*, 59(10 Suppl 1), S13-8. [Published] PubMed ID: [25565697](#).
  8. **Bianca Lauria-Horner** (2013). Managing Depression in the GP's Office. *Diagnosis*, 30(10), 59-62. [Published].
  9. Stan Kutcher, **Bianca Lauria-Horner**, Colleen Cash (2010). Building Psychiatric Clinical Research Capacity in Low and Middle Income Countries: the Cuban-Canadian Partnership Project. *The Innovation Journal: The Public Sector Innovation Journal*, 15(1), 1 - 10. [Published].
  10. **Bianca Lauria-Horner**, Sarah Brooks (2008). Strategies help police manage the emotionally disturbed. *Blue Line*, 16 - 19. [Review - Published].
  11. **Bianca Lauria-Horner** (2006). Pregabalin: a view point from Bianca Lauria-Horner. *CNS Drugs*. [Editorial - Published].
  12. **Lauria-Horner B**, Kutcher S, Brooks S (2004). The feasibility of a mental health curriculum in elementary school. *Canadian Journal of Psychiatry*, 49(3), 208-211. [Published].
  13. **Bianca Lauria-Horner**, Robert B Pohl (2003). Pregabalin: a new anxiolytic. *Expert Opinion On Investigational Drugs*, 12(4), 663. [Review - Published].
  14. Kutcher S, **Lauria-Horner B**, MacLaren C, Bujas-Bobanovic M, Karlovic Z (2003). Short-term educational intervention improves family physicians' knowledge of depression. *Journal of Continuing Education in the Health Professions*, 23(4), 239-243. [Published].
  15. Kutcher SP, **Lauria-Horner B**, MacLaren CM, Bujas-Bobanovic M (2002). Evaluating the Impact of an Educational Program on Practice Patterns of Canadian Family Physicians Interested in Depression Treatment. *Primary care companion to the Journal of clinical psychiatry*, 4(6), 224-231. [Published] PubMed ID: [15014713](#).
  16. Stanley Paul Kutcher, **Bianca Lauria-Horner**, Connie, Marian MacLaren, Maja Bujas-Bobanovic (2002). Evaluating the impact of an educational program on practice patterns of Canadian family physicians interested in treating depression. *Primary Care Companion Journal of Clinical Psychiatry*, 4(6), 224 - 231. [Published].

## Invited Editorial

1. Lauria-Horner B (2017) Integrating Sustainable Mental Health Programs in Primary Care. *J Health Commun*. 2:58. doi: 10.4172/2472-1654.100099.

## Scientific and Conference Abstracts

1. Yudexi Mendoza, M Fors, MA Pascual, **Bianca Lauria-Horner**, C Cash, S Kutcher, R Valle, Y Cachimaille. A collaborative capacity building project for developing human resources in the area of clinical trials in psychiatry: a Cuban-Canadian experience. [Poster] 16th World Congress on Basic and Clinical Pharmacology (Denmark), July 2010.

2. **Bianca Lauria-Horner**, Colleen Cash, Stan Kutcher. A collaborative research project for mental health human resources improves care and outcomes for depression in clinical sites in Cuba. [Poster] Global Forum for Health Research (Beijing, China), October 2007.
3. **Bianca Lauria-Horner**, Maria Amparo Pascual. Strengthening health systems through research capacity. [Poster] 13th Canadian Conference on International Health (Ottawa, ON), October 2006.
4. S Kutcher, **Bianca Lauria-Horner**, C MacLaren, M Bujas-Bobanovic, M Legault. Evaluating the impact of an educational program on practice patterns of Canadian family physicians in treating depression. [Poster] The International College of Neuropsychopharmacology (Halifax, NS), June 2003.
5. S Kutcher, **Bianca Lauria-Horner**, C MacLaren, M Bujas-Bobanovic, M Legault. Evaluating the impact of an educational program on practice patterns of Canadian family physicians in treating depression. [Poster] Dalhousie University Department of Psychiatry (Halifax, NS), March 2003.
6. S Kutcher, **Bianca Lauria-Horner**. The MAP that leads to improvement. [Poster] Ontario Psychiatric Association Conference (Toronto, ON), January 2003.
7. **Lauria-Horner B**, Kutcher S, Brooks S. Enhancing mental health awareness in children (6-12 years). [Poster] 3rd International Forum on Mood and Anxiety Disorders (Monte Carlo, Monaco), November 2002.
8. **Bianca Lauria-Horner**. Evaluating effectiveness of educational programs pertaining to major depressive disorder in community based primary care physicians. [Poster] North American Primary Care Research Group (Halifax, NS), October 2001.
9. **Bianca Lauria-Horner**. Depression in Primary Care, Improving assessment, diagnosis, and Management with practical tools. [Poster] The XXIIInd CINP Congree (Brussels, Belgium), July 2000.

## Books and Chapters

1. Invited to contribute to a book chapter—**Stigma Reduction for Health Care Workers**—in an Opening Mind Initiative—*The Stigma of Mental Illness* (20 chapters total)—which will be published late 2021-early 2022 by Oxford University Press.
2. **Bianca Lauria-Horner**, (2017), The Primary Care Toolkit for Anxiety and Related Disorders, [Book]. Brush Publishing Inc. Edmonton, AB
3. Shu-Ping Chen, Romie Christie, Keith Dobson, Bonnie Kirsh, Stephanie Knaak, Michelle Koller, Terry Krupa, **Bianca Lauria-Horner**, Dorothy Luong, Geeta Modgill, Scott Patten, Mike Pietrus, Heather Stuart, Andrew Szeto, Rob Whitley (2014). Fighting Stigma in Canada, Opening Minds Anti-Stigma Initiative [Book Chapter]. Mental Health Commission of Canada: Calgary, AB.
4. Stan Kutcher, Iliana Garcia-Ortega, **Bianca Lauria-Horner** (2013). A Primary Care Guide to Depression [Book]. Wiley-Blackwell: London, UK.
5. Lauria-Horner, B. (n.d.). Healthy Mind, Healthy Body Grades Primary to 3 [Book] A Mental Health Curriculum Supplement for Use with the Nova Scotia Department of Education's Healthy Living Curriculum: Grades 7-9. Nova Scotia. (English, French, Spanish)
6. Lauria-Horner, B. (n.d.). Healthy Mind, Healthy Body Grades 4 to 4 [Book] A Mental Health Curriculum Supplement for Use with the Nova Scotia Department of Education's Healthy Living Curriculum: Grades 7-9. Nova Scotia. (English, French, Spanish)

7. Lauria-Horner, B. (n.d.). Healthy Mind, Healthy Body Grades 7 to 9 [Book] A Mental Health Curriculum Supplement for Use with the Nova Scotia Department of Education's Healthy Living Curriculum: Grades 7-9. Nova Scotia. (English, French, Spanish)

## **Invited Presentations - National and International**

1. Together Against Stigma conference *Institute of Mental Health*, Singapore (October 2019)  
Impact of Complementary Mental Health Stigma-Reduction Programs on Suriname Healthcare Providers' Attitudes
2. Changing attitudes and Preventing Stigma and Discrimination International Forum Ottawa (September 2019) Delivery and Evaluation of two Complementary Stigma Reduction training programs in Paramaribo, Suriname
3. Improving Networks of Community Mental Health Services in the Asia Pacific Economies, Lima Peru, (July 2019), Combating Stigma in Health Care: What we've learned & what we have to share
4. Results of Randomized Control Trial Evaluating The Replication Of The British Columbia Adult Mental Health Physician Support Program In Nova Scotia –Multiple presentations to Minister of Health, Medical Associations, and Health Ministry and Medical Association Conferences across Canada (2016-current)
5. Results of Randomized Control Trial Evaluating The Replication Of The British Columbia Adult Mental Health Physician Support Program In Nova Scotia - Collaborative Care Conference Workshop (2016) – Kelowna BC
6. Mental Health Commission of Canada “*Inquiring Minds*” program, as a Master Trainer delivered promotional presentation to university executive stakeholders. (Multiple presentations across Canada; 2016-current)
7. Mental Health Commission of Canada Road to Mental Readiness program, as a Master Trainer delivered promotional presentations to First Responder executive stakeholders (Multiple presentations across Canada; 2013-2018)
8. Mental Health Commission of Canada The Working Mind program, as a Master Trainer delivered promotional presentations to “*Workplace*” executive stakeholders across Canada, and the Conservative Party of Canada
9. Novel Skill-Based Approaches and Their Impact on Health Care Professional Management, Annual International Conference of the Association of Psychology and Psychiatry for Adults and Children (2016) – Greece Athens
10. Skill-Based Approaches, Effective in Reducing Stigma in Health Professionals (2015) - CPA Annual Conference - Vancouver, BC
11. L'impact d'un programme scolaire de sante mentale sure le changement de pratiques et politiques dans le systeme educationnelle de la Nouvelle-Ecosse (2011) - 4e Colloque International des programmes locaux et regionaux de sante - Canada
12. Healthy Mind Healthy Body, a supplement for school age children (2009) - Health Promoting Schools Canadian Mental Health Promotion Conference - Halifax, NS
13. The feasibility of implementing a mental health program in francophone rural school (2009) - Science Colloquium on the Health of Canada's Official Language Minority Communities - Ottawa, ON



14. L'impact d'un programme scolaire sur la sante mental dans les ecoles francophones (2007) - 2e Forum National de recherche en sante (2nd National Health Research Forum) - Ottawa, ON
15. Safer Communities Evidence + Action = Outcomes; Enhancing first responders' ability to respond to emotionally disturbed persons (2007) - 21st Annual National Crime Prevention Conference - Halifax, NS
16. Mental Health Human Resource Capacity Building through Clinical Research: The Canada/Cuba Project in Psychiatry Clinical Trials (2006) - International Cooperation and Best Clinical Practices - Havana, Cuba
17. Needs and challenges of Clinical trials in Psychiatry (2004) - IIIrd Taller International de Diseno Y Conduccion de Essayos Clinicos - Havana, Cuba
18. Optimizing Family Physician Prescribing for the Treatment of Major Depressive Disorder Using a Medication Specific Directed Educational program (2002) - North American Primary Care Research Group - New Orleans
19. Promotion de la sante et du bien-etre mental (2002) - 55e Congres Annuel de Association Canadien de Langue Francaise - Halifax, NS
20. Evaluating the impact of an educational program on practice patterns of Canadian family physicians in treating depression (2002) - Study results dissemination presentations at eight sites across Canada – Canada

## **Invited Presentations - Regional and Local**

1. Results Of Randomized Control Trial Evaluating The Replication Of The British Columbia Adult Mental Health Physician Support Program In Nova Scotia –Numerous presentations to Minister of Health, Medical Associations, and Health Ministry and Medical Association in Nova Scotia (2016-current)
2. The adoption of a Mental Health School Based Program in Nova Scotia schools (2013) - Emergent Learning: Turning the Tides in 21st Century Education conference - Halifax, NS
3. The adoption of a Mental Health School Based Program in Nova Scotia Schools (2012) - Emergent Learning: Turning the Tides in 21st Century Education conference - Canada
4. Healthy Mind Healthy Body - Why teaching Mental Health in Schools is Important and Review of Resource for teachers and school Administrators (2012) - Greater Essex County District School Board Professional Development Day - Canada
5. The Treatment of Depression Before the Patient Has Even Time to Reach a Specialist (2012) - 86th Annual Dalhousie Refresher Course - Halifax, NS
6. Healthy Mind Healthy Body - Review of Resource for teachers and school Administrators (2011) - Cape Breton Mental Health Conference - Canada
7. Healthy Mind Healthy Body, a supplement for school age children (2010) - Digby Clare In-service tri-counsel schools English and French - Digby, NS
8. Review of Healthy Mind Healthy Body Resource for teachers and school administrators (2010) - Chebucto Heights Elementary PD Day - Halifax, NS
9. First Responders recognition of Emotionally Disturbed Persons (2010) - 2010 Crime Prevention Conference - Canada
10. Healthy Mind Healthy Body, a supplement for school age children (2010) - Rotarians Club Conference - Canada

11. Healthy Mind Healthy Body, a supplement for school age children (2010) - South Shore Mental Health Conference, Elementary Teachers Session - South Shore, NS
12. Healthy Mind Healthy Body, a supplement for school age children (2010) - South Shore Mental Health Conference, Junior High Teachers - South Shore, NS
13. Clinical challenges of depression in primary care (2010) - Georgetown Hospital - Guyana
14. Strategies for disability case management (2009) - Mental Health in the Workplace - Halifax, NS
15. Healthy Mind Healthy Body, a supplement for school age children (2009) - Teachers Association Physical Education and Health - Brookside, NS
16. EDP On-line Training for Officers (2009) - Critical Incident Spring Conference - Halifax, NS
17. Mental health, mental illness and major depressive disorder (2009) - Guidance Counselors PD Day, Tri-County Regional School Board - Yarmouth, NS
18. Healthy Mind Healthy Body, a supplement for school age children (2009) - Healthy Living Teachers PD Day, Tri-County Regional School Board - Yarmouth, NS
19. Mental health, mental illness and major depressive disorder (2009) - Peace conference - Brookside Junior High in service - Brookside, NS
20. Mental health, mental illness and major depressive disorder (2008) - Lakeview Elementary Health Fair - Halifax, NS
21. The importance of implementing a mental health supplement in elementary and middle schools (2008) - Elementary health PD day - Dartmouth, NS
22. Mental health, mental illness and major depressive disorder (2008) - Seaside Elementary Health Fair - Halifax, NS
23. The importance of implementing a mental health supplement in elementary and middle schools (2008) - Health Promoting schools in motion; curriculum environment - Cole Harbour, NS
24. Mental health, mental illness and major depressive disorder (2008) - Peace conference - Brookside Junior High in service - Brookside, NS
25. The importance of implementing a mental health supplement in elementary and middle schools (2008) - Halifax Regional School Board in service - Dartmouth, NS
26. The importance of implementing a mental health supplement in elementary and middle schools (2008) - Cape Breton-Victoria Regional School Board - Sydney, NS
27. Why is it important to teach mental health in our schools (2007) - Tri-County Regional School Board professional development workshop - Yarmouth, NS
28. Why is it important to teach mental health in our schools (2007) - Healthy Living Teachers In Service; Colchester County Regional School Board - Truro, NS
29. Healthy Mind Healthy Body (2007) - Seaside Health and Wellness fun fair - Eastern Passage, NS
30. Why is it important to teach mental health in our schools (2007) - Health Teachers In Service; Halifax Regional School District - Dartmouth, NS
31. Why is it important to teach mental health in our schools (2007) - Provincial Board Program Co-ordinators, Learning Resources and Technology Branch - Halifax, NS
32. Mental Health Education in Nova Scotia Schools (2006) - NS Federation of Parents Home and School Association - Bridgewater, NS
33. Why is it important to teach mental health in our schools (2006) - Family Studies Teachers Association, Eastern Passage Education Centre - Eastern Passage, NS

34. Why is it important to teach mental health in our schools (2006) - Nova Scotia School Counsellors Association - Eastern Passage, NS
35. Teaching our students about Mental Health and Mental Illness (2006) - Nova Scotia Educational Leadership Consortium Symposium - Dartmouth, NS [Symposium]
36. Why is mental health important to teach in our schools (2006) - Nova Scotia School Boards Association general annual meeting - Beddeck, NS
37. Improving first line law enforcement responders' recognition of emotionally disturbed persons; a community-based education program (2006) - Schizophrenia: Living in the community from diagnosis to treatment and recovery - Dartmouth, NS
38. Mental Health Curriculum Supplement key messages (2006) - Parent Healthy Lifestyle Conference - Colchester, NS
39. Improving first line law enforcement responders' recognition of emotionally disturbed persons: a community-based education program (2005) - Schizophrenia Society of Nova Scotia 17th Annual Conference; Living with Schizophrenia in 2005 - Halifax, NS
40. Enhancing Mental Health francophone children in rural Cape Breton (2002) - Health Canada Rural and Remote Innovations Initiative - Cheticamp, NS
41. Depressive and Anxiety Disorders (2002) - Educational workshop for family physicians across rural Nova Scotia - Nova Scotia [Workshop]
42. Enhancing Mental Health francophone children in rural Cape Breton (2002) - Clinical conference, Dalhousie, Dept of Psychiatry, QEII, Health Sciences Centre - Halifax, NS
43. Depressive and Anxiety Disorders (2001) - Educational workshop for family physicians across rural Nova Scotia - Nova Scotia [Workshop]
44. Enhancing mental health in children and adolescents in rural Cape Breton by promoting early detection of depressive and anxiety disorders (2001) - Research Forum, QEII Health Sciences Centre - Halifax, NS
45. Expected emotional development, depression, anxiety, and attention deficit disorders in childhood (2001) - 2001 Mental Health Conference - Moncton, NB
46. Familiarizing teachers with expected emotional development, depression, anxiety and attention deficit disorder in childhood (2001) - Education Session, Professional Development Day, NDA elementary School - Cheticamp, NS
47. Conducting Psychiatric Interviews Using Standard Psychiatric Rating Scales (2000) - Dalhousie Department of Psychiatry - Halifax, NS [Workshop]
48. Enhancing understanding of brain health and mental well-being in Francophone seniors and their caregivers living and working in rural Atlantic Provinces (2000) - 6th Annual General Assembly of "Regroupement des Aînés de la Nouvelle-Ecosse" - Atlantic Canada
49. Human Immunodeficiency Virus Update (1996) - St. Anne University - Saulnierville, NS

## **Media Interviews**

June 2016	Demonstration project for doctors helps patients with depression, N.S. researcher says - [Radio, and CBC web News] – CBC radio one Halifax, NS
June 2016	Demonstration project for doctors helps patients with depression, N.S. researcher says - CBC radio one St-John NB
October 2010	Mental Health Curriculum in the Schools [Radio] - CBC First responders' recognition of emotionally disturbed persons [TV] - CBC News at 6 Atlantic
June 2010	First responders' recognition of emotionally disturbed persons [Radio] -

June 2010	CBC Radio - Information Morning - Moncton
November 2009	Healthy Mind Healthy Body, a curriculum supplement for Nova Scotia Schools [Radio] - CBC Radio - Information Morning - Cape Breton
October 2009	Esprit Sain Corps Sain un curriculum pour les enfants de la Nouvelle Ecosse [Radio] - Radio Canada
October 2009	Healthy Mind Healthy Body, a curriculum supplement for Nova Scotia Schools [Radio] - CBC Radio - Information Morning - Halifax
July 2005	Psycho-Pharmacological Training and Research Capacity in Cuba [Radio] - CBC radio
June 2005	Psycho-Pharmacological Training and Research Capacity in Cuba [Radio] - Daily News
June 2002	Evaluating the impact of an educational program on practice patterns of Canadian family physicians in treating depression [TV] - Special to DG News Montreal

## Awards and Recognition

2017	The Primary Care Toolkit for Anxiety and Related Disorders, [Book]. Brush Publishing Inc. Edmonton, AB Learning Book of the Year with Book Publishers Association of Alberta. (for educational or PD resources) <a href="http://bookpublishers.ab.ca/wp-content/uploads/2017/09/2017-Alberta-Book-Publishing-Awards-Media-Release-Winners.pdf">http://bookpublishers.ab.ca/wp-content/uploads/2017/09/2017-Alberta-Book-Publishing-Awards-Media-Release-Winners.pdf</a>
2016	Skill-Based Approaches, Effective in Reducing Stigma in Health Professionals R.O. Jones Best Paper Award - Canadian Psychiatric Association
2009	Canadian Police Knowledge Network National Award - Canadian Police Knowledge Network
2008	RCMP Distinction Award - Royal Canadian Mounted Police presented by Atlantic Region Human Resource Office

## Intellectual Property

2004	<b>Bianca Lauria-Horner</b> - Healthy minds. Health bodies [Registered Copyright] # 1025880
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## Program Development

2015-2016	<b>Bianca Lauria-Horner, Sanjay Rao.</b> Optimizing Family Physician Interest, Comfort and Management of Mental Illnesses; Toolkit Workshop Series
2010	<b>Bianca Lauria-Horner.</b> Primary Care Physician Education Program for Developing Countries on Common Mental Illnesses [Delivery Models].

2008 - 2012	<b>Bianca Lauria-Horner.</b> Research Uptake Strategies [Provision of Care Innovations].
2009	<b>Bianca Lauria-Horner.</b> Private Security Guard Recognition of Emotionally Disturbed Persons [Online Delivery Model].
2008	<b>Bianca Lauria-Horner.</b> Police Officer Recognition of Emotionally Disturbed Persons [Online Delivery Model].
2006	<b>Bianca Lauria-Horner.</b> Police Officer Recognition of Emotionally Disturbed Persons [Workshop Delivery Model].
2001 - 2004	<b>Bianca Lauria-Horner.</b> Primary Care Projects Depression and Anxiety Management in Primary Care [Workshop Delivery Model].
2004 - 2005	<b>Bianca Lauria-Horner.</b> Psycho-Pharmacology Training and Increasing Research Capacity in Cuba - [Workshop Delivery Model].
2002 - 2007	<b>Bianca Lauria-Horner.</b> Enhancing Knowledge and Skills in the Management of Mental illness [Workshop Delivery Model].
2002	<b>Bianca Lauria-Horner.</b> BrainworksInternational - clinical trials electronic application program development [Online Delivery Model].
2002	<b>Bianca Lauria-Horner.</b> Cognitive Behavioral Therapy education program for primary care physicians [Workshop Delivery Model].
2001	<b>Bianca Lauria-Horner.</b> Health Mind Healthy Body [Book Delivery Model].
2001 - 2005	<b>Bianca Lauria-Horner.</b> Primary Care Projects [CD Delivery Models].
2001	<b>Bianca Lauria-Horner.</b> Improving case identification, diagnoses and treatment of mental disorders in primary care: a community based education program [Workshop Delivery Model].
2001 - 2002	<b>Bianca Lauria-Horner.</b> Improving case identification, diagnoses and treatment of mental disorders in primary care: a community based education program [Provision of Care Innovations].
2001 - 2002	<b>Bianca Lauria-Horner.</b> Enhancing mental health in children and adolescents in rural Cape Breton [Resource Delivery Model].

## Committee Membership

2013-current	Mental Health Commission of Canada Representative on the Steering Committee for planning and implementation of the Adult Mental Health Practice Support program In Nova Scotia, Newfoundland and Prince Edward Island
2014 - 2015	Collaborative Care Model Mental Health Project Committee [Member] - Stanton Yellowknife Hospital
2013 - 2015	Primary Care Working Together Committee [Member] - NSHA
2013 - 2015	Mental Health and Addictions Strategy for Staff and Physicians Steering Committee [Member] - NSHA
2013 - 2015	Mental Health Advisory Committee [Member] - NSHA

2012 - 2014	Early Years Stakeholder Consultation [Member] - NSHA
2010	Planning Committee [Member] - Memorial University
2007 - 2015	National Series of Educational Conferences [Member] - Canadian Psychiatric Association (Yearly)
2006 - 2007	When Something's Wrong, Workplace Project [Member] - Healthy Minds Canada
2004	Committee for Eli Lilly Clinical Trial on Bipolar for Primary Care Physicians [Member] - Dalhousie
2004	Glaxo Smith Kline Canadian National Panel of GP/family Physician [Member] - Glaxo Smith Kline
2001 - 2002	Improving Case Identification, Diagnoses and Treatment of Mental Disorders in Primary Care [Chair] - Glaxo Smith Kline
2000 - 2001	Education Management Team [Member] - Department of Psychiatry
2000 - 2001	Schizophrenia Education Project [Member] - Dalhousie
2000 - 2001	Continuing Education Committee [Member] - Department of Psychiatry
2000 - 2001	Primary Care Education Working Group [Chair] - Dalhousie
1998 - 2000	Finance [Member] - Medical Society of Nova Scotia
1995 - 1997	Board of Directors [Member] - Medical Society of Nova Scotia
1989 - 1992	Multiple Sclerosis Society of Nova Scotia [Member]

## **Event Organization**

2015	CPA CPD Institute national series of educational conferences; Collaborative forums in Mental Health (Advances in Psychiatry) [Chair] - Canadian Psychiatric Association
2012	CPA CPD Institute national series of educational conferences; Collaborative forums in Mental Health (Advances in Psychiatry) [Chair] - Canadian Psychiatric Association
2011	CPA CPD Institute national series of educational conferences; Collaborative forums in Mental Health (Advances in Psychiatry) [Chair] - Canadian Psychiatric Association
2010	CPA CPD Institute national series of educational conferences; Collaborative forums in Mental Health (Advances in Psychiatry) [Chair] - Canadian Psychiatric Association
2009	2009 Collaborative Forums in Mental Health [Co-Chair] - CPA CPD Institute
2009	CPA CPD Institute national series of educational conferences; Collaborative forums in Mental Health (Advances in Psychiatry) [Co-Chair] - Canadian Psychiatric Association

2008	CPA CPD Institute national series of educational conferences; Collaborative forums in Mental Health (Advances in Psychiatry) [Chair] - Canadian Psychiatric Association
2007	Mental Health Research conference session [Chair] - Global Forum for Health Research
2007	CPA CPD Institute national series of educational conferences; Collaborative forums in Mental Health (Advances in Psychiatry) [Chair] - Canadian Psychiatric Association
2004 - present	Summer institute for new global health researchers [Chair] - Dalhousie University

## **Scientific Review**

2012 - present	Reviewer - The Journal of Primary Health Care Research & Development [Journal]; Number of Works Reviewed / Refereed: 3
2013	Reviewer - Family Medicine & Medical Science Research [Journal] Number of Works Reviewed / Refereed: 1
2010	Reviewer - Dalhousie Psychiatry Research Fund [Funding Application]
2008	Reviewer - Department of Psychiatry Research Day [Conference Abstracts]
2007	Reviewer - Department of Psychiatry Research Day [Conference Abstracts]
2006	Reviewer - CNS Drugs [Journal] Number of Works Reviewed / Refereed: 1
2004	Reviewer - Centro Essayos Clinicos Nacionales de Cuba Reviewed / Refereed: 1

## **Editorial Member Activities**

2015 - present	Dual Diagnosis: Open Access [Member of Editorial Board].
2014 - present	Journal of Neuroscience and Rehabilitation [Member of Editorial Board].
2013 - present	Journal of Neurology and Psychology, Avens Publishing Group [Member of Editorial Board].

## **Service and Advocacy**

2015	CPA CPD Institute national series of educational conferences; Collaborative Forums in Mental Health Family Physician Consultant (Pain & Management of Mental illness with comorbid medical conditions) [Family Physician Consultant]
2014	CPA CPD Institute national series of educational conferences; Collaborative Forums in Mental Health (Bipolar Disorder) [Family Physician Consultant]
2013	CPA CPD Institute national series of educational conferences; Collaborative Forums in Mental Health (Therapeutic Alliance, PTSD) [Family Physician Consultant]

2012 - 2015	Royal Canadian Mounted Police [Volunteer]
2012	CPA CPD Institute national series of educational conferences; Collaborative Forums in Mental Health (Bi-Polar, PTSD) [Family Physician Consultant]
2012	CDHA Early Years Stakeholder Consultation [Project consultant]
2011	CPA CPD Institute national series of educational conferences; Collaborative Forums in Mental Health (Bi-Polar, Depression) [Family Physician Consultant]
2010	CPA CPD Institute national series of educational conferences; Collaborative Forums in Mental Health (Fibromyalgia) [Family Physician Consultant]
2009	CPA CPD Institute national series of educational conferences; Collaborative Forums in Mental Health (Mental Illness in the workplace) [Family Physician Consultant]
2008	CPA CPD Institute national series of educational conferences; Collaborative Forums in Mental Health (Depression in Primary Care) [Family Physician Consultant]
2007	CPA CPD Institute national series of educational conferences; Collaborative Forums in Mental Health (Schizophrenia Lecture & Acute Bipolar Depression Workshop); "Collaborative Forums in Health" [Family Physician Consultant]
2006 - 2007	Canadian Mental Health Association [Project Advisor]
2004 - 2011	Department of Education [Volunteer]
2004	Eli Lilly [Consultant]
2004	GlaxoSmithKline Canadian National panel [Consultant]

## **Professional Association Memberships**

2003	The American Society of Clinical Psychopharmacology
2001 - 2003	North American Primary Care Research Group

## **Continuing Education**

2012	District Department of Family Medicine and Primary Health Care Spring Forum Conference
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