36th Annual Psychiatry Research Day

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

Guild Hall and Commons
Atlantica Hotel Halifax
1980 Robie Street
Halifax, NS

DALHOUSIE UNIVERSITY

RESEARCH DAY 2026 SCHEDULE*

8:30 a.m. Registration

9:00 a.m. Welcome
Dr. Vincent Agyapong
Head, Department of Psychiatry, Dalhousie University
Head of Psychiatry, Nova Scotia Health Central Zone

Opening remarks
- **Jennifer Glennie**
  Deputy Minister, Office of Addictions and Mental Health
- **Dr. Eileen Denovan-Wright**
  Associate Dean, Research, Faculty of Medicine, Dalhousie University
- **Dr. Phil Tibbo**
  Director of Research, Department of Psychiatry, Dalhousie University

MORNING SESSION
Moderated by **Dr. Kim Good**
Co-Director, Graduate Programs in Psychiatry Research and Director of Research, Section of Forensic Psychiatry, Dalhousie University

9:15 a.m. **Keynote Presentation:** *From the specific to the general and back again: The layers of youth mental health systems of care*
Dr. Jai Shah
Professor of Psychiatry, McGill University
FRQS Senior Clinician-Scientist, Douglas Research Centre
Co-Director, PEPP-Montréal, Douglas Mental Health Institute

10:15 a.m. Coffee Break and Poster Viewing

11 a.m. **Cameron MacGillivray**
Graduate Student, Department of Psychiatry
Metabolic Health and N-Acetylaspartate in Bipolar Disorder: Comparing Simple and Comprehensive Metabolic Measures

11:15 a.m. **Emilie Comeau**
Resident, Department of Psychiatry
Teacher Identity Among Academic Psychiatrists: A Qualitative Study

11:30 a.m. **Jasmyn Cunningham**
Resident, Department of Psychiatry
Do Central Depressive Symptoms Predict Treatment Response to rTMS? A Subsampling Network Approach in Difficult-to-Treat Depression

11:45 a.m. **Faisal Quadri**
Resident, Department of Psychiatry
Sleep and rest-activity rhythms in a randomized, double-blind, ketamine-midazolam cross-over study

12 p.m. Lunch

12:30 p.m. Poster Viewing and Lunch

AFTERNOON SESSION
Moderated by **Dr. Jill Chorney**
Director of Research, Division of Child and Adolescent Psychiatry, Dalhousie University

1:30 p.m. **Research Group Presentation:** *What Would We Build If We Started Today? Youth Mental Health System Futures*
Dr. Lori Wozney
Sun Life Chair in Youth Mental Health, Assistant Professor, Department of Psychiatry, Dalhousie University
Maddy Nugent
Research Coordinator, IWK

2 p.m. **Kelly Meaney**
Graduate Student, Department of Pharmacology
Ibogaine enhances neural plasticity and repair by a metabolic preconditioning mechanism

2:15 p.m. **Chelsea Ingham**
Graduate Student, Department of Psychiatry
Implementing an Eating Disorder Prevention Program for Youth in Nova Scotia

2:30 p.m. **Sophie LeBlanc**
Undergraduate Student, Department of Psychology and Neuroscience
Is the Better Nights, Better Days (BNBD) eHealth behavioral sleep intervention suitable for low-income families? Evidence from a scoping review, secondary analysis, and case example

2:45 p.m. Coffee Break and Poster Viewing

3 p.m. **Sarah Petkau**
Graduate Student, Department of Psychiatry
Examining Acoustic and Linguistic Speech Features Associated with Anxiety and Depressive Symptoms in Youth and Young Adults

3:15 p.m. **Evan Treffler**
Undergraduate Student, Faculty of Science
Personality Traits and Adverse Emotional and Behavioural Outcomes in Adolescents: The Mediating Role of Automatic Thoughts

3:30 p.m. **Ashley Francis**
Postdoctoral Fellow, Department of Psychiatry
Examining the Impact of Auditory Hallucinations on the Neural Functioning of Individuals with Bipolar Disorder

3:45 p.m. Awards and Closing Remarks

**Each presentation is 10 minutes with 5 minutes for discussion and questions, with the exception of the keynote which is 50 minutes with 10 minutes for discussions and questions and the research group presentation which is 20 minutes with 10 minutes for discussion and questions.*

KEYNOTE SPEAKER

Dr. Jai Shah
Professor of Psychiatry, McGill University
FRQS Senior Clinician-Scientist, Douglas Research Centre
Co-Director, PEPP-Montréal, Douglas Mental Health Institute

Keynote Presentation: From the specific to the general and back again: The layers of youth mental health systems of care

Around the world, a wide-ranging set of initiatives aim to improve access to interventions and services for young people who are experiencing mental health difficulties. This focus on strengthening access is welcome, given longstanding barriers to seeking care and a treatment gap that especially impacts adolescence and young adulthood, the period of greatest risk for the risk, onset and early evolution of mental illness. However, YMH initiatives vary in who they serve — ranging from 'all comers' to only individuals with "mild-to-moderate" mental health problems. This presentation will review how early intervention started with specific focus points, the rationale for broadening its efforts to all types and stages of mental health conditions, frameworks that have conceptualized and attempted to support this endeavour, and the reality of how recent service system initiatives are structured and function. Evidence will be provided regarding those who present to broad YMH services, what is known about the outcomes produced, and key ingredients that appear to shape the effectiveness of these transformations. The lessons and implications that these evaluations hold for the future of early intervention and youth mental health — and particularly for those struggling with severe mental illnesses such as schizophrenia and psychosis — will be discussed.

About the Speaker
Dr. Jai Shah is Professor of Psychiatry, FRQS Senior Clinician-Scientist, and Co-Director of the Prevention and Early Intervention Program for Psychosis, an integrated clinical research infrastructure at the Douglas Institute and McGill University. Working with a range of stakeholders, he is an international leader in studying the risk, onset, initial stages, and trajectory of serious mental illnesses such as psychosis and in articulating the implications of this for the structure and function of mental health services. As both a psychiatrist and a scientist, his efforts have advanced transdiagnostic perspectives and clinical staging in psychiatry, and are influencing the design of early intervention and youth mental health service systems in Canada and beyond.

ORAL PRESENTATIONS

Presenters' names are in bold

GRADUATE STUDENT

Ingham, C., Keshen, A., Wournell, J., Trappenberg, N., Gamberg, S.
Department of Psychiatry
Implementing an Eating Disorder Prevention Program for Youth in Nova Scotia

MacGillivray, C., Wu, L., Fraiha-Pegado, J., McWhinney, S., Hajek, T.
Department of Psychiatry
Metabolic Health and N-Acetylaspartate in Bipolar Disorder: Comparing Simple and Comprehensive Metabolic Measures

Oulton, M. J., Kasheke, G. D. S., **Meaney, K. A.**, Aubie-Arseneault, R. A., Pushparaj, A., Dickinson, J. E., Hughes, C. S., & Robertson, G. S.
Department of Psychiatry, Department of Pharmacology
Ibogaine enhances neural plasticity and repair by a metabolic preconditioning mechanism

Petkau, S., Bagnell, A., Oore, s., d'Eon, J., & Uher, R.
Department of Psychiatry
Examining Acoustic and Linguistic Speech Features Associated with Anxiety and Depressive Symptoms in Youth and Young Adults

POSTDOCTORAL FELLOW

Francis, A. M., Hackett, K. M., Olmstead, L. P., McKearney, K. J., McAllindon, D., Jaworska, N., Tibbo, P. G., Fisher, D. J.
Department of Psychiatry
Examining the Impact of Auditory Hallucinations on the Neural Functioning of Individuals with Bipolar Disorder

PSYCHIATRY RESIDENT

Comeau, E., Reil, A., Esliger, M., Macdonald, M., Murphy, C.
Department of Psychiatry
Teacher Identity Among Academic Psychiatrists: A Qualitative Study

Cunningham, J. E. A., Hinde, A. K., Macatto, T., Sharma, S., Saleh, A., Flynn, M., Singh, S., Rusak, B., Alda, M., Uher, R., & Nunes, A.
Department of Psychiatry
Do Central Depressive Symptoms Predict Treatment Response to rTMS? A Subsampling Network Approach in Difficult-to-Treat Depression

Quadri, F., Singh, S., Nunez, V.P., Brooks, D., Boruah, A., Cunningham, J., Fitzpatrick, R., Nallbani, M., Fieldus, W., Campbell, S., Mukhida, K., Allman, J., Hajek, T., O'Donovan, C., Saleh, A., Alda, M., Uher, R., McAdam, M., Tonon, A. C., & Nunes, A.
Department of Psychiatry
Sleep and rest-activity rhythms in a randomized, double-blind, ketamine-midazolam cross-over study

UNDERGRADUATE STUDENT

LeBlanc, S., Dockrill, M., Emberly, D., Cassidy, C., Simonelli, G., Pencer, A., & Corkum, P.
Department of Psychology and Neuroscience
Is the Better Nights, Better Days (BNBD) eHealth behavioral sleep intervention suitable for low-income families? Evidence from a scoping review, secondary analysis, and case example

Treffler, E., Snooks, T., McAlister, S., Le, B., Hamilton, H., Krank, M., Conrod, P., & Stewart, S. H.
Faculty of Science
Personality Traits and Adverse Emotional and Behavioural Outcomes in Adolescents: The Mediating Role of Automatic Thoughts

POSTER PRESENTATIONS

Presenters' names are in bold

GRADUATE STUDENT

Armstrong Abdelhaq, I., & **Handley, Z.**
Department of Psychiatry
Experiences of Discrimination, Representation, and Understanding in Public Schools as Voiced by Rural Nova Scotian Muslim Youth and their Caregivers

Basso, D.E., Okanya, A., Lunn, B., Filliter, J.H., & Stewart, S.H.
Department of Psychiatry
Investigating the Substance Use Motives of Autistic Emerging Adults

Conrad, D., Murphy, S., McGrath, P., McEwan, K., Mehta, R.
Department of Psychiatry
The Recruitment of BIPOC Individuals into studies of Post Traumatic Stress Disorder, Anxiety and Depression: A Scoping Review

Fraiha-Pegado, J., Wu., L.; MacGillivray, C., McWhinney, S., Hajek, T.
Department of Psychiatry
Brain recovery Induced by Weight Loss Following Bariatric Surgery: A Meta-Analysis

Guinard, C., Singh, S., Trappenberg T., & Nunes, S.
Faculty of Computer Science
Examining mnemonic discrimination performance in a hippocampus model using the mnemonic similarity task

Harri, B.I., Duke, A.E.E., Anjorin, O., Sodunke, T., Onietan, D., Henry, S.R., Liebenberg, L., & Eboreime, E.
Department of Psychiatry
Nova Scotia's School Mobile Phone Policy in the Canadian Landscape: A Social-Ecological Narrative Review on Child and Adolescent Mental Well-Being

Henry, S., Onietan, D., Harri, B., Adu, M., Sridharan, S., Sulyman, M., Ezeanozie, N., Sulyman, M., Johnson, N., Ezegbe, H., Agyapong, B., Agyapong, V., Liebenberg, L., & Eboreime, E.
Department of Psychiatry
Health system determinants shaping equitable access to mental health for Black communities in Nova Scotia: A qualitative study on providers perspectives

Hubshman, Z., Wang, M., Freeman, K., d'Eon, J., Pavolva, B., & Uher, R.
Department of Psychiatry
Predicting the Occurence of Depression with Objectively Measured Sleep

Kachafanas, Y. & Pavlova, B.
Department of Psychiatry
Relationship between sleep and perseverative thinking in people with mood disorder

Murray, N.E., DeGrace, S., Burke, M., Bossom, I., Ethier-Gagnon, M., Klein, R.M., & Stewart, S.H.
Department of Psychology and Neuroscience
Assessing Attentional Bias for Cannabis Activated by Trauma Cue Exposure in Cannabis Users with Trauma Histories

Obeng Nkrumah, S., Agyapong, B., Eboreime, E., Sanyal, C., & Agyapong, V. I. O.
Department of Psychiatry
Examining the Association Between Adverse Childhood Experiences and Adult Depression: A Cross-Sectional Study

Obeng Nkrumah, S., Agyapong, B., Eboreime, E., Sanyal, C., & Agyapong, V. I. O.
Department of Psychiatry
Adverse Childhood Experiences Independently Predict Probable Generalized Anxiety Disorder Among Patients Accessing the Rapid Access and Stabilization Program: A Cross-Sectional Study

Obeng Nkrumah, S., Adu, M.K., Agyapong, B., Eboreime, E., Sanyal, C., & Agyapong, V. I. O.
Department of Psychiatry
The Impact of Adverse Childhood Experiences on Psychological Health and Well-Being in Adulthood: A Scoping Review

Olmstead, L.P., Puiras, E.E., Crocker, C.E., Tibbo, P.G., & Dempster, K.
Department of Psychiatry
A Prospective Study of ACC Glutamate in First Episode Psychosis and Subsequent Treatment Resistance

Oulton, M.J., Vuligonda, V., Sanders, M.E., & Robertson, G.S.
Department of Pharmacology
IRX4204 promotes remyelination and neurological recovery in a mouse model of ischemic stroke

Riddell, A., Scott, K., Wilcox, H., Abidi, S., Bagnell, A., Denovan-Wright, E., Freeman, K., Hubshman, Z., Pavlova, B., Propper, L., Stewart, S., Alda, M., & Uher, R.
Department of Medical Neuroscience
Polygenic Scores as Predictors of Suicidal Ideation and Attempt in Family High-Risk Youth Cohorts

Seward, M., Puiras, E., Bissonnette, J., Olmstead, L., Tibbo, P., Crocker, C., van Noordt, S., Fisher, D., Dempster, K.
Department of Psychology and Neuroscience
Examining Medial Frontal Theta Oscillations as Markers of Glutamatergic Dysfunction in First Episode Psychosis

Stinson, N., Singh, S., & Uher, R.
Department of Medical Neuroscience
Beyond stationary spectral power: Time-resolved EEG spectral dynamics at rest and the moderating effect of anxiety

Tanner, A. B., Sherry, S. B., Joyce, K. M., MacEachen, A., Badcock-Parks, B., Perrot, T., & Stewart, S. H.
Department of Psychology and Neuroscience
Cannabis use across the menstrual cycle: The role of pain/discomfort and coping with pain motives in females with and without premenstrual dysphoric disorder

Tanner, A., Boone, J., Church, R., Crocker, C., Sherry, S. B., & Tibbo, P. G.
Department of Psychology and Neuroscience
Evaluating the efficacy of a brief virtual cognitive remediation therapy for cannabis and alcohol use in patients with early phase psychosis in Nova Scotia and Newfoundland: A preliminary analysis of participant characteristics

Yildirim, D., Banire, B., Sutherland, D., McGowan, Y., Stewart, S. H., Klein, R. M., & Meier, S. M.
Department of Psychiatry
Comparison of Visual Tasks for Assessing Attentional Bias in Cannabis Users and Non-Users

POSTDOCTORAL FELLOW

McWhinney, S.R., Fraiha-Pegado, J., Dietze, L., Ching, C.K., Andreassen, O., Thompson, P.M., & Hajek, T.
Department of Psychiatry
The influence of obesity and hippocampal atrophy on cortical structure in bipolar disorders — An ENIGMA study in 934 participants

Singh, S., Nuñez, V.P., Brooks, D., Boruah, A., Cunningham, J., Fitzpatrick, R., Nallbani, M., Fieldus, W., Campbell, S., Mukhida, K., Allman, J., Hajek, T., O'Donovan, C., Saleh, A., Alda, M., Uher, R., McAdam, M., & Nunes, A.
Department of Psychiatry
Neural Attractor Destabilization Predicts Antidepressant Durability Following Ketamine Treatment

PSYCHIATRY FACULTY

Etches S, Ignaszewski M, & Choi F
Department of Psychiatry, Child and Adolescent Psychiatry
Antidepressants in Youth with Comorbid AUD: A Systematic Review

Nunes A, Singh S, Nunez GG, Cunningham JEA, Vazquez G, Soares CN, Khullar A, Leben B, Niv S, Russo E, Swainson J
Department of Psychiatry
Widescale Assessment of Buccal Ketamine Efficacy, Utilization, and Population Safety (WAKE-US) for Depression and Anxiety

PSYCHIATRY RESIDENT

Forbes, J. & Esliger, M.
Department of Psychiatry
Evaluation of resident-led medical student mentorship program in the Department of Psychiatry

Haslam, L., Bosma, M., Murphy, C., Basso, D.
Department of Psychiatry
Protocol for a Modified Delphi Study — Canadian Expert Guidance on Suicide Screening and Risk Assessment in Long-Term Care Settings

Revell, L., Hennessey, N., & Etches, S.
Department of Psychiatry
More than a Mess: A Scoping Review of Atypical Pediatric Fecal Behaviours

Saunders, J., Crocker, C., Sridharan, S.,
Department of Psychiatry
Impact of Seclusion and Chemical Restraint on Inpatient Length of Stay and Post-Discharge Acute Care Utilization: A Preliminary Quality Assessment

Yeung, K., **Bond, T.**, Robichaud, C., & Chorney, J.
Department of Psychiatry
Wellness Programming in CAP Subspecialty Programs — An Environmental Scan

RESEARCH STAFF — MENTAL HEALTH & ADDICTIONS

Kehoe, S., Hennessey, N., Nugent, M., Smith, J., Snow, S., & Chorney, J.
Nova Scotia Health, IWK Health — Mental Health & Addictions Program
From Measures to Meaning: Exploring Community-Based Clinician Experiences of Measurement-Based Care Implementation in Child and Adolescent Mental Health

RESEARCH STAFF — PSYCHIATRY

Amer, E., & Good, K.
Department of Psychiatry
Barriers and Facilitators to Research and Scholarship Engagement in Psychiatry: A Systematic Review

Esliger, M., Good, K., Wright, R., Davis-Murdoch, S., Kumahia, E., Agyapong, V., Cassidy, K.
Department of Psychiatry
Building Cultural Competence for Mental Health Equity: An Innovative Course Co-Developed with Community Partners

Parsapoor, M., **Inness, B.**, & Meier, S.,
Department of Psychiatry
Supervised Machine Learning for Anxiety Diagnosis from Speech and Language: A Systematic Review and Meta-analysis focusing on Trustworthiness

Khan, A., Munro, S., Black, R., Wozney, L., & Lane, J.
Department of Psychiatry
Where We Belong: Exploring Youth Narratives of Place, Space and Community to Shape Integrated Youth Service Design

Mustapha, A.A., Duke, A., Harri, B., Eboreime, E.
Department of Psychiatry
Sex Differences in Mental Health and Well-Being Trajectories Following Life Skills Training Among Internally Displaced Persons in Nigeria: A Longitudinal Study

Wozney, L., Law, D., Jacob, J., **Nugent, M.**, Khan, A., Chorney, J., & Cooper, M.
Department of Psychiatry
Principles and Practices for Working with Goals in Youth Mental Health and Addictions Services

Olmstead, L., **Puiras, E.**, Maxwell, S., Fisher, D., Dempster, K.
Department of Psychiatry
Investigating the relationship between glutamate and resting state spectral power in a first episode psychosis population

Ramchandani, M., Pilz, L. K., Hammad, G., Beliy, N., Frey, B. N., & Tonon, A. C.
Nova Scotia Health
ActiLab: An Open-Source Web Platform for Accessible and Standardized Actigraphy Analysis in Psychiatric Research

Kinley, J. L. & **Reyno, S. M.**
Department of Psychiatry
Predicting treatment outcomes for complex posttraumatic stress disorder: Examining the relative contribution of attachment style, affective dysregulation, negative self/other beliefs and disturbances in relationships

Scott, K., Adepalli, N., Hubshman, Z., Zwicker, A., Freeman, K., Propper, L., Abidi, S., Bagnell, A., Pavlova, B., Alda, M., & Uher, R.
Department of Psychiatry
Genetic Liability and Childhood Maltreatment Associate with Subsequent Severe Mental Illness Onset in Youth at Familial High Risk

Sharma, D., Addah, S., Boone, J., Whitehorn, D., Rhind, B.C., Ellsworth, K., Abidi, S., Eboreime, E., Murphy, J., & Tibbo, P.
Department of Psychiatry
Service user, Family/Support person and community perspectives on Early Psychosis Intervention Fidelity Standards in Nova Scotia

Morrison, CJ & **Williams, S**
Faculty of Health, IWK Mental Health & Addictions
TIDES: Preliminary Evaluation of a Trauma-Informed Approach to Reflective Staff Support in Child and Adolescent Emergency Mental Health Care

UNDERGRADUATE STUDENT

Addah, S., Sharma, D., Rhind, B., Church, R., Boone, J., Whitehorn, D., Murphy, J., Eboreime, E., Abidi, S., & Tibbo, P.
Department of Psychiatry
Evaluating the Rural and Cultural Sensitivity of Early Psychosis Fidelity Measures: A Stakeholder-Informed Assessment

Bourne, A., Gosal, A., Gardner, D., & Murphy, A.
Department of Psychology and Neuroscience
Patient Acceptability of Cognitive Behavioural Therapy for Insomnia in Menopausal Women: A Scoping Review

Bourne, A., Gosal, A., Gardner, D., & Murphy, A.
Department of Psychology and Neuroscience
Development of a theory-informed survey of non-pharmacological treatment acceptability for menopausal insomnia

Crowe, BC., Dutton, D., Boone, J., Tibbo, PG., Crocker, CE.
Department of Psychiatry
Is socioeconomic status associated with increased cannabis use in patients with early-phase psychosis?

Langley, J., Boone, J., Church, R., Crocker, C., LeDrew, K., & Tibbo, P.
Department of Psychiatry
Investigation of cannabis potency and products used in young adults with early phase psychosis in NS and NL

Lontok, C. L., Anderson, T., Francis, A. M., Ross, L., Bissonnette, J. N., Napier, K. R., Shead, N. W., & Fisher, D. J.
Department of Psychiatry
Comparing EEG microstates of high and low schizotypy groups

Mehta, R., McEwan, K., Murphy, S., McGrath, P.J., & Wozney, L.
Department of Psychiatry, Department of Psychology and Neuroscience
PTSD Symptom Severity and Coping-Motivated Substance Use Among Canadian Youth with Interpersonal and Non-Interpersonal Trauma

Murphy, S., McEwan, K., Mehta, R., Conrad, D., & McGrath, P.
Department of Psychiatry
Acceptability of a Text Message — Delivered Video Intervention for PTSD (Texting4PTSD) in Youth Aged 15–25: Preliminary Findings

Peake, N., Oulton, M., & Robertson, G. S.
Department of Pharmacology
Ibogaine and its Active Metabolite Noribogaine Preserve the Dendritic Arbour of Cortical Neurons Subjected to Ischemic Stress

Persaud, R., Harris, A., Keshen, A., Gamberg, S., Dimitropoulos, G., Lacroix, E., Nunes, A., Tibbo, P., Woodside, B., Ali, S., & Bartel, A.
Department of Psychology and Neuroscience
Preliminary Efficacy and Acceptability of a Peer Mentor Program for Youth Transitioning to Adult Eating Disorder Care

Piercy, E., Koning, E., Harris, A., Dixon, L., & Keshen, A.
Department of Psychiatry
Stimulating Research on Psychedelic Treatments for Eating Disorders: Evaluating Patients' Perspectives to Inform a Novel Treatment Protocol and Clinical Trial Design

Turner, K., Olmstead, L. P., Hackett, K. M., Daiman, L., Lontok, C. L., McKearney, K. J., Slaunwhite-Hay, S., Khoury, J. E., Fisher, D. J.
Department of Psychology and Neuroscience
The Impact of Nicotine on EEG-Derived Markers of Sustained Attention Across the Human Menstrual Cycle

Tuz Zehra, F., Faidh, A. J. B., Nolan, D., Rudnick, A.
Nova Scotia Health
Texting Support for Mental Health Care: A Scoping Review

Vrijmoeth, E., Keshen, A., Harris, A., Gamberg, S., Dimitropoulos, G., Lacroix, E., Nunes, A., Tibbo, P., Woodside, B., Ali, S., & Bartel, S.
Department of Psychiatry
Acceptability of a Peer Mentor Program for Youth Transitioning to Adult Eating Disorder Care: A Thematic Analysis

Worth, M., Sadek, J., & Adams, T.
Faculty of Medicine
Secondary ADHD after Traumatic Brain Injury: A Scoping Review

LEARNING OBJECTIVES

RESEARCH DAY OVERALL LEARNING OBJECTIVES:

At the conclusion of this activity, participants will be able to:

1. Evaluate youth mental health service models and identify key factors that support effective, equitable early intervention (Medical Expert, Health Advocate, Leader, Scholar)

2. Identify current mental health research studies in progress or completed in the Department of Psychiatry (all CanMEDS)

KEYNOTE PRESENTATION LEARNING OBJECTIVES:

Keynote Presentation: From the specific to the general and back again: The layers of youth mental health systems of care

Dr. Jai Shah

At the conclusion of this activity, participants will be able to:

1. Recognize the history of early intervention and youth mental health services (Medical Expert, Scholar)

2. Articulate the objectives of early intervention and youth mental health services, ranging from improved access to outcomes (Medical Expert, Communicator, Health Advocate)

3. Describe key ingredients of effective early intervention and youth mental health services (Medical Expert, Collaborator, Health Advocate, Leader)

RESEARCH GROUP PRESENTATION LEARNING OBJECTIVES:

Presentation: What Would We Build If We Started Today? Youth Mental Health System Futures

Dr. Lori Wozney and Maddy Nugent

At the conclusion of this activity, participants will be able to:

1. Reframe youth mental health data as a system foresight tool rather than a reporting tool (Leader, Scholar)

2. Recognize emerging trends and signals that may reshape youth mental health needs and system capacity over the coming decade (Leader, Scholar, Medical Expert)

3. Identify practical opportunities to use existing clinical and system data to ask new questions about youth mental health needs, service capacity, and the future of care (Leader, Scholar, Medical Expert)



Certification/Accreditation

Educationally approved by Dalhousie University Continuing Professional Development and Medical Education.

DALHOUSIE UNIVERSITY | CONTINUING PROFESSIONAL DEVELOPMENT & MEDICAL EDUCATION

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by Dalhousie University Continuing Professional Development and Medical Education. You may claim a maximum of **4.0** hours (credits are automatically calculated).

EVALUATION SURVEYS

This year's evaluation surveys can be found electronically at:

MORNING SESSION Evaluation Survey:

https://surveys.dal.ca/opinio/s?s=82644

AFTERNOON SESSION Evaluation Survey:

https://surveys.dal.ca/opinio/s?s=82645

OVERALL EVENT Evaluation Survey:

https://surveys.dal.ca/opinio/s?s=82646

IMPORTANT:
Please note the evaluation surveys will close on
Sunday, Nov. 29, 2026 at 11:59 p.m.

RESEARCH DAY PLANNING COMMITTEE

Dr. Phil Tibbo (Chair)
Director of Research; Professor
Department of Psychiatry,
Dalhousie University

Dr. Kim Good
Neuroscientist; Professor
Section Research Director,
Forensic Psychiatry
Department of Psychiatry,
Dalhousie University

Dr. Kara Dempster
Psychiatrist; Assistant Professor
Department of Psychiatry,
Dalhousie University

Mandy Esliger
Evaluation and
Curriculum Specialist
Department of Psychiatry,
Dalhousie University

Jen Brown
Operations Manager
Department of Psychiatry,
Dalhousie University

Petra Corkum
Graduate Education Coordinator
Department of Psychiatry,
Dalhousie University

RESEARCH MANAGEMENT TEAM

Dr. Phil Tibbo
Department Director of Research

Dr. Jill Chorney
Director of Research, Division of
Child and Adolescent Psychiatry

Dr. Candice Crocker
Director of Research, Section of
Acute, Consultation, and
Emergency Psychiatry

Dr. Sherry Stewart
Director of Research, Section of
Geriatric Psychiatry

Dr. David Gardner
Director of Research, Section of
Community Psychiatry

Dr. Kim Good
Director of Research, Section of
Forensic Psychiatry



DALHOUSIE UNIVERSITY | Department of Psychiatry

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