

Department of Psychiatry

AT DALHOUSIE UNIVERSITY

ANNUAL
REPORT
2013-2014

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This report covers the period of April 1, 2013 to March 31, 2014, with the exception of the Education Section, which covers the academic year, July 1, 2013 to June 30, 2014. Photography has been provided by Nick Pearce (Dalhousie), John Sherlock (IWK), Maureen Wheller (CDHA) and Kate Rogers (Dalhousie). CDRIN photos have been provided by John Fairweather (Pinpoint International).



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This year's report covers many positive developments in the department and shows our impact on a number of levels: locally, provincially, nationally and internationally.

I would like to thank the members of the department who retired this year: Drs. David Whitby, Amal Bhattacharyya, Curtis Steele and Khalil Ahmad, all of whom made significant contributions over decades. Thanks also to Dr. Allan Abbass for his contribution as director of education over a period of 13 years, during which time our undergraduate, postgraduate and continuing education programs developed steadily.

Under the leadership of our director of undergraduate education, Dr. Cheryl Murphy, the number of training sites for clinical clerkship rotations in psychiatry has expanded to nine across the three Maritime provinces, with Truro added in the current year, and Amherst to start in the fall of 2014.

A major development in our postgraduate programs is the addition of an accredited Royal College subspecialty residency training program in child and adolescent psychiatry. We have

offered training fellowships in child and adolescent psychiatry, but as of July 1, 2014, only training in child and adolescent subspecialty training programs accredited by the Royal College will be accepted as satisfying the training requirements for this subspecialty. Approved but non-accredited training in geriatric and forensic psychiatry will continue to be recognized by the Royal College until the end of June, 2016. By this time, Dalhousie should also have an accredited program in geriatric psychiatry.

You will see that the efforts of many members of the department were recognized by awards and honours. These include: Dr. Jacob Coockey, who performed flawlessly in the "Three-Minute Thesis" competition; Dr. Tom MacKay, Outstanding Clinician; and Dr. Kathleen Pajer, who received the IWK Board Award of Leadership for her transformational work at the IWK.

Our academic chairs are engaged in much exciting work, as are our other researchers. We will look forward to hearing more about their discoveries.

The Department of Psychiatry, with the support of the Faculty of

Medicine, was an early participant in a national effort to bring together clinical researchers in psychiatry across the country, leading to the creation of the Canadian Depression Research and Intervention Network (CDRIN) in which Drs. Rudolf Uher and David Pilon lead the Maritime Depression Hub; this involves researchers, clinicians, and people with lived experience working together to provide up-to-date care and learn more about mood disorders and post-traumatic stress disorder.

In closing I'd like to note the transformative work of Dr. Ron Fraser, who has had a huge and positive impact on our Capital Health addictions service. His drive to provide a comprehensive therapeutic approach employing evidence-based care has yielded much better clinical outcomes. In late March 2014, the department hosted Dr. David Healy as part of the *Visiting Professorship in Medical Citizenship*, and Dr. Fraser made an excellent presentation on the challenges that he faced as the clinical academic leader in the addictions program in operating within federal and provincial legislative requirements and obtaining satisfactory resources for the care of people with addictions.



A handwritten signature in blue ink, appearing to read "N. Delva".

Dr. Nicholas Delva

Head, Department of Psychiatry, Dalhousie University
District Chief, Department of Psychiatry, Capital District Health Authority

MISSION STATEMENT IN ACTION

The Department of Psychiatry's mission is to develop and maintain high calibre educational, research and clinical programs that advance the field of psychiatry and mental healthcare. *Educate. Discover. Heal.*

Department to offer new subspecialty training programs

In 2012 a working group of child and adolescent psychiatrists, under the leadership of Drs. Alexa Bagnell and Lukas Propper, submitted an application to the Royal College of Physicians and Surgeons of Canada seeking accreditation of their training program. The application was accepted in January 2013 resulting in full accreditation for our first subspecialty program. As of July 1, 2014, only residents training in an accredited program will be eligible to sit in the subspecialty exams and be certified as child and adolescent psychiatrists with the Royal College. The Child and Adolescent Psychiatry (CAP) Subspecialty Residency program will welcome their first learner, Dr. Ferid Fathalli from McGill University, in July 2014.

The program is a two-year

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Child and adolescent psychiatrist, Dr. Sabina Abidi.

educate



Dr. Mark Bosma is the Director of Fellowship and Subspecialty Training Programs.

residency and is the only of its kind in Atlantic Canada. Based at the IWK Health Centre and Dalhousie University, it is one of only eleven CAP subspecialty programs in the country that is accredited by the Royal College of Physicians and Surgeons of Canada. The

Dalhousie Child and Adolescent Psychiatry Residency program will provide much needed subspecialty training in child and adolescent mental health care. With one in five children and adolescents experiencing a mental health problem in Canada every year and only about 20 per cent of them receiving care, this program will

Not long after the application process began for the child and adolescent subspecialty training residency, work began on an application for an accredited program in geriatric psychiatry. A team of geriatric psychiatrists led by Drs. Janya Freer and Cheryl Murphy have been working since late 2012 on what we hope will be

BY TRAINING MORE CHILD AND ADOLESCENT PSYCHIATRISTS WE WILL IN TURN FURTHER ENHANCE CLINICAL CARE, EDUCATION AND RESEARCH IN CHILD AND YOUTH MENTAL HEALTH.

help meet the required demands. By training more child and adolescent psychiatrists we will in turn further enhance clinical care, education and research in child and youth mental health and help build the capacity within our region to deliver effective and timely psychiatric care to the youth who need it.

our second Royal College accredited program. The application has been completed and has been sent to the Dean's office for editorial review before it will be submitted to the university. If all goes well, an accredited fellowship training program in geriatric psychiatry will be available in the department in July 2015.

Department Of Psychiatry team awarded grant to establish CDRIN Maritimes Depression Hub

A group including Department of Psychiatry faculty members, Capital Health staff, people with lived experience of depression and others were awarded funding to establish a Canadian Depression Research and Intervention Network (CDRIN) Maritimes Depression Hub in March 2014. The Hub will be hosted by the major mental health care providers in Nova Scotia, with central activities of the Hub to be housed within the integrated facilities and programs of Capital

Health, the IWK Health Centre and the Dalhousie University Department of Psychiatry. The CDRIN Maritimes Depression Hub will be a platform for translational research in depression, with involvement of people with lived experience, clinicians and researchers.

CDRIN is a pan-Canadian network linking researchers, clinicians, other health care professionals, and people with lived experience in order to combine their

knowledge and leverage resources to combat mood disorders and post-traumatic stress disorder (PTSD) (www.cdrin.org). CDRIN is working to establish a network of linked Depression Hubs across the country to strengthen the depression research community's capacity to secure and leverage resources, develop new research initiatives and improve treatment outcomes. Drs. Rudolf Uher and David Pilon, who are the Hub leaders, were approached by CDRIN



Dr. Ben Rusak (centre), interim chair of the CDRIN Board of Directors, chats with Dalhousie Department of Psychiatry team members Drs. Barbara Pavlova and David Pilon.



Dr. Elizabeth Osuch, psychiatrist, London Health Sciences Centre, and CDRIN national advisory panel member with Hub leader Dr. Rudolf Uher.

to submit an application for a Hub in December 2013.

The Hub will ultimately improve the delivery of care and the quality of outcomes for those with depression across the Maritime Provinces. “It will allow for cutting edge clinical research and opportunities to connect with the top depression research centres in the country, and abroad,” says Dr. Uher. “It is a massive collaboration opportunity, allowing us to involve people with lived experience in research and attract researchers and other professionals. We are already benefiting from the training

resources of CDRIN.”

One goal of having a CDRIN Hub in Nova Scotia is to establish a registry of people with depression. This registry and infrastructure will facilitate recruitment into research projects and ensure that information, once collected, can be used for multiple purposes. It will enable the team to track patients’ pathways through care, and systematic measurement of outcomes will facilitate long-term evaluation of current initiatives, in turn allowing restructuring and improvement of clinical services for depression. Work will also be

translated into information that will be made widely available to participants and their families through lectures, workshops and educational materials.

Education will be a very important part of the CDRIN Hub activities. The Hubs nationwide will collaborate on training initiatives to improve knowledge and involvement in research among those with lived experience of depression, as well as among research and clinical trainees at every level. A very successful CDRIN research education session was held in Halifax in mid-March

involving about 20 participants with lived experience from the region.

Funding for the project has been made available for two years, after which it will be the job of those involved to make it sustainable. The team plans to use the seed money to attract more funding; three CDRIN-related grant applications from the group are already under review and others are working on the possibility of getting CDRIN's five-year mandate renewed. "It would be a very short-sighted mistake to see this as a two-year project," says Dr. Uher.

The core Hub facility in Halifax will collaborate regionally by developing hub-and-spoke linkages with colleagues in the Annapolis Valley Health Authority in Kentville, NS, in New Brunswick and Prince Edward Island, as well as having a special collaboration with the Canadian Forces Health Services Centre (Atlantic) at the Stadacona Hospital.

The creation of the CDRIN Hub

"IT WILL ALLOW FOR CUTTING EDGE CLINICAL RESEARCH AND OPPORTUNITIES TO CONNECT WITH THE TOP DEPRESSION RESEARCH CENTRES IN THE COUNTRY, AND ABROAD."

— DR. RUDOLF UHER, HUB LEADER AND CANADA RESEARCH CHAIR IN EARLY INTERVENTION

in Halifax was widely supported by the Dalhousie Department of Psychiatry, the Faculty of Medicine, Capital Health, the IWK, Annapolis Valley Health, the Maritime Strategy for Patient Oriented Research SUPPORT Unit and the Nova Scotia Health Research Foundation. Head of the Department of Psychiatry, Dr. Nicholas Delva, said, "The Hub would be most positive in supporting the provision of cutting-edge care to patients with depression in the Maritimes and in creating new knowledge to support such care."

The work of the CDRIN Maritimes Hub is already under way. A number of members of the Hub attended the inaugural CDRIN

meeting in Ottawa in March; the first CDRIN-linked grant applications have already been submitted; educational activities are underway with more being planned; and the first joint meeting of the five Hubs established across the country is being held in Toronto at the end of May. Dr. Ben Rusak, director of research in psychiatry and interim chair of the CDRIN Board of Directors said, "I am very impressed with the speed with which the Maritimes Hub has got organized, and by the rapid and generous offers of financial and other support for the Hub from the many local partners who have contributed to getting it started on a strong footing."

Transforming care in addictions and mental health

During the past year, the Addictions Program focused on embedding new practices as part of their recent clinical transformation to a model based on evidence and best practice. They secured funding from the Department of Health and Wellness for an addictions hospitalist to support the 16-bed Inpatient Treatment Program and the outpatient Opioid Treatment Program. This physician coverage rounds out their commitment to multidisciplinary care. Addictions

patients now benefit from care that involves the disciplines of medicine, nursing, social work, psychology and recreational therapy.

The Addictions Program continues to strive to improve the outcomes of the Inpatient Treatment Program, and the new model of care is gradually beginning to shift the program indicators, which are reported on quarterly. The Inpatient Treatment Program now includes intensive group therapy, one-on-one counseling and

recreation therapy. Each patient has an assigned case manager, and the unit has a discharge planner to coordinate aftercare. The average length of stay for all hospitalized addiction patients has more than doubled from 3.9 days in 2011 to 10.5 in 2013 (third quarter). Of those normally discharged, the average length of stay is 16.3 days. This is extremely rewarding to see as the program is designed to be 14-21 days in length. More people are now engaging in



Dr. Ron Fraser is a consulting psychiatrist in the Capital District Health Authority's Addictions and Mental Health Program. His work in addictions has been extensive and he has helped transform how persons suffering from addictions receive care.

aftercare following discharge from the inpatient program, which is crucial for successful recovery. In 2011 only 17 per cent of people discharged ever followed up with outpatient services. In 2014 (third quarter), 45.5 per cent of inpatient discharges were seeking aftercare at community-based services.

Two Addictions Program social workers, who comprise the Addiction Liaison Service, are providing much-needed addictions support to patients with addictions needs at the Halifax Infirmary

and Dartmouth General Hospital sites. Over the past year, these staff members have followed up on referrals and consulted with hundreds of patients within the emergency departments and medical-surgical units. They have supported on-site intakes, transfers to the Addictions inpatient unit, and referrals to needed community programs.

In September 2013, the Addictions Program was pleased to receive new funding to expand its Opioid Treatment Program (methadone

clinic) to more than double its former size. The program, formerly capped at 75 clients, is now accepting new admissions up to a total census of 180 clients. The Addictions Program is also working to support additional GPs to receive their methadone exemption and to nurture shared care models for stable methadone clients in the community. This will ensure ongoing patient flow through the program, allowing for continued new admissions over time.

MORE PEOPLE ARE NOW ENGAGING IN AFTERCARE FOLLOWING DISCHARGE FROM THE INPATIENT PROGRAM, WHICH IS CRUCIAL FOR SUCCESSFUL RECOVERY.

heal

AWARDS AND ACCOLADES

Jacob Coockey places first in Three-Minute Thesis competition

Dr. Jacob Coockey, a fifth year resident in the Department of Psychiatry won Dalhousie's first annual Three Minute Thesis competition, ranking first among 83 participants. Developed by The University of Queensland in 2008, The Three Minute Thesis (3MTTM) is a skills development activity that aims to challenge graduate students to explain their research project to a non-specialist audience in three-minutes. Dr. Coockey used his three minutes to explain his

research on the impact of early, regular cannabis use on the brain in people with recent-onset psychosis. With very little experience public speaking and no previous knowledge of the competition, he blew the judges away with his jargon-free presentation and took home the first place title, \$1,000 and a speaking spot at TEDx Nova Scotia, where he later gave his presentation to a crowd of more than three hundred.



Dr. Jacob Coockey speaks during the Three-Minute Thesis competition.

Dr. Arlene MacDougall receives Dr. Jock Murray Award



Dr. Arlene MacDougall shares a laugh with Dr. Jock Murray as he presents her with her award.

Dr. Arlene MacDougall was the recipient of the 2013 Dr. Jock Murray Award for Resident Leadership in Global Health. Dr. MacDougall was a fellow in the Department of Psychiatry at the time of her award and is now a faculty member. She has shown commitment and dedication to global health through projects in the Northwest Territories and Guyana. Dr. MacDougall received the award during the Global Health Office's 'Celebration of Global Health at Dalhousie' in early April.

Psychiatrists awarded 'Founder, Child and Adolescent Psychiatry'

Drs. Wade Junek, Normand Carrey and Pippa Moss were awarded 'Founder, Child and Adolescent Psychiatry' for their involvement on the Royal College Sub Committee and Examination Committee. Individuals

serving on these initial committees for a new subspecialty are eligible for the Founder designation or may wait until several years off the committee to write the examination for the certificate of competency.

Dr. Lara Hazelton graduates from Acadia

Department of Psychiatry faculty member, Dr. Lara Hazelton, graduated from Acadia University with her Masters of Education in Curriculum Studies. She completed her medical school and residency training at Dalhousie University, followed by fellowship training in group and cognitive-behavioural psychotherapy at the University of Toronto. Dr. Hazelton is co-director of Faculty Development for the Dalhousie Faculty of Medicine, and is cross-appointed to the Dalhousie Division of Medical Education.



Dr. Ashwin Varghese is presented with his award.

PGY-5 wins PARI-MP award

On November 20, 2013, PARI-MP (Professional Association of Resident Physicians in the Maritime Provinces) awarded Dr. Ashwin Varghese with the 2013 Resident Well Being Award. The purpose of the award is to recognize a resident who is making outstanding contributions to resident well-being. Some of the characteristics may include, but are not limited to: a strong team

player, respect for peers and patients, dedication to residency, ability to enhance the residency experience for others through teaching and supporting peers, and a role model for balancing work and personal life. Ashwin was nominated by his peers in his residency program. The nominators illustrated to the committee how he excels in residency and inspires fellow residents.

Dr. Carrey represents the Canadian Academy of Child and Adolescent Psychiatry

Dr. Normand Carrey was chosen to represent the Canadian Academy of Child and Adolescent Psychiatry at the week-long symposium, *Accelerating Innovation: Telling the Brain Story*, sponsored by the Alberta Family Wellness Initiative and the Norlien Foundation. This event was by invitation only and took place October 27 to November 1 in Edmonton, Alberta.

Dr. Kathleen Pajer wins leadership award

Dr. Kathleen Pajer, head of the Division of Child and Adolescent Psychiatry, along with Dr. Ruth Carter, director of the Mental Health and Addictions Program at the IWK, was awarded the IWK Board Award of Leadership. This award distinguishes exemplary IWK Health Centre leaders. It pulls

to the forefront for recognition the outstanding contribution of one (or a team) of IWK employees, physicians, or volunteers whose leadership has propelled the Health Centre in new directions, introduced innovative solutions and moved the IWK closer to achieving its mission, vision and strategy.



Dr. Kathleen Pajer

Faculty members receive Manning Innovation Award

Two faculty members received the prestigious 2013 National Ernest C. Manning Foundation Encana Principal Award for Social Innovation.

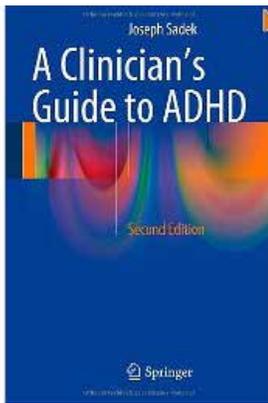
Co-recipients Drs. Patrick McGrath and Patricia Lingley-Pottie were presented with the award at a gala event in Calgary, Alberta in October 2013.



Drs. Patricia Lingley-Pottie and Patrick McGrath.

The Manning Awards, for which there are three, are presented to Canadians who have demonstrated recent innovative talent in developing and successfully marketing a new concept, process or procedure. The \$100,000 Encana Principal Award is the highest honour given out by the Ernest C. Manning Foundation.

The award is in recognition of Drs. McGrath's and Lingley-Pottie's work on the Strongest Families Institute. Dr. McGrath is CEO and Dr. Lingley-Pottie is President and COO of the Strongest Families Institute, which was established as a not-for profit organization in 2011 and provides distance services to families experiencing childhood behaviour difficulties, anxiety, and night-time bedwetting. The Strongest Families innovative system of care was designed to remove barriers to care, providing timely help to families when and where they need it.



Dr. Joe Sadek writes and publishes second edition of book

Dr. Joe Sadek wrote the second edition of his book, *A Clinician's Guide to ADHD*. Published by Springer, *A Clinician's Guide to ADHD* combines the useful diagnostic and treatment approaches advocated in different guidelines with insights from other sources, including recent literature reviews and web resources. The aim is to provide clinicians with clear, concise, and reliable advice on how to approach this complex disorder.

Faculty receive prestigious CACAP awards

Drs. Alexa Bagnell, Wade Junek and Herb Orlik, psychiatrists working in the child and adolescent psychiatry division, each received an award from The Canadian Academy of Child and Adolescent Psychiatry at their annual conference in November 2013.

The Canadian Academy of Child and Adolescent Psychiatry (CACAP), which is a national organization of child and adolescent psychiatrists and other professionals committed to advancing the mental health of children, youth and their families, met in Vancouver where the individual recognition awards were presented. The Excellence in Education Award was presented to Dr. Orlik, the Naomi Rae Grant Award to Dr. Bagnell and the Paul Steinhauer Award to Dr. Junek. The awards support the importance of



(L-R) Drs. Wade Junek, Alexa Bagnell and Herb Orlik

the work done by members of CACAP and recognizes those who have done exceptional service for the Academy and the mental health of children and youth. The Certificate of Special Recognition, presented to Ms. Nancy Mannix, Founder, Chair and Patron of the Norlein Foundation in Alberta and nominated in part by Dr. Junek, was the only award not awarded to a member of the Department of Psychiatry at Dalhousie!

Dr. Ronald Fraser writes book on borderline personality disorder

Dr. Ronald Fraser, consulting psychiatrist at CDHA and director of the Extended Care Clinic of the McGill University Health Centre Personality Disorders Program and Dr. Lise Laporte, PhD, Research Director of the MUHC Personality Disorders Program, have written a book for the children of parents with borderline personality disorder, describing a very serious mental illness that has potentially devastating effects on individuals and their families.

This illustrated book for children provides, through a touching story, clinically sound, age-appropriate information for children (under the age of 12), giving clear answers to frequently asked questions about the illness of a parent and suggesting ways to cope with the situation. Through weather pattern analogies, the book describes two days in the chaotic life of David and Mary. Psychoeducational comments are provided throughout the book by a "weather wiz" who explains simply to the children and reader their mother's sometimes strange behaviours that are challenging to comprehend. The wonderful illustrations help lighten the story with humour and understanding. This book will help children to take a certain distance, to understand better what is happening at home and, mostly, not to feel responsible for their parents' stormy moments.

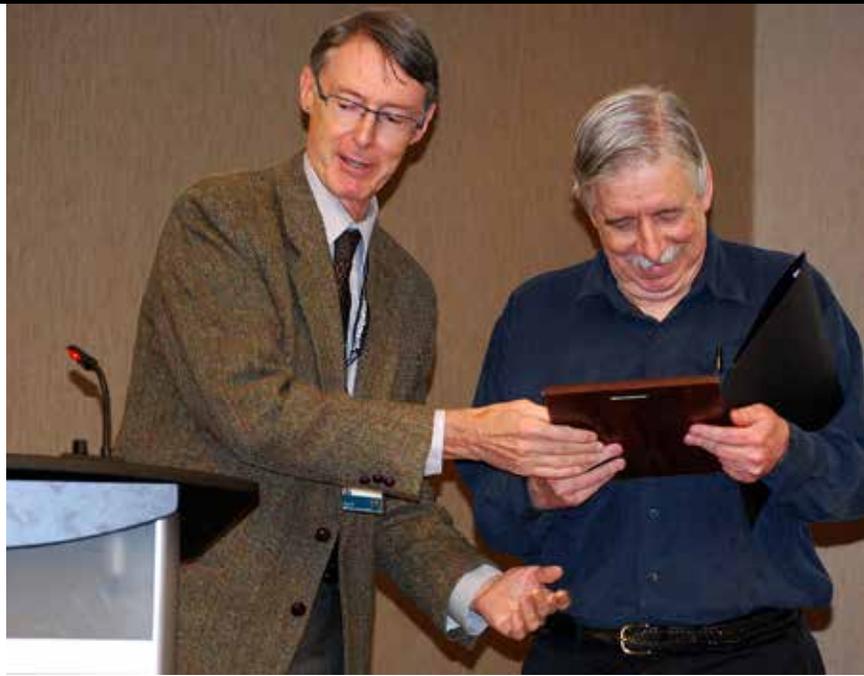
2013's Outstanding Clinician

Dr. Tom MacKay was awarded the Department of Psychiatry's Outstanding Clinician Award for 2013. The award recognizes members of the department who have made outstanding contributions to the department's mandate of providing excellence in clinical care.

Dr. MacKay has been a dedicated member of the Department of Psychiatry for many years and made monumental contributions, not only through his superior clinical care and educational guidance, but operationally through the establishment of both the Short Stay Unit and the Psychiatry Assessment Unit, which changed the landscape of psychiatry at Capital Health. These services changed how people in the community accessed care, and improved the care they received. The success of both services can be attributed in large part to Tom's passionate efforts to foster a healthy work environment and well-functioning team.

Dr. MacKay has also been an extraordinary proponent for community psychiatry, providing the psychiatric back-up to the SCOT Team when it existed, with a clear belief that, if possible, patients are best treated in their community, not an institution.

Dr. MacKay is a clinician with a rare level of dedication to both patients and colleagues. Driven by limitless energy and heartfelt commitment to both patient care



Dr. Nick Delva (left) presents Dr. Tom MacKay with his award.

and education, he consistently puts his patients and the services ahead of personal concerns and comforts. In addition to setting an extraordinary example, he has provided close mentorship for a number of the young psychiatrists in the department, being fully available to them at any time of day, and taking a consistently encouraging, non-judgmental, and very wise and realistic stance.

Thank you to Dr. Tom MacKay who is an ideal example of the qualities embodied in the Outstanding Clinician Award.



Dr. Joanne MacDonald

Dr. Joanne MacDonald awarded additional \$225,000 for continuation of Mothers' Mental Health Toolkit

Dr. Joanne MacDonald was recently awarded an additional \$225,000 from the Public Health Agency for the production of a high quality video, a more youth specific poster/information sheet, and fully realizing the rollout of this national project from the Nova Scotia IWK-base. This brings funding for the Mothers' Mental Health Toolkit to a total of \$777,490.

Dr. Allan Abbass wins prize for contributions in the area of Depression Care and Research

Dr. Allan Abbass was named the winner of the Douglas Utting Prize for 2013. The award is given to an individual, working in Canada, who has made a significant contribution to the study, understanding or treatment of depressive disorders. The prize, which consists of a medal plus \$7,500, was awarded to Dr. Abbass in November 2013 at McGill University where he delivered the Douglas Utting Lecture.



Dr. Allan Abbass (left) receives his award from Mr. Tim Utting.

OUR ACADEMIC CHAIRS

The Department of Psychiatry has four academic chairs: The Killam Chair in Mood Disorders, the SunLife Chair in Adolescent Mental Health, the Dr. Paul Janssen Chair in Psychotic Disorders, and the Canada Research Chair in Early Intervention.



Dr. Martin Alda, MD, FRCPC The Killam Chair in Mood Disorders

In the past academic year the Killam Chair, Dr. Martin Alda, and his team worked on a number of research projects. One of the projects that is coming to an end is a study investigating the neuroprotective effects of lithium.

In collaboration with the International Group for Study of Lithium Treated Patients (IGSLi), Dr. Alda and his team examined structural brain changes and functional correlates in patients with bipolar disorder treated (and those

never treated) with lithium. The results have been published in several papers and indicate that lithium may indeed have beneficial effect extending beyond the mood stabilizing effects.

Long term lithium treatment

The exome sequencing study is now in its second half and the results show substantial differences in distribution of genetic variants, likely playing a role in the responders and non responders to long term lithium treatment. They will be able to test these findings against those obtained in the genomewide association study of lithium response (ConLiGen) that is now in its very final stages. A second opportunity for verifying sequencing findings will come from collaboration with the Bipolar

Disorder Sequencing Consortium. These large scale collaborations are starting to bear fruit and the team has been a part of a group reporting a finding of two new genes conferring susceptibility to bipolar disorder published in *Nature Communications* in March 2014. In addition to the two new genes, they were able to confirm three previously identified genes for bipolar disorder.

Overcoming obstacles

A major limitation of neurobiological research of psychiatric disorders has been that researchers couldn't study the living

nerve cells of their patients. Either they could rely on peripheral cells that only approximate neurons, or study brain tissue obtained from deceased individuals. This is now changing thanks to new stem cell technologies. In collaboration with the Sanford-Burham Institute we have now obtained neurons derived from stem cells produced from white blood cells. This will allow us to investigate neuronal changes in groups of patients with well defined clinical characteristics such as response to treatment or differential risk of suicide. In the future such cells may provide a model for screening new treatments as well.

New collaborations

Finally, the chair team had the pleasure of hosting Dr. Leonardo Tondo in their group in December. An internationally known psychiatrist working in Rome, Cagliari, and Boston, Dr. Tondo has followed and studied over 5000 long-term patients with depression and bipolar disorder. He has made major contributions to studies of suicide behaviour and long term outcome of mood disorders. His recent visit in Halifax is now turning into a collaboration on clinical predictors of lithium response.

Dr. Stan Kutcher, MD, FRCPC The Sun Life Financial Chair in Adolescent Mental Health

Over the past year Dr. Stan Kutcher, the Sun Life Financial Chair in Adolescent Mental Health, continued to make great strides in bettering adolescent mental health locally, nationally and internationally. Though many projects have progressed, the focus was on a few initiatives.

Transitions

Transitions was launched in September at Dalhousie University with a panel of guests that included Dr. Bonnie Neuman, Vice President of Student Services at Dalhousie University; The Honourable Jane Cordy, Senator, Nova Scotia; Ms. Louise Bradley, President and CEO of the Mental Health Commission of Canada; Deputy Minister Carole Olsen of the Department of Education and Early Childhood Development and Dr. David

Pilon, Program Leader at Capital District Health Authority Addictions & Mental Health Program. The Kids Help Phone, The Jack Project, the Mental Health Commission of Canada, the Kelty Mental Health Resource Centre, the Canadian Mental Health Association and others endorsed and supported the launch of *Transitions*.

The Stay Connected Mental Health Project, generously supported by

the Fountain family, invested in the purchase of 3,000 copies of *Transitions* to be distributed across the partner universities and colleges (Dalhousie University, Saint Mary's University, Kings College, Mount Saint Vincent University and the Nova Scotia Community



College). The free App was also made available to 6,000 incoming first year students. After one month of promotion, *Transitions* received over 14,000 impressions.

Since the launch, Dr. Kutcher and his team have begun a pilot project with four high schools in Nova Scotia to obtain feedback from students, teachers, counselors and parents on the impact of *Transitions*. The data will then be used towards a modified and more elaborate resource promotion for the upcoming 2014-2015 school year.

School mental health

Dr. Kutcher and his team continue to be international leaders in school mental health. In collaboration with the Nova Scotia Department of Education and Nova Scotia Teacher's Union and the Credit Unions, the *Mental Health and High-School Curriculum Guide* training program has been completed and implemented into each grade 9 Healthy Living class in the province. *The Go-To Educator Training* has

also been completed throughout the province, making Nova Scotia the first Canadian jurisdiction to embed mental health literacy and full school identification, triage and support capabilities. Similar approaches are in the works through Alberta, Ontario, British Columbia, Manitoba and Newfoundland.

These successes have helped spread the *Mental Health and High School Curriculum Guide* outside of Canada. Collaborators in China, Portugal, Zambia, Malawi and Brazil are all working to customize the curriculum and study its implementation in their settings.

Academy in Mental Health

The third annual *Academy in Mental Health* was held in July 2013. Dr. Kutcher was joined by Drs. Kathleen Pajer, Sabina Abidi, Alexa Bagnell, Wade Junek, Suzanne Zinck and Penny Corkum, as well many IWK educators and other health professionals. The Academy was assessed through program evaluations and participant

feedback – which showed a group of satisfied participants, who found the Academy relevant, informative and indicated they would be likely to attend again.

Innovation in mental health

Dr. Kutcher was invited as a member of the international faculty for Y-Mind, a unique global gathering addressing innovation in mental health prevention and promotion in Sao Paulo, Brazil. International experts and 50 PhD students from across the world were invited to share innovative ideas and research, where Dr. Kutcher gave a keynote on *International School Mental Health: Global Approaches; Global Challenges; Global Opportunities*. Ms. Yifeng Wei of Dalhousie University was one of three Canadian PhD students selected to attend, where she presented her work on the *Development of Mental Health Literacy Assessment Tool for Adolescents*.

Philip Tibbo, MD, FRCPC The Dr. Paul Janssen Chair in Psychotic Disorders

Over the last year Dr. Phil Tibbo, the Dr. Paul Janssen Chair in Psychotic Disorders, continued to lead, foster, and mentor research in psychosis and schizophrenia. Of particular interest to Dr. Tibbo is a new research grant provided by the Nova Scotia Health Research Foundation, with Drs. Sabina Abidi and David Whitehorn as co-investigators. This research

project, entitled *Early and Optimal Treatment of Mental Disorders Involving Psychosis: Major Findings for Key Stakeholders*, is an evaluated knowledge dissemination project that concentrates on five thematic areas in first episode psychosis, distilling the literature, and presenting it to eight stakeholder groups in four regions in the province. In addition to the four

conferences in the four health regions, webinars have also been developed on the five thematic areas.

During the last fiscal year, Dr. Tibbo's recognition as an expert in first episode psychosis, as well as in cannabis and psychosis has resulted in him being asked to speak as an advisor to influential groups including the Canadian

College of Health Leaders, Canadian Centre on Substance Abuse, as well as at a recent small round table with the Federal Minister of Health, the Honourable Rona Ambrose. The use of cannabis and its effects on youth and young adults will continue to be a hot topic and Dr. Tibbo will continue to educate, research, and advocate as his mandate allows.

Transitioning to post-secondary education

The *Because Your Mind Matters (BYMM) Youth Education Program* lead by Ms. Margie Crown, targets young people ages 18-19 years making the transition to the first year of post-secondary education, a recognized time of vulnerability for development of mental disorders in youth. The goal is to promote early help seeking and to avoid delays in getting appropriate treatment for psychosis. The website became live on Sept. 30, 2013 and an official BYMM project launch was held on October 24. Funding support for this project was provided by the Mental Health Services branch of the Department of Health and Wellness. During the fall 2013 semester, the program was implemented in three introductory psychology classes at Mount Saint Vincent University. During the winter 2014 semester sessions were given at the Nova Scotia College of Art and Design, as well as to the Mental Health Collective at the University of Kings College. BYMM also presented in two large introductory psychology classes at Dalhousie University. The feedback from the students regarding BYMM has been extremely positive. In addition, faculty, counseling, and administrative staff have given positive feedback. The program will be expanded in the fall of 2014.

Clinicians across Canada

The Janssen Chair has also continued his involvement with the development of the Canadian Consortium for Early Intervention in Psychosis. This is a national bilingual organization of clinicians and researchers who work with early intervention psychosis programs. There are a number of projects that the Consortium has undertaken in the last year including a benchmark survey of service delivery for first episode psychosis programs in Canada. Dr. Tibbo will be chairing a workshop on the results of this survey at the World Psychiatric Association meeting in Madrid, Spain in September 2014. The Consortium is also actively researching the development of a relapse indicator tool that can be used for clinicians in addition to family members.

Chair of the SSCF

The Janssen Chair accepted a position as chair of the Schizophrenia Society of Canada Foundation (SSCF). The SSCF was established in 1994 when the late Dr. Michael Smith made a generous donation of half of his Nobel Prize monies to the SSC. The SSCF partners with funding agencies who support research projects and the development of research careers in the areas of schizophrenia and psychosis.

Representing the university

The Janssen Chair is also the Dalhousie University Department of Psychiatry representative to the Canadian Psychiatric Association Research Committee. Over the last year Dr. Tibbo has been actively engaged in facilitating the development of the CPA Junior Investigator Colloquium. The CPA Junior Investigator Colloquium Award will be recognizing rising stars in Mental Health Research and will be bringing them together for a one day meeting in conjunction with CPA Annual Meeting in the fall of 2014. The Colloquium is to provide guidance, mentorship and encouragement to young Canadian psychiatrists in the early phases of the training such that they can launch a successful nationally funded research program. Dr. Tibbo was also asked to be a mentor for this inaugural program at the CPA in September 2014.



Dr. Rudolf Uher, MD, PhD, MRCPsych Canada Research Chair in Early Intervention

In Dr. Uher's clinical work as psychiatrist he sees people living with depression, bipolar disorder and schizophrenia. They often tell him about earlier smaller problems that they were having when they were children or adolescents, such as anxiety, unstable mood, or unusual sensory experiences. Many got worried when they saw similar signs in their children. It struck him that he may be able to work more effectively with these earlier smaller problems, which he called antecedents, than with fully developed severe mental illness. The Canada Research Chair in Early Intervention has given Dr. Uher the opportunity to make a bigger difference for the good by working

with young
people
early
on.



Families Overcoming Risks and Building Opportunities for Well-being

Thanks to funding from the Canadian Institutes of Health Research and the Nova Scotia Health Research Foundation, Dr. Uher and his team have launched the *Families Overcoming Risks and Building Opportunities for Well-being* (FORBOW). In FORBOW they are working with the children of parents with severe mental illness, as well as with children from the general population. They see young people (age three to 25) every year, identify antecedents and randomly allocate eligible young people to be offered pre-emptive early interventions in a cohort-multiple randomized controlled trial design. FORBOW started recruiting participants in March 2013. Since then, the FORBOW team has assessed more than a hundred young people, most of them sons and daughters of parents with schizophrenia, bipolar disorder or severe recurrent depression. The annual assessments include health interviews with offspring and to their biological parents, cognitive testing and questionnaires.

The team is pleased that FORBOW participants are coming back to see them again, with one hundred per cent complete follow-up with the first

25 participants who have been in the study for a full year. New participants continue to enroll, working towards the goal of 500 participants. They are looking forward to extending FORBOW to additional centres in Canada and beyond.

Pre-emptive intervention

Funding has also been obtained for the first early pre-emptive intervention, the cognitive-behavioral therapy based Skills for Wellness (SWELL). In May 2014, the team will be offering the SWELL intervention to the first few FORBOW participants. Several add-on projects will help explore the needs of families living with mental illness, establish the importance of additional potential antecedents (e.g., sleep, emotional decision-making, cannabis use), examine the interplay between genetic factors and early environment, and track the effect of interventions on the brain developmental trajectories in adolescence. This work is possible thanks to the enthusiasm, dedication and skills of the wonderful FORBOW team (see Meet the Team at www.FORBOW.org), the collaborative efforts of 14 investigators (many of them members of the Dalhousie Department of Psychiatry), the wisdom of an international Steering and Advisory Board and the dedication of FORBOW participants and their families who have generously donated time and shared private information. The hope is that this work will make a real difference in helping young people develop mental health and lead healthy and productive lives.

EDUCATION SECTION

The Dalhousie Department of Psychiatry offers undergraduate, postgraduate and continuing education in psychiatry within the Faculty of Medicine. The five-year residency program trains the next generation of psychiatrists with help from over 100 faculty members serving the child and adolescent, adult and senior populations.



Education

We have had some major changes in the administration of the education section this year. Dr. Margaret Rajda was appointed the new director of education as of February 1, 2014. She took over for Dr. Allan Abbass who dedicated over 13 years to the education program as director. We are ever so grateful to Dr. Abbass for his time-honoured commitment to education in the department. Dr.

Rajda holds both the director of education and postgraduate director positions until July 1, 2014, at which time she will step down as postgraduate director. The department is thrilled that Dr. Mark Bosma, currently the associate director of postgraduate education, will take over for Dr. Rajda as of July 1.

*Dr. Margaret Rajda was appointed
Director of Education in February 2014.*



Undergraduate Education

Director: Cheryl Murphy, MD, FRCPC

Pre-clerkship (Year 1 and 2)

Three weeks are focused on psychiatry in the neurosciences unit in the second year of medical school. Students work through six cases primarily focused on mood, anxiety and psychosis, supplemented by 2-3 lectures per week. Lecture content includes major clinical conditions, including substance abuse and personality disorders. The Clinical Skills 2 sessions in the second year provide opportunities for students to learn about and practice psychiatric interviewing skills. Students in both first and second year also have a half-day clinical elective that they can choose to spend in psychiatry.

Dalhousie – IMU Link Program

In 1996, Dalhousie University's Faculty of Medicine began a formal partnership with the International Medical University (IMU) in Malaysia. The universities partnered to offer IMU medical students the opportunity to complete the final two years of their undergraduate medical education at Dalhousie. In 2008, the Nova Scotia Government provided funds for two International Medical Graduates (IMGs) to complete clerkship at Dalhousie. These IMG clerks participate in some programs developed for the IMU students.

Prior to beginning the clerkship year at Dalhousie University, incoming international students

are required to participate in and complete the Link program, a comprehensive bridging program that provides them with the core clinical skills and practice sessions as taught throughout the first and second year medical program at Dalhousie.

During the 2013-2014 academic year, the Department of Psychiatry received four IMUs and two IMGs into the Link Program. During the month of June, the students received an Introduction to Psychiatry lecture, three neurosciences case sessions on mood disorders, anxiety and psychosis, followed by Case Practice sessions at the Learning Resource Centre with simulated patients and completed eight clinical interviewing skills sessions



Dr. Herb Orlik lectures to a group of undergraduate students.

Lectures are made available to distance sites using videoconferencing software.

throughout HRM with various faculty and their patients.

Clerkship (Year 3 and 4)

During the third year of medical school, students enter a two-year clerkship. In the first year, students spend six weeks in core clinical psychiatry rotations and in the second year students are focused on elective experiences which range from two to four weeks in duration.

The 2013-2014 academic year saw changes to the structure of the clerkship curriculum, though the new structure did not significantly impact the core clinical clerkship. Outside the core clinical clerkship rotations, the curriculum was divided into four units called

'PIERS' (Positioning, Integration, Evaluation, Research/Review), which occur outside of core clinical time. These units focus on content that crosses all domains of student education: therapeutics, communication skills, student affairs (career planning and student wellness) and professionalism, as well as using cases to help students integrate their knowledge. The PIERS occur as follows:

- PIER 1 (Med 3) replaces Introduction to Clerkship and therefore occurs the last week of August and first two weeks of September.
- PIER 2 (Med 3) replaces the Med 3 two-week elective period in December.
- PIER 3 (Med 4) occurs after the September Med 3 OSCE for two

weeks and is the start of Med 4.

- PIER 4 (Med 4) occurs at the end of Med 4 in April/May and incorporates ACLS (Advanced Cardiac Life Support) and CRAM (Critical Review and Mastery) courses.

As part of the new curriculum, there was a reconceptualization of Clinical Skills which is now called the Four Year Skilled Clinician Program and involves the students being assessed over the four years. In Med 3, clerks are now required to complete two Mini-Clinical Evaluation Exercises (mini-CEX) during their six-week Psychiatry rotation. As part of self-directed learning, the clerk is responsible for presenting the form to any faculty member, resident or allied health professional to have the form

completed.

With the move to the Four Year Skilled Clinician Program, there was a change to the OSCE structure. This change sees an OSCE implemented for each of the four years of medical school with the Med 1 and Med 4 OSCE being new additions. Traditionally, Med 3 had two OSCEs, but now has only one that occurs at the end of the Med 3 year in September.

Clerkship Orientation is now held every six weeks, rather than every 12 weeks, at the start of each six-week block. Orientation has been shortened to include only the orientation to the department and the Psychiatric Assessment. The other orientation lectures are delivered in different formats – video, self-study module or incorporated into the lecture series which have all been updated to reflect DSM-5.

With the Dalhousie Faculty of Medicine's expanding distributed education model, the Department of Psychiatry has welcomed the Colchester East Hants Health

Centre (CEHHC) in Truro as its newest clerkship rotation site. Now the department offers clinical clerkship rotations in Halifax Regional Municipality (HRM), Windsor, Truro, Sydney, Charlottetown, Moncton, Fredericton, Saint John and a longitudinal integrated clerkship (LIC) in Miramichi. Over the past year, we have been working towards developing Amherst as a clerkship rotation site. The first students will rotate through Amherst in the fall of 2014.

With the continued growth of distributed education, Dalhousie has delivered laptops with videoconferencing software to our outer lying HRM sites: Cole Harbour Clinic, Nova Scotia Hospital, East Coast Forensic Hospital and Cobequid Clinic. These laptops enable our clinical clerks to videoconference into their Tuesday and Thursday teaching sessions, minimizing travel time and maximizing on service time. The department currently offers our clerks 18 seminars, two self-study online modules and two recorded

faculty videos.

Psychiatry Student Interest Group

The medical student Psychiatric Interest Group is in its third year and is currently led by second-year medical students Ms. Tara Riddell and Ms. Chelcie Soroka. The group continues to work towards its mandate of informing medical students about psychiatry and mental health, in efforts to improve perceptions and potential recruitment. This year, members have been actively involved in numerous activities including shadowing with the Mental Health Mobile Crisis Team, hosting a *Lifestyles in Medicine* night, as well as a movie night. Several members will also be attending the upcoming PsychSIGN conference that will be held in conjunction with the American Psychiatric Association Conference in New York. The Department of Psychiatry sponsors travel for a medical student to attend this conference and this year Ms. Maggie Moores was chosen to attend.



Chief resident Dr. Vanessa Thoo (left) with teammate, Dr. Zenovia Ursuliak during the resident debate rounds in September 2013.

Postgraduate Education

Director: Margaret Rajda, MD, FRCPC, ABSM

Resident Retreat

Because the residents opted to move the yearly retreat to September, we hosted two resident retreats during the 2013-2014 year. In June 2013 we gathered at Oak Island Resort where discussion focused on resident wellness. In September we met at the Atlantica

Hotel in Halifax where faculty and staff presented on career planning.

Lecture Recordings

During the 2013-2014 academic year video recording of lectures began. The desire is to create a database of lectures that can be used as teaching modules.

Residents 2013-2014 Academic Year

PGY-1: Jill Boyd, Vhari James, Lesley Kirkpatrick, Jenni Ojiegbe, Celia Robichaud and Kathleen Singh

PGY-2: Rose Clarkson, Ashley Crane, Mandy Emms, Sarah Fancy, Terry McCarvill, Ahmed Saleh, Michal Sapieha, Ian Sarty and Daniel Toguri

PGY-3: Alice Aylott, Amgad Barsoum, Marie Claire Bourque, Michael Butterfield, Anita Hickey, Liisa Johnston, Mirka Kolajova, Maghul Malik, Saima Nadeem and Jonathan Wan

PGY-4: Rachel Bell, Jacob Coockey, Kristen Holm and Vanessa Thoo

PGY-5: Cristina Aydin, Shauna Correia, Katherine Matheson, Soroush Sadafi, Ashwin Varghese and Christian Wiens

2014 CaRMS Matches:

Olga Yashchuk from Jagiellonian University Medical College, Poland

Paula Barker from Memorial University of Newfoundland

Ian Mackay from Dalhousie University

Joshua Smalley from McMaster University

Michael Wong from Dalhousie University

Justin Paradis from Dalhousie University

Abraham Nunes from University of Alberta

Omar Al-Watban, from King Saud University, Saudi Arabia

2014 End of Year Awards:

Clerks' Choice Award: Dr. Marie Claire Bourque

Residents' Choice - Teacher of the Year: Dr. Sameh Hassan

Above and Beyond Award: Ms. Sally Palmer

PGY-5 Excellence in Mentorship: Dr. Ezio Dini

Horizon Health Network SJ Zone PGY 1 Resident of the Year

Award: Dr. Jill Boyd

Alexander H. Leighton Resident of the Year Award: Dr.

Vanessa Thoo

Dr. Charles J. David Prize: Dr. Michael Sapieha

Dr. W.O. McCormick Award: Dr. Sarah Fancy

Dr. Robert and Stella Weil Fund in Psychiatry: Dr. Vanessa

Thoo

Dr. Herb Orlik Child and Adolescent Psychiatry Resident

Award: Dr. Jonathan Wan

2014 Other Awards & Achievements:

Resident Research Award Winner: Dr. Jacob Coockey

APA MFP Diversity Leadership Fellowship beginning July 1,

2014: Dr. Marie Claire Bourque

PARI-MP Award: Dr. Ashwin Varghese



New residents back (L-R): Drs. Abraham Nunes, Ian MacKay and Justin Paradis. Front (L-R): Drs. Olga Yashchuk, Omar Al-Watban, Joshua Smalley, Michael Wong and Paula Barker.



Graduating residents: Drs. Soroush Sadafi and Shauna Correia.



Dr. Janya Freer is the anticipated program director for the geriatric psychiatry subspecialty training program.

Subspecialty and Fellowship Program

Director: Mark Bosma, MD, FRCPC

Starting in July and August 2013, three Dalhousie graduates began their fellowship training. Dr. Meagan MacNeil will complete her fellowship in geriatric psychiatry in June 2014, and has accepted a faculty position with our department. Dr. Sabina Nagpal is currently on maternity leave from her fellowship in early psychosis, and Dr. Christopher Murphy will complete his fellowship in forensic psychiatry in September 2014. We are anticipating the arrival of two

new trainees in July 2014, both graduates of McGill University. Dr. Malika Robichaud will start her fellowship in psychotherapy, and Dr. Ferid Fathalli will be the first official child and adolescent subspecialty resident.

The breadth of subspecialty and fellowship training continues to expand in our department. An application for accreditation of a geriatric psychiatry subspecialty training program is currently in

development. The anticipated program director is Dr. Janya Freer, who has organized the effort to complete and submit the application. A fellowship in CBT (cognitive behavioural therapy) training is also in development, likely to be offered starting in July 2014. Training will occur at multiple sites under the direction of Drs. Sanjay Rao, Jason Morrison, and Barbara Pavlova.



Dr. Alexa Bagnell debates during the very popular Debate Rounds.

Continuing Education

Director: Heather Milliken, MD, FRCPC, GSPQ

Overview

Chaired by Dr. Heather Milliken, the joint multidisciplinary Department of Psychiatry/Capital Health Addictions and Mental Health Program Continuing Professional Development Committee organized a very full and successful schedule of Continuing Medical Education (CME)/ Continuing Professional Development (CPD) activities during the past academic year. Regularly scheduled events included university rounds, clinical academic rounds, child and adolescent academic rounds, inter-professional education sessions, psychiatry debates, sleep rounds

and monthly seniors mental health education sessions, as well as a number of special lectures and workshops. Our annual Academic Day remains the largest joint Department of Psychiatry/Capital Health Addictions and Mental Health Program sponsored annual conference and this year's event once again was highly successful.

Videoconferencing of educational activities from both the QEII and NSH sites has continued to expand with a greater number of participants attending from sites in Capital Health, throughout Nova Scotia and from Saint John, Fredericton and Moncton, New

Brunswick.

Psychiatry Debates

Held twice a year, the series of psychiatry debates has become one of the most popular of our continuing education activities and a number of other Departments of Psychiatry across Canada have now introduced psychiatry debates into their CE schedule.

It was standing room only on Sept. 11 for the fourth Department of Psychiatry Debate on the motion "Does Mental Illness Enhance Creativity." Arguing in favour of the motion were Drs. Zenovia Ursuliak and Vanessa Thoo. Arguing against



Academic Day keynote speaker, Dr. Dara Charney.

the motion were Drs. Lara Hazelton and Rachael Bell. After a very lively and interactive debate, the audience voted Drs. Hazelton and Bell the winners.

Our second debate of the year was held on April 30 on the motion *Is the DSM 5 making more kids sick?* Our debaters: Dr. David Lovas, Dr. Alexa Bagnell, Dr. Jonathan

Wan and Dr. Alice Aylott provided another lively, entertaining and educational debate. Prior to the beginning of the debate, 83 per cent of the audience indicated they agreed with the motion (debated by Drs. Bagnell and Aylott), with 17 per cent opposed (debated by Drs. Lovas and Wan). Due to the persuasive arguments by Drs. Lovas and Wan, following the

debate there was a 10 per cent increase in the number of audience participants who voted no to the motion.

Conferences

The XXV *W.O. McCormick Academic Day*, named now in honor of the late Dr. W.O. McCormick, founder and chair of Academic Day for 23 years, was held on April 25. Approximately 250 individuals participated either onsite or by live webcasting. A new innovation this year, the live-webcasting made the conference accessible not only throughout Nova Scotia, but across Canada, making Academic Day anational conference.

This year the theme of Academic Day was Addictions and Mental Health, with a keynote presentation by Dr. Dara Charney, Associate Chair of Education, associate professor in the Department of Psychiatry at McGill University, and director of the McGill RUIS (Réseau Universitaire Intégré de Santé) Addiction Program. Dr. Charney's presentation, *Why can't they just stop?*, focused on addiction and the effects of drugs and alcohol on the brain.

Other presenters included department members Drs. Ronald Fraser, Sherry Stewart, David Gardner, and Selene Etches. Dr. Ramm Hering, a family and addiction medicine physician, and a person with lived experience of addictions also presented.

University Rounds and Special Lectures

This year all of our invited University Rounds speakers agreed to conduct a workshop with the residents following their University Rounds presentation. This provided an excellent opportunity for our residents to interact with internationally recognized experts from a variety of fields in psychiatry.

Date	Speaker	Topic
Sept. 18, 2013	Mr. Jason Butler, drama therapist and licensed creative arts therapist, Concordia University	"Playing the Unplayable: Drama Therapy and Creative Forms of Engagement"
Oct. 9, 2013	Dr. Michael First, professor of clinical psychiatry, Columbia University research psychiatrist, New York State Psychiatric Institute and APA editorial and coding consultant for DSM 5	"DSM 5: A Critical Overview"
Nov. 20, 2013	Dr. Glenda MacQueen. PhD, MD, FRCPC, professor in the Department of Psychiatry and vice dean of the Faculty of Medicine University of Calgary	"Cognitive function in patients with mood disorders: Back to the basics"
Nov. 22, 2013	Dr. Steve Kisely, professor, University of Queensland, adjunct professor, Department of Psychiatry, Dalhousie	"Deep Brain Stimulation – A Pacemaker for the Brain"
Dec. 18, 2013	Dr. Gary Chaimowitz, MB, ChB, FRCPC, associate professor Department of Psychiatry and Behavioural Neurosciences, McMaster University & head, forensic psychiatry St. Joseph's Healthcare	"Criminalization of People with Mental Illness"
Jan. 22, 2014	Dr. Joanne Belknap PhD, department chair and professor, Sociology Department, University of Colorado-Boulder	"U.S. Women's Trauma and Mental Illness Pathways to Jail: The Results of a Multi-Site Study"
Feb. 19, 2014	Dr. Alina Marin MD, PhD, associate professor and director of faculty development and CME, Queen's University	"ADHD in Adults. What's the Fuss?"
March 19, 2014	Dr. John Peever PhD, associate professor Department of Cell and Systems Biology, University of Toronto	"The Dark Side of the Brain-Understanding Brain Function in Sleep"
March 28, 2014	Dr. David Healey, visiting professor in medical citizenship, Bangor University, Wales, and Drs. Ron Fraser and Philip Mills, Department of Psychiatry, Dalhousie University	"Medical Citizenship"
April 16, 2014	Dr. Alison Steier PhD, director, Harris Institute Infant & Early Childhood Mental Health Training Institute and co-director of Mental Health Services at Southwest Human Development, Phoenix, Arizona	"The case for mental health consultation to early care and education providers and a model that works"
May 21, 2014	Dr. Mark Rapoport MD, FRCPC, associate scientist, Sunnybrook Health Sciences Centre, Toronto	"Driving in Later Life: Balancing the Risks."
June 4, 2014	R.O. Jones Memorial Lecture: D. Peter Leonard MB, BCH, BAO, MRCpsych, MFFLM	"Developing Safe and Effective Specialist Mental Health Services for People with Developmental Disabilities: Opportunities and Challenges"

Medical Humanities Program

For seven years the Department of Psychiatry Humanities Program has been collaborating with the Dalhousie Medical Humanities Program, as well as sponsoring activities of our own. After five years, Dr. Lara Hazelton has stepped down as Medical Humanities Coordinator. There is an ongoing search for a replacement.

Student Writing Competition

The fourth annual student writing competition wrapped up in October 2013. Each year Canadian medical students and residents are invited to submit reflective essays, poetry or short fiction that explore the intersection of mental health and the humanities. This year the winner in the resident

Category was Alim Nagji, a family medicine resident at the University of Alberta. In medical student category, Sophie Palmer, a student at Queen's University, was the winner. To read the winning entries visit our website: <http://www.medicine.dal.ca/departments/department-sites/psychiatry/education/medical-humanities/writing-competition.html>

RESEARCH SECTION

Research is one of the core functions of the Department of Psychiatry. Activities span a wide variety of topics and involve basic research, clinical research, clinical trials and population health. Much of the research involves collaborations with members of other clinical and basic science departments within the Dalhousie Faculty of Medicine, in the affiliated hospitals and in other organizations.

Canadian Depression Research and Intervention Network (CDRIN)

As you have learned in our Mission Statement in Action section, the Department of Psychiatry has been heavily involved in the development of a national research and intervention network (CDRIN) over the last few years. CDRIN started as a partnership among the University of Ottawa Institute of Mental Health Research, the Mood Disorders Society of Canada and the Mental Health Commission of Canada. It received funding from the federal government for an initial five-year period and has begun to develop a national network involving researchers, clinicians and people with lived experience of depression. Dr. Ben Rusak, psychiatry's director of research, serves on the Board of Directors of CDRIN.

A critical step in the development of the CDRIN network is the establishment of regional Hubs that integrate the research, intervention and lived experience components. Members of the Department of Psychiatry and others in Halifax held a series of meetings to discuss submitting an application to establish a regional Hub in Halifax.

The initial Hubs are in the Maritimes (housed at CDHA in Halifax), Alberta/Saskatchewan (housed at the University of Alberta), and Ontario (housed at the University of Ottawa). Two additional Hubs will likely be established soon in collaboration with CANMAT (Canadian Network for Mood and Anxiety).

The launch of the Maritimes Hub was greatly facilitated by the provision of matching funding

from the Department of Psychiatry, as well as significant additional funding from the Faculty of Medicine, CDHA, IWK and the Nova Scotia Health Research Foundation. Additional resources to support the Hub's activities will come from the CIHR-funded Maritimes SUPPORT Unit (part of the Strategy for Patient Oriented Research), the Annapolis Valley Regional Health Authority and Healing Tree Communications. Connections are also being established with the Canadian Forces Base (Stadacona) and with colleagues in New Brunswick.

The inaugural meeting of CDRIN was held in Ottawa in March 2014, during which the initial Hubs were announced. The meeting included excellent sessions and presentations, including one by Dr. Allan Abbass, and an address given



Research Day presenters and award winners. Back row (L-R): Ms. Hera Schlagintweit, Dr. Kim Good, Professor Tom Kirkwood and Dr. Nick Delva. Front row (L-R): Dr. George Robertson, Mr. Andre Pollman, Dr. Ben Rusak, Dr. Jacob Cookey and Dr. David Lovas.

by Her Excellency Sharon Johnston, wife of the Governor General of Canada, and two members of the Federal Cabinet, Ministers Lisa Raitt and Candice Bergen.

Special Events

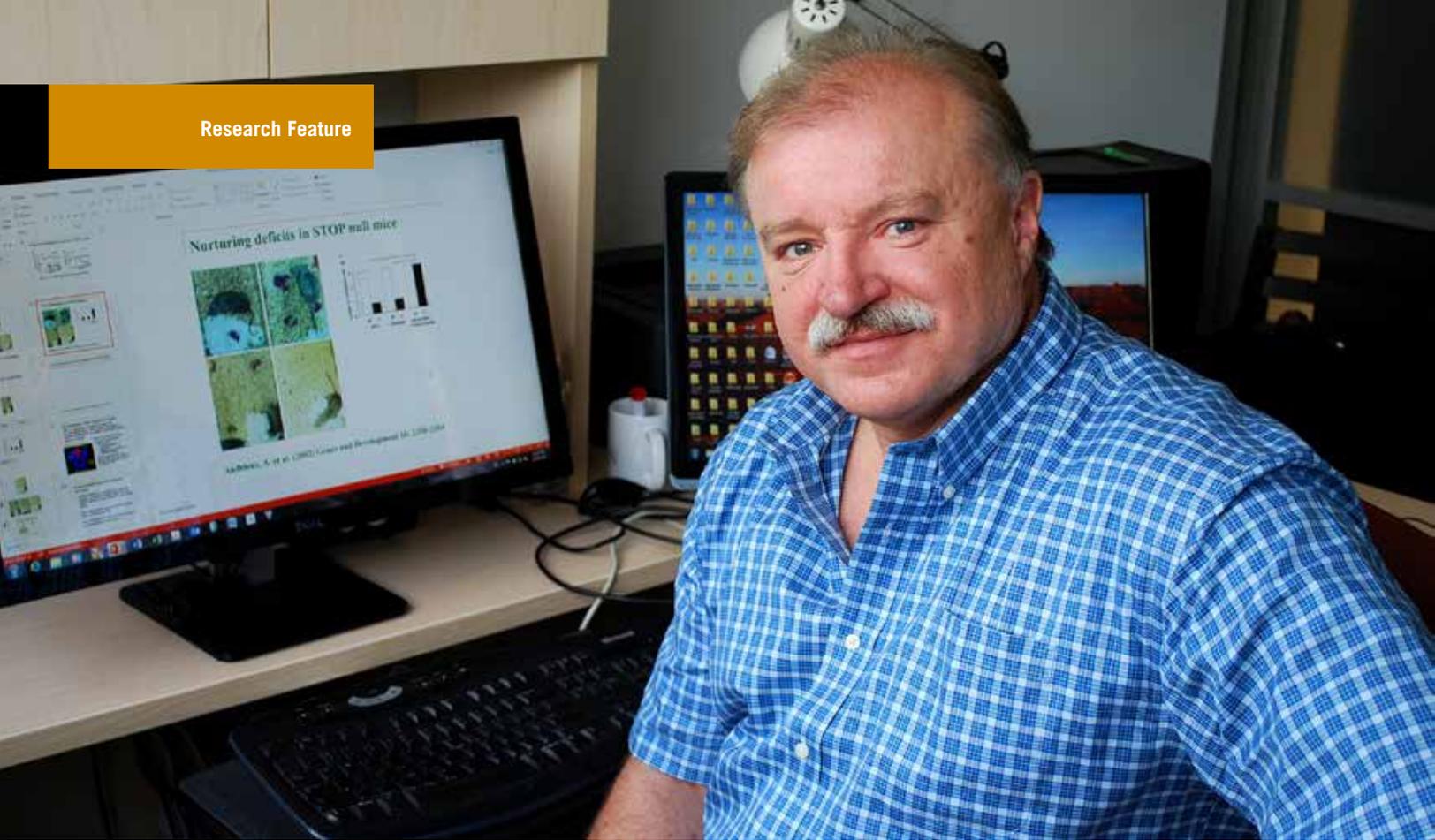
Research Day: The 23rd Annual Psychiatry Research Day was held Nov. 1, 2013 at the Lord Nelson Hotel with 111 faculty, students, and staff in attendance. The keynote presentation was an outstanding talk, *Mental Capital and Longer Lives*, by Professor Thomas Kirkwood, associate dean for ageing at Newcastle University. The day would not have been possible without co-chairs, Drs. Sherry Stewart and Kim Good, and the very able Research Day committee, Ms. Jennifer Brown, Ms. Janet Bardon, and Drs. Mark Bosma and Alexa

Bagnell. Thanks also to all the speakers and poster presenters, and the hard-working judges who selected the prize winners. Special thanks to Drs. Keri-Leigh Cassidy and George Robertson for hosting Professor Kirkwood and helping to organize Research Day, the Café Scientifique and associated social events.

Research Day prizes were awarded to the following:

- Best Undergraduate Presentation: Mr. Andre Pollman
- Best Graduate Student Presentation: Ms. Hera Schlagintweit
- Best Resident Presentation: Dr. Jacob Cookey
- Best Junior Faculty Presentation: Dr. David Lovas

CIHR Café Scientifique: The department hosted a Café Scientifique at the Royal Bank Theatre on the evening of October 30 called *Exploiting Your Cognitive Capital: Thinking Your Way to A Long and Happy Life*. The event was moderated by Dr. Gail Eskes and featured presentations by Drs. Janya Freer, David Whitehorn, Ms. Jessie Robson and our Research Day keynote, Dr. Tom Kirkwood. Following the presentations, there was a lively question-and-answer session among members of the audience and the panel. There were 71 health care professionals, students, researchers and members of the public in attendance.



Dr. George Robertson

Flavonoid-based Neurotherapeutics: Dr. George Robertson at work

Flavonoids are natural compounds abundant in brightly coloured fruits and vegetables that suppress inflammation, reduce oxidative stress and increase neuronal survival in experimental models for both acute and chronic neurodegenerative disorders. Habitual consumption of a flavonoid-enriched diet reduces the risk for Parkinson's disease, stroke and Alzheimer's disease. Flavonoids also improve mental performance and mood in healthy individuals. Dr. George Robertson's laboratory has shown that flavonoids protect the brain by stimulating energy-producing organelles called mitochondria. This is important because mitochondrial dysfunction

resulting in energy failure has been linked to many neurodegenerative and psychiatric disorders. Another attractive feature of developing these compounds as treatments for brain disorders (neurotherapeutics) is their well-established safety. Flavonoids appear to be safe even when taken in quantities over ten times greater than found in a healthy diet containing the recommended amounts of fruits and vegetables.

Apple peeling back paralysis

Dr. Robertson is funded by research grants from the Department of Psychiatry, Brain Repair Centre, Parkinson Society Canada and

the Multiple Sclerosis Society of Canada to develop flavonoid-based neurotherapeutics. He and his team first demonstrated that a flavonoid-enriched extract from local apple peel developed by Dr. Vasantha Rupasinghe (Faculty of Agriculture, Dalhousie University) termed AF4 reduced paralysis and brain damage in mouse models for stroke and multiple sclerosis. More recent studies have identified the specific flavonoids responsible for the therapeutic effects of AF4. In cell-based assays for neuroprotection, combining the two most common flavonoids, epicatechin and quercetin, in this extract reproduces the profoundly protective effects of AF4. This

finding simplifies therapeutic development because both epicatechin and quercetin are readily available at low cost in the large amounts and quality needed for clinical trials.

A novel combination

The next problem that Dr. Robertson has solved is finding a way to increase the absorption of these compounds from the gut into the blood stream following their ingestion. Both epicatechin and quercetin are hydrophobic (water-hating) compounds that dissolve poorly in water. As a result, very small amounts of epicatechin and quercetin reach the circulation after oral consumption. He has overcome this problem by dissolving epicatechin and quercetin in a chemically-modified fatty acid derived from fish oil known as eicosapentaenoic acid (EPA) ethyl ester. EPA ethyl ester is a USFDA-approved therapeutic agent used to reduce excessively high triglyceride levels that otherwise increase the risk for cardiovascular disease. Dr. Robertson calls this novel combination of epicatechin (E) and quercetin (QU) formulated in EPA ethyl ester – EQUPEA.

A neurodegenerative surrogate

In order to facilitate clinical translation, his team has identified a surrogate condition for chronic neurodegenerative disorders that will enable rapid proof-of-concept to be established in humans. Cisplatin is a commonly used chemotherapeutic drug that frequently produces hearing loss within days of the first cycle of chemotherapy. Like chronic neurodegenerative disorders, cisplatin-induced hearing loss (CIHL) is thought to result from mitochondrial damage resulting

in energy failure that triggers cell death. Furthermore, CIHL can be rapidly and easily assessed by simple audiometric tests. Lastly, genetic markers for increased susceptibility to CIHL have been identified permitting those patients at greatest risk to be recruited for a therapeutic trial. In collaboration with Drs. Jian Wang and Manohar Bance (School of Human Communication Disorders and Department of Surgery), they have examined the ability of EQUPEA to reduce CIHL in mice. As predicted, oral administration of EQUPEA attenuated CIHL by improving mitochondrial performance.

Treatment-resistant malignancies

Dr. Robertson is currently examining the effects of EQUPEA on the chemotherapeutic activities of cisplatin in a transgenic mouse model of spontaneous breast cancer developed by Dr. Paola Marignani (Department of Biochemistry). Preclinical studies suggest flavonoids may actually enhance the chemotherapeutic activities of cisplatin. In patients with metastatic cancer, inclusion of the semi-synthetic flavonoid monohydroxyethylrutoside improved the chemotherapeutic activity of doxorubicin. By reducing toxicities and enhancing the chemotherapeutic activities of cisplatin, EQUPEA may also improve the management of treatment-resistant malignancies. Clinical trials designed to test such activities in cancer patients would be rapidly approved and completed, overcoming a major limitation in the development of therapies for neurodegenerative disorders. ■





2013-14 Department of Psychiatry Research Fund Grants

- Dr. Line Caes (Dr. Christine Chambers) – *Impact of pain on reward motivation in children and adolescents*
- Dr. Sean MacKinnon (Dr. Sherry Stewart) – *Drinking motives mediate the relationship between personality and alcohol problems: A 4-wave, 4-week study of romantic couples*
- Dr. Katherine Matheson (Dr. Alan McLuckie) – *Mental stress and financial status in medical students*
- Ms. Tamara Speth (Dr. Penny Corkum) – *The impact of sleep restriction on the cortisol awakening response in typically developing children and children with ADHD*
- Dr. Joel Town – *Halifax treatment refractory depression trial*
- Dr. Aaron Newman – *Understanding cortical activation associated with second language acquisition*
- Dr. Ian Weaver – *Impact of Fetal and Neonatal Experience on Mammalian Brain Development and Stress Responsivity*
- Ms. Jessica Morash (Dr. Ben Rusak) – *Sleep in children and youth at familial risk for severe mental illness*
- Dr. Jonathan Brake – *Assessing Dialectical Behavioural Therapy in Adolescents with Chronic Suicidality and Non-Suicidal Self Injurious Behaviour*
- Ms. Fiona Davidson (Dr. Penny Corkum) – *Impact of poor sleep on children's attention, behaviour, learning, and emotions - Part B: Response to and efficacy of stimulant medication*
- Dr. George Robertson – *Mitochondrial mechanisms in flavonoid-mediated Neuroprotection*



Dr. Sherry Stewart in her gambling lab.

2013 Department of Psychiatry Summer Studentship Awards

- Mr. Adam Bartlett – *The Missing Voice* (Supervisor: Dr. Jackie Kinley)
- Ms. Rose Gan – *Olfactory function, diffusion tensor imaging and cognition as biomarkers for differential diagnosis in patients with Parkinson's disease and Alzheimer's disease* (Supervisor: Dr. Kim Good)
- Ms. Cynthia Ramasubbu – *Impact of gambling cue exposure on implicit positive associations to gambling as assessed through an outcome-behaviour word association task, in regular gamblers* (Supervisor: Dr. Sherry Stewart)

GLOBAL PSYCHIATRY AT DALHOUSIE

The Global Psychiatry Section is a collective of health providers, administrators, individuals, researchers, and community members working together to promote mental health across the globe.

Guyana: A Changing Environment

Dr. Sonia Chehil completed her sabbatical year in Guyana in September 2013. The political situation in Guyana continues to deteriorate, making development opportunities difficult to organize and implement. Prior to a change of government in November 2011, the Minister of Health was heavily invested in improving the mental health of the population and building and implementing a multi-year strategy. With the change in government and ministerial responsibilities, there has been a lack of interest and focus in the area of mental health. Because of Dalhousie's long presence in Guyana, staff within many government agencies and on the front lines continue to recognize

there is a great deal of work to be done to ensure the people of Guyana have access to services that address their current mental health needs. They are acutely aware of the need for ongoing development in both the service and education systems. As with all development work, timing is crucial. Global Psychiatry will continue to be present in Guyana, staying in touch and watching through contacts at the Ministry, as well as at the grassroots level through non-government organizations (NGO's). We will be ready to engage again in an active way when a shift occurs and opportunities arise.



Children in Guyana.



(L-R) Ms. Sandra Hennigar, project manager, Department of Psychiatry, Nurse Alonzo, inpatient manager at Scarborough General Hospital, Tobago, and Ms. Keltie Donnellan, Canadian Training Institute trainer.



Sunrise at Stanton Territorial Hospital in Yellowknife, N.W.T.

Tobago: Training in the Prevention and Management of Aggression and Violence

This project began following a visit to Tobago in 2012 to review inpatient services. The result was a request for training in the area of prevention and management of aggression. Global Psychiatry received confirmation of funding through the Tobago Regional Health Authority for the four-trip training plan for staff working within their mental health services. A partnership was established with the Canadian Training Institute allowing access to their training program for the project. Ms. Keltie Donnellan, from the Annapolis Valley District Health Authority would facilitate the training with project manager, Ms. Sandra Hennigar.

The training occurred over four

one-week trips in May, June, November and February. During that time a total of 52 staff were trained. Of the 52, 10 were chosen to become trainers for the Tobago Regional Health Authority. The train-the-trainer program was delivered over the last two weeks of the project. The project also resulted in two draft policies that support the training program. A number of decisions made that will support the trainers and determine who receives the training.

Trinidad: Training in the Prevention and Management of Aggression and Violence

In July 2013 Global Psychiatry was asked by the Trinidad Ministry of Health to submit a training proposal for staff in Trinidad. Funding was approved in mid-December 2013 and a meeting was held in Port of Spain, Trinidad

in February to discuss the project and meet with stakeholders. The project will likely begin in June 2014, with a completion date of March 2015. As a result of the work with both the Ministry in Tobago and in Trinidad, Global Psychiatry is pursuing a potential project with Trinidad and Tobago policing services to provide them with training in both mental health and management of aggression for individuals with mental illness. Training for police and prison staff is an area requiring further exploration and potential growth.

News from the Northwest Territories

The Department of Psychiatry's partnership with the Stanton Territorial Health Authority (STHA), the Yellowknife Health and Social Service Authority (YHSSA)



A polar bear stalks its prey in the Yellowknife airport.

Nursing program partners in the N.W.T., Ms. Linda Strakowski, clinical coordinator and Mr. David Lemire, manager for the psychiatric inpatient unit at Stanton Territorial Health Authority.

and the Department of Health and Social Services (DHSS) in the Northwest Territories (N.W.T.) has continued to build on its initial success culminating in its first renewal in August 2013. The collaborative partnership is focused on strengthening the mental health services currently available in the N.W.T. through the provision of clinical care, and the development and evaluation of mental health program delivery, research and education. Three areas were identified as development priorities by the strategic partners this past year, including building capacity in primary care through a collaborative care model for mental health, forensic/correctional psychiatry services, and child and adolescent mental health services.

A number of department members have been engaged with N.W.T.

partnership activities over the last year, led by Dr. Arlene MacDougall (Dalhousie faculty lead) and Dr. Nicholas Delva. Drs. MacDougall and Delva are members of the joint STHA-YHSSA Mental Health Advisory Committee that convenes on a monthly basis in Yellowknife.

Department members have been providing clinical service delivery onsite in the N.W.T. approximately every three months. This is typically general adult outpatient care in Yellowknife and more recently, in the travel clinic communities of Hay River and Fort Smith. Recent trips have been performed by Dr. MacDougall (August 2013), Dr. Doug Maynes (September 2013), Dr. Delva (December 2013) and Dr. Curt Peters (March 2014). There have been some subspecialty consultations provided in terms of

forensic psychiatry at North Slave Correctional Centre (Dr. Aileen Brunet), ADHD (Dr. Delva with Dr. Joe Sadek), and geriatric psychiatry at the Stanton Hospital and at Avens Court in Yellowknife (Dr. Delva with the Geriatric Psychiatry Program, including Ms. Sarah Kreiger-Frost and Dr. Keri-Leigh Cassidy). Due to technological problems, there has been no telehealth video connection between the N.W.T. and Nova Scotia since September 2013. Department members have been able to provide some remote follow-up for Yellowknife-based clients with the use of the phone, email and remote access to the electronic medical record, albeit in a reduced capacity.

In November 2013, Dr. Aileen Brunet travelled to Yellowknife for a two-week period where she performed an environmental scan



Global Psychiatry retreat 2014 (clockwise from left): Drs. Doug Maynes, Scott Theriault and Matthew Morgan, Ms. Sandra Hennigar, Mr. Peter Croxall, Ms. Angela Balcolm, Dr. Nick Delva, Ms. Mary Pyche, Drs. Aileen Brunet and Sonia Chehil, Ms. Keltie Donnellan, and Dr. Deborah Parker.

of the forensic and correctional psychiatry services and facilitated a cross-sectoral Forensic Mental Health Learning Forum. In the fall of 2013, Dr. Scott Theriault also provided input on the development of the new Mental Health Act for the N.W.T.

In February 2014, Drs. Bianca Horner and Arlene MacDougall travelled to Yellowknife to meet with a number of stakeholders regarding the development of a collaborative care model for mental health in the N.W.T. The outcome of these initial meetings with front line providers and senior leadership was very positive. The plan is to first look at piloting the model in Yellowknife followed by its adaptation and implementation for use in smaller communities across the N.W.T. A working group and project charter are currently being finalized.

Dr. Stan Kutcher has been in discussions in recent months with the Mental Health Advisory

Committee and YHSSA senior leadership regarding the use of his healthcare training and school-based programs focused on children and youth.

Dr. MacDougall has been working with Northwest Territories-based providers and management in the development of a Dalhousie senior resident elective in Global Psychiatry in the N.W.T.

Psychiatric Mental Health Nursing Education Program

Nurses working at Stanton Territorial Health Authority in Yellowknife were offered the opportunity to participate in the one-year online psychiatric mental health nursing program offered by the Registered Nurses Professional Development Centre (RNPDC), through a partnership with Dalhousie University. Ms. Sandra Hennigar, project manager, and Ms. Loretta Whitehorne from the RNPDC, met with the manager and clinical coordinator

for the inpatient unit to discuss the program. An agreement was made to begin the program in September 2013. The program began with eight students, though four removed themselves for health reasons or conflicting expectations. The nurses will graduate in August 2014. Ms. Sandra Hennigar will conduct two two-week periods of clinical supervision with them in April and August 2014.

Global Psychiatry Retreat:

Global Psychiatry held a half-day retreat in March 2014. The major purpose of the session was to provide updates to all those involved in current and past global activities and to look at future areas for development. There is interest from the group in becoming more involved with local underserved populations. Dr. Chehil and Ms. Sandra Hennigar will explore the local community to determine how the division can use their skills and expertise to assist.

CLINICAL DIVISION

The Department of Psychiatry at Dalhousie University and its co-leaders, CDHA and the IWK Health Centre, are committed to identifying and promoting the highest standards of clinical practice. Faculty members hold key positions in clinical programs, provide consultation and assistance to community-based mental health programs, work to ensure physicians are equipped with the knowledge and skills to identify mental illness, and conduct research that leads to improved treatment and outcomes.

Adult General Psychiatry

Inpatients

The department continues to operate acute care units at the Nova Scotia Hospital (NSH) site (Mayflower) and at the Abbie J. Lane (6 Lane, 7 Lane and the Short Stay unit). Bed occupancy continues to be high due to the numbers of patients on alternative level of care (ALC), and the attendant difficulties in accessing appropriate community placements and supports. The decommissioning of the NSH site has not yet begun and we await confirmation of the funding for the project from the Department of Health and Wellness. At a minimum we hope to receive funding to

relocate the Mayflower unit to the Abbie J. Lane and consolidate all the acute care units at one site.

Three major areas were the focus of work in acute care this year.

Approach to managing

aggression: This work progressed in a number of ways. A team of nurses worked on developing an algorithm of how to intervene in a stepped manner if a patient is displaying signs of aggression. Principles of early intervention, working as a team, and least invasive intervention guided the algorithm. The pharmacological guidelines to managing restraint developed by a number of acute

care psychiatrists were reviewed and updated. All the seclusion rooms in the Abbie J. Lane wards were upgraded to a recognized standard of quality and strength. Lastly, as part of the work of our quality team, we identified the use of seclusion and restraint as a quality measure we wanted to track and reduce. We created a form to more easily track this and now have a few measures that track seclusion and restraint use. We so far have one year of solid data upon which to compare to future years to see if our initiatives are effective.

Collaborative Care Initiative:

This process was initiated in the fall of 2013 with the creation of a



The quiet/family visitation room on the Mayflower Unit.



A painting by a client of the Mayflower Unit. It's located in the main hallway of the Mayflower Unit.

small group of front-line clinicians charged with reshaping the current model of care into one that is more patient and family centered, and improves working conditions and efficiency of the staff. The current intake and assessment process was reviewed by interviewing staff, patients, families and others so as to understand what works well and where there gaps exist. This process is complete and over 500 gaps have been identified. The next step involves creating a future state that finds solutions to as many gaps as possible. The coming year will see the future state map shared with staff to gather input prior to finalizing a plan and implementation starting likely in early 2015.

Improving access to urgent medical care: Although an infrequent event, when psychiatric inpatients become acutely unwell it can be difficult to access urgent medical care. Working with

Dr. Sam Campbell (ER) and Dr. Janice Chisholm (Critical Care), we developed an algorithm that would spell out how to seek care depending on the severity of symptoms. The algorithm has been accepted by Acute Care staff and is being presented to Emergency staff prior to implementation this summer.

Recovery and Integration

The Recovery and Integration program continues to move forward in its delivery of service to individuals with severe and persistent mental illness. All three community Hubs – Connections Halifax, Connections Dartmouth, and Connections Bedford—are up and running and are delivering integrated clinical and rehabilitative services to individuals with severe mental illness and functional deficits. All three Hubs have dedicated psychiatric resources and

provide new opportunities for education and service delivery. This is a prelude to the transfer of most, if not all, of the SPMI (Serious Persistent Mental Illness) population to the care of these teams from their respective Community Mental Health Teams (CMHTs). The transfers are the subject of planning by the respective teams, taking into consideration a host of factors including the individual patient's needs and desires, while balancing the resource transfer that should be an inevitable part of the process with the evolving role of the CMHTs and their staffing and skill set needs. This is an ongoing process and is likely to be heavily influenced by the Review of Core Business being carried out by Capital Health Addictions and Mental Health Program, due to report in the fall of 2014. In addition the Hubs have started to take up discharges from the



Simpson Landing inpatient facility.

Inpatient Services who previously might have been referred to the CMHTs.

The new Simpson Landing facility is now in its second year of operation, and Simpson Landing, along with Transition Hall at the NSH site and the Community Transition Program (CTP), co-located with the Department of Community Services Quest program at Memory Lane in Lower Sackville, provide transitional and long-term care for patients that require higher levels of care and support. Simpson Landing has acquired a full time psychiatrist for all of its clientele. Dr Mahmoud Awara has joined Drs. Emmanuel Aquino (Transition Hall), and Drs. Ezio Dini, Edward Gordon & Tanya Pellow in the Hubs to boost the psychiatry input to the program.

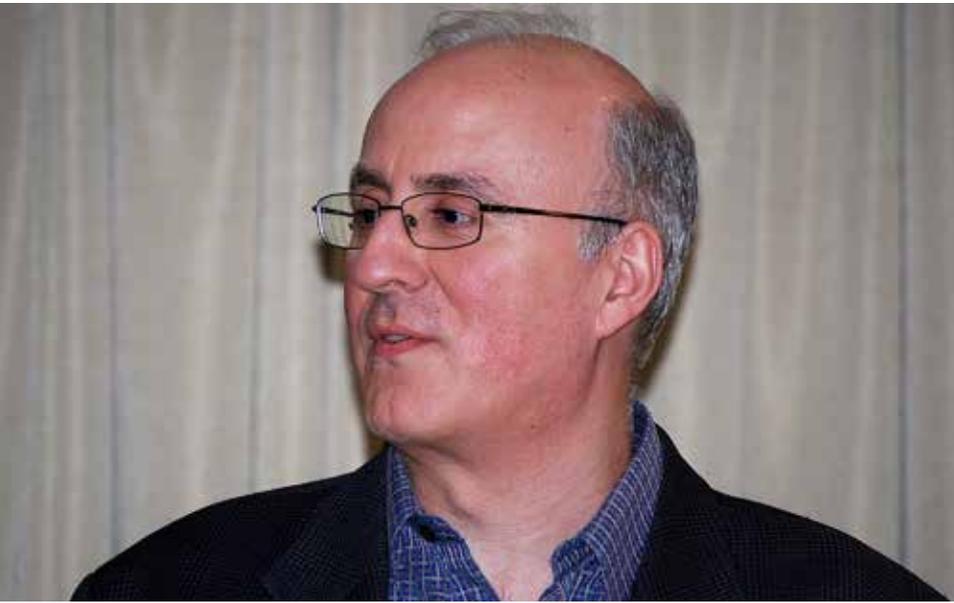
The psychiatric /educational component of Recovery and Integration will also undergo a

significant revamp in the coming academic year. There will be a sizeable increase in the resident cohort (after a lull in numbers for a few years) with an increased ability to offer a wide array of educational and clinical experiences to our residents. Faculty and the director of postgraduate education will be reviewing objectives of the training and delivery process in advance of the new entry.

Outpatients and Community Clinics

The department, along with the mental health and addictions program at Capital Health, continues to operate five outpatient clinics: Halifax, Dartmouth, Cole Harbour, Bedford/Sackville and Windsor, covering the entire district with services. The clinics have been active in exploring and pursuing innovative collaboration with the Department of Family Practice and Primary Health Care

to further embed collaborative care with primary care providers as part of a stepped approach to care in a community setting. The clinics have adopted CAPA (Choice and Partnership Approach), a process supported by the Department of Health and Wellness, to systematize the operations of the clinics for improved efficiency and to better match care providers and their skill sets with the needs of the patients receiving service. This has been a substantive and time consuming project, led in part by the clinical academic leaders in each clinic, with Dr. Matthew Morgan as co-chair of the steering committee. Community Mental Health will be the first service within CDHA to implement CAPA. As it shows its potential to roll out to other parts of the program, we could be the largest service organization in the world providing services in a CAPA framework.



Dr. Allan Abbass is the director of the Centre for Emotions and Health.

Adult Specialty Services

Centre for Emotions and Health

This year was another successful year for the Centre for Emotions and Health (CEH). The team is in the midst of a funded clinical trial of short-term dynamic therapy (ISTDP) for treatment resistant depression. This study, led by Dr. Joel Town, will seek to answer important questions about how psychotherapy works in these populations and how effective a time-limited version of this approach can be. A second clinical trial for somatic symptom disorders has also recently started recruitment.

The CEH is publishing results of a 10-year study showing significant healthcare cost reduction, equal to 20 times the treatment cost, after the brief therapy is provided to diverse populations. They also

published a study suggesting the need for electroconvulsive therapy may be reduced when ISTDP is incorporated with routine care for psychiatry inpatients. Drs. Abbass and Town are pleased to be joined by Elizabeth Pienkos and Ryan Wilson, members of the CEH's research team, in presenting these findings and others at several international conferences in the summer of 2014.

Dr. Abbass has continued to have a global impact in psychotherapy education providing training courses in 10 countries this year. He has now provided invited presentations at 25 universities around the world and continues to facilitate and collaborate in research projects in Norway, Sweden, Italy, England and Australia.

In addition to providing local training, the CEH is sought out for training by international professionals and had professionals from Greece, Australia, Sweden and the USA this past year. The CEH also reopened its doors for PhD psychology candidates seeking advanced psychotherapy training. The team welcomed Dr. Elizabeth Pienkos from Rutgers University, who is completing her clinical internship with them and also Mr. Ryan Wilson, Dalhousie University, who is completing a year-long practicum. In only its second year, the CEH also attracted a record number of applicants as part of the CDHA internship program and was successfully matched with its top two applicants for the 2014-2015 academic year. They will welcome back Mr. Ryan Wilson and also, Ms. Stacey Bradley from McGill University.

Mental Health Day Treatment Program

The Halifax Mental Health Day Treatment Program (MHDTP) is a fully integrated psychotherapeutic clinical, teaching, and research program. There continues to be a great amount of interest in psychodynamics and group interventions and the program has become an international leader in psychodynamic group research.

The MHDTP's innovative *Integrated Dynamic Relational Model of Group Psychotherapy* approach to program and service design was included in an international panel discussion at the American Psychiatric Association's annual meeting in San Francisco in May 2013.

In June of 2013, program director Dr. Jacqueline Kinley received the Excellence in Mentorship Award at the Dalhousie University Department of Psychiatry's annual spring meeting. The following month Dr. Sabina Nagpal began the first part-time fellowship in psychodynamic and group psychotherapy at Dalhousie University. The MHDTP also welcomed summer student Mr. Adam Bartlett, who worked on a research study examining *Patients Perspective of Change in Short Term Group Therapy Program* which he presented at the 2013 Qualitative Health Research Conference in Halifax in November.

The program hosted Dr. Gary V. Persley, a consultant psychiatrist from Australia, in its first international observership in winter 2014. As the program is becoming more internationally known and recognized similar requests are being received.

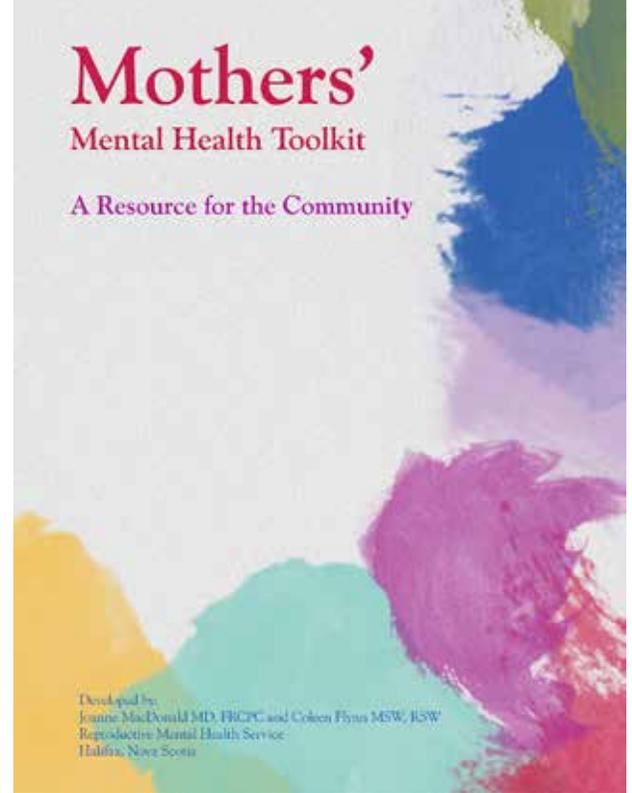
In March 2014 Dr. Jacqueline



Mental Health Day Treatment program director, Dr. Jackie Kinley and CDHA Specialty Mental Health Services leader, Dr. David Pilon.

Kinley and Dr. Sandra Reyno received the prestigious Ann Alonso Award for Excellence in Psychodynamic Psychotherapy Research from the American Group Psychotherapy Foundation in Boston, Massachusetts.

Clinically, the program continues to provide over 300 assessments per year and intensive treatment service to over 150 patients. This spring, the program, led by program coordinator Ms. Marie Kavanaugh and case coordinators



Dr. Joanne MacDonald (left) works with Mr. Anthony Ramos and Ms. Jennifer Brown on the Mothers' Mental Health Toolkit project.

Ms. Mary Bauld, Ms. Jennifer Eames and Ms. Deborah Crosby, applied for ongoing funding to support its community garden to ensure a healthy, healing environment for patients, visitors and families.

Reproductive Mental Health Services

Dr. Joanne MacDonald, staff psychiatrist with Reproductive Mental Health Services, was awarded an additional \$225,000 from the Public Health Agency for the production of a high quality video, a more youth specific poster/information sheet, and fully realizing the rollout of this national project from the Nova Scotia IWK-base. This brings funding for the Mothers' Mental Health Toolkit to a total of \$777,490.

Five years ago, with the support of the Mental Health Foundation of Nova Scotia, CDHA and the IWK Mental Health and Addictions Programs, the first version of the

Mothers' Mental Health Toolkit was drafted. It was a workbook style resource with simple tools for frontline community service providers to support good mental health and illness recovery for mothers children up to the age of five. The resource was well received locally in Nova Scotia.

When the National Office of the Public Health Agency of Canada saw the project, they approached Dr. MacDonald and her team and requested a revised version to reach the national audience of over 2500 family resource centres that they fund. They also requested the team develop direct and distance-based training and resources for the front-line service providers from Fredericton, N.B. to Prince George, B.C. Finally, they were asked to create and print the Toolkit resource in various forms and disseminate it as widely as possible in electronic and hard-copy forms across Canada.

The additional funding was used to create additional audiovisual resources, with a particular focus on young mothers and families in at-risk populations. Egg Studios and local artists assisted in the creation of an actress's portrayal of anxiety in pregnancy and postpartum depression and a quick explanatory video about the project and our partners. They are also assisting in subtitling into French a first voice, multi-case training video where patients share their stories, as well as helping with a pamphlet-poster design and a Young Moms visually based booklet to address mental health concerns when pregnancy comes unexpectedly with particular mental health challenges.

The Toolkit materials, and the supporting IWK and CDHA Mental Health and Addictions Programs and Dalhousie Department of Psychiatry, have now received exposure in every province and territory of Canada. The Toolkit



Dr. Keri-Leigh Cassidy is the clinical section head for Seniors Mental Health Services.

team trained over 1000 Core trainers across the country and have distance resources going forward at www.iwk.nshealth.ca/mmh. In every province, territory and community the Toolkit was present service providers commented that the materials reflected the realistic experience of mothers with mental health challenges and respected the health promotion work Family Resource Centres can do every day reaching women and families formal mental illness services may never see.

This working partnership will be furthered locally in Nova Scotia to create more collaboration at the local community level through the cases and approaches supported by the Toolkit.

Seniors Mental Health Services

The geriatric psychiatrists have worked hard this year on an application to the Royal College for subspecialty recognition of www.psych.dal.ca

Dalhousie's training program. They are currently awaiting university approval for the application before taking it forward to the Royal College. Special thanks to Dr. Janya Freer for her leadership in the process as our fellowship program director. Thanks also to Dr. Sameh Hassan for his educational role as fellowship director for the previous several years.

For the first time this fall, a national exam in geriatric psychiatry was offered by the Royal College. On the national scene, Dr. Mark Bosma is the regional representative on the Board of the Canadian Academy for Geriatric Psychiatry (CAGP), and also sits on the Royal College Geriatric Psychiatry Subspecialty Committee. Dr. Cheryl Murphy is the regional representative on the Royal College Examination Committee.

In student news, congratulations are extended to Dr. Meagan MacNeil

who will complete her fellowship in geriatric psychiatry this academic year. The team is looking forward to welcoming Dr. MacNeil in July 2014 in a combination of clinical work, administration and research.

Congratulations also goes to resident Dr. Vanessa Thoo on receiving the Canadian Academy for Geriatric Psychiatry Resident Award for her research project. Dr. Thoo is spearheading a provincial health promotions effort to raise clinicians' awareness and use of the Fountain of Health Initiative information. Dr. Thoo has also appeared on *Live at Five: Mental Health Minute* to raise public awareness about this project. Together, Dr. MacNeil and Dr. Thoo aim to present this educational project at the CAGP conference in Toronto this fall. For more information about the Fountain of Health initiative, see www.fountainofhealth.ca.



Dr. Kathleen Pajer, Chief of the IWK's Department of Psychiatry and Head of the Division of Child and Adolescent Psychiatry, at Dalhousie.

Child and Adolescent Psychiatry

The Division of Child and Adolescent Psychiatry continued to grow and develop better care and research over the 2013-2014 year.

Faculty Expansion and Honours

Dr. Kenechukwu (Kene) Ezeibe joined the department in September. Originally from Nigeria, he most recently lived in Ireland, where he completed his psychiatric training with a sub-specialization in child and adolescent psychiatry. Dr. Ezeibe is an attending psychiatrist in the Dartmouth and Cobequid Community Mental Health Centres and has already been making a very positive impact on patients, their families, and his colleagues.

Dr. Ahmed Alwazeer is originally

from Egypt, but came to the department in March from Scotland. Dr. Alwazeer is now the co-leader of the eating disorders service. Certified in Child and Adolescent Psychiatry, his focus is on the treatment of eating disorders and more generally, on the provision of inpatient child and adolescent psychiatry. Dr. Alwazeer has experience in a variety of therapies including cognitive behavioural therapy, psychodynamic psychotherapy, and family therapy.

Dr. Khalil Ahmad was presented with a Lifetime Service Award in appreciation of the years of dedication and commitment that he has given to the division. Dr. Ahmad

has been an important figure in the Division of Child and Adolescent Psychiatry for over 40 years. For many years Dr. Ahmad ran the Princess Alexandra unit at the Nova Scotia Hospital. More recently he has been the staff psychiatrist for the Youth Forensics team in Halifax and Waterville, as well as providing psychiatric services to the Community Mental Health Team.

This year marked the first Royal College of Physicians and Surgeons of Canada exam for the new child and adolescent psychiatry subspecialty. Many of the faculty, including Dr. Wade Juneke, were important in constructing the exam. Faculty members Drs. Herb Orlik, Lorraine Lazier, Alexa Bagnell,



The IWK Health Centre is home to the Division of Child and Adolescent Psychiatry.



Dr. Alexa Bagnell (top) and Dr. Sabina Abidi (bottom) are among the four faculty members who wrote and passed the first Royal College of Physicians and Surgeons of Canada exam for the new Child and Adolescent subspecialty.

and Sabina Abidi all successfully completed the exam.

Clinical

We have launched or completed many exciting and innovative clinical initiatives this year. The most extensive ones are detailed in the following paragraphs.

New Adolescent Intensive Service:

The 2011 IWK Mental Health and Addictions Program Strategic Plan made it a priority to improve the quality and cost-effectiveness of intensive services for children and teens. The plan was to integrate all such services by age, i.e., children from 5-13 years and teens from 14-19 years, while harmonizing and expanding the treatment options

for the severely and chronically ill patients with mental illness.

Both the child and teen programs have been in development this year and the Adolescent Intensive Service is near completion. This service will integrate the current services for substance abuse treatment (Choices), adolescent day treatment (Adolescent Day Treatment Service), and residential treatment service (Adolescent Centre for Treatment (ACT)). A new facility has been created on the site previously occupied by Choices and the target start-up date is August, 2014. There will be four treatment streams: substance use disorders, emotion dysregulation problems, severe anxiety or mood problems,

and severe behaviour problems. It is expected that the integration will reduce wait times for these services and outcomes will improve as adolescents will receive care at an earlier stage.

The hope is to open the new Child Intensive Service in late 2015 or early 2016.

IWK Acute Care Psychiatric Inpatient Unit: The new unit, which is state-of-the-art and completely funded by donors, will open in May 2014 and will be called the Garron Centre for Child and Adolescent Mental Health. This time of transition is also being used to initiate a Lean Medicine study of the unit's admission and discharge practices to improve the quality



A nurse works with a patient at the IWK.



Dr. David Lovas is providing psychiatric care to the new Urgent Care Clinic when needed.

and efficiency of care.

IWK Emergency Mental Health and Addictions Service (formerly known as the Crisis Service): Work continues on the transformation of the IWK Emergency Mental Health and Addictions service. A new intake protocol and new intake form now exist. They will be tested in a 3-month pilot study starting at the beginning of May. Dr. Kathleen Pajer and Ms. Mary Ann Hiltz, vice president strategy and organizational performance, are co-primary investigators on a Translating Research into Care (TRIC) grant awarded to plan a follow-up study of the new service. They will use the money to plan and write a grant proposal for a \$100,000 level TRIC grant in November, 2014. The new Urgent Care Clinic is fully operational and is busy, with Drs. David Lovas and Pamela Mosher providing psychiatric care when needed.

STOP Maritime Program: Thanks to the generosity of the Royal Bank of Canada (RBC), we have finished our first year in the Suicidality Training on Prevention (STOP) Program, a project designed to train care providers throughout the Maritimes in Dialectical Behaviour Therapy (DBT) for adolescents. The first group of trainees, which included faculty member, Dr. Jonathan Brake, will finish their training in July and our second group will begin in May. Dr. Brake is also a co-primary investigator on a grant recently awarded by the Department of Psychiatry to conduct a preliminary study on the effectiveness of DBT and to generate new hypotheses about the etiology of self-harm. This will be a 12-month controlled study of DBT recipients compared to age and gender-matched youths who receive treatment as usual.

Psychiatry Phone Consult System: Child and Adolescent

Psychiatry has begun a new approach to collaborative clinical care with family practitioners and community pediatricians. A phone consult system was created that gives non-psychiatrists the opportunity to speak with a child and adolescent psychiatrist for a same-day “curbside consult.” Non-psychiatrist-MDs call the Central Referral line (902-464-4110) and book a time to speak with a child and adolescent psychiatrist. The telephone consult will allow consultation more quickly and can also help these clinicians navigate the mental health system to ensure that their patient is being referred to the proper clinic or service.

Education

The child and adolescent psychiatry education section organized a DSM5 (The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition) workshop for all child and adolescent

psychiatrists. The half day event was well received by faculty. Future educational opportunities for faculty are currently being developed.

The Child and Adolescent Psychiatry Residency Program is looking forward to the arrival of its first resident, Dr. Ferid Fathalli from McGill University, starting July 1, 2014.

Community Outreach

Using technology to better the mental health of young people:

Dr. Stan Kutcher and his team at TeenMentalHealth.org have been working to simplify and meet the mental health needs of young people through technology. The goal is to increase the capacity for young people to have the best and most accessible mental health information and resources possible.

Transitions, mentioned in the Sun Life Financial Chair in Adolescent Mental Health section, was launched in September 2013. *imTeen*, which will soon be available, is designed to empower youth to monitor and maintain their own mental health while journaling their own daily routines, as well as taking an assessment of their mental and physical health. The assessment tool, as well as the journal provides indicators based on the responses that alerts or advises the youth on what they should be doing including a suicide risk assessment that alerts them to seek out help through the Kids Help Phone.

For more information on both of *imTeen* and *Transitions* visit TeenMentalHealth.org.



Dr. Stan Kutcher has been changing the way young people access mental health information.



Child and Adolescent psychiatrist, Dr. Normand Carrey played a significant role in the organization of the Nova Scotia Child Care Association conference held Sept. 21-22, 2013.



Dr. Kathleen Pajer presents at TEDx in December 2013.

Nova Scotia Child Care

Association Conference: Dr. Normand Carrey and The Nova Scotia Child Care Association organized a professional development opportunity aimed to support practitioners who work with the most vulnerable population and their families, children up to age six. *Mental Health in the Early Years: A Tool Box for Practitioner* was a two-day conference intended to strengthen ties and expand collaborations between practitioners who work with children in the early years of life, particularly those who require additional support.

In December 2013, Dr. Kathleen Pajer presented a TED Talk presentation entitled *'Bad' Girls: What makes them tick*. You can view Dr. Pajer's presentation at <http://tedxtalks.ted.com/video/Bad-girls-what-makes-them-tick;search%3Atag%3A%22tedxmsvuwomen%22>.

Dr. Lorraine Lazier spoke at the Annapolis Valley Regional School Board teachers' conference on February 14 about the treatment of Attention Deficit Hyperactivity Disorder (ADHD).

Dr. Alexa Bagnell sat on the 2nd annual *Bell Let's Talk* expert panel this year. *Bell Let's Talk* is

a multi-year charitable program dedicated to break down the barriers associated with mental illness. This year Bell donated \$5,472,585 to mental health care in Canada, which was raised by the public sending 109,451,718 text messages, mobile and long distance calls, tweets, and Facebook shares.

Research

It was another productive year in research. In 2013-2014 the child and adolescent faculty gave 17 presentations at conferences, published 17 articles, and received funding for five grants.

Administration

Dr. Nicholas Delva
Dr. Michael Teehan
Dr. Scott Theriault
Ms. Carolyn Sisley
Ms. Suzanne Decker
Ms. Linda Ford
Ms. Kate Rogers
Ms. Sandra Millar

Department Head and CDHA District Chief
Deputy Head
Clinical Director, CDHA Department of Psychiatry
Director of Finance and Administration
Executive Assistant to Department Head
Administrative Assistant
Communications Coordinator
Finance Assistant

Education

Dr. Margaret Rajda
Ms. Annette Cossar
Ms. Norma Thompson
Ms. Mandy Eslinger
Ms. Carrie Wipp

Director
Administrator
Postgraduate Coordinator
Undergraduate Coordinator
Education Coordinator

Research

Dr. Ben Rusak
Ms. Janet Bardon
Ms. Jennifer Brown

Director
Administrator
Administrative Assistant

Global Psychiatry

Dr. Sonia Chehil

Director

Division Of Child And Adolescent Psychiatry

Dr. Kathleen Pajer
Ms. Michelle Patenaude
Ms. Jennifer Cunningham
Ms. Dawn Jensen
Ms. Amy MacKay
Ms. Bonny Halket
Ms. Joan Sweet
Ms. Robin Stinson
Ms. Janelle Duguay

Head and Chief, IWK Department of Psychiatry
Administrative Manager
Administrative Assistant
Administrative Assistant
Administrative Assistant to the Sun Life Chair
Administrative Assistant
Receptionist
Administrative Assistant
Education Coordinator

2013/14 Faculty

Full Faculty

Professors Emeritus

Last Name	First Name
Munro	Alistair

Professor

Last Name	First Name
Abbass	Allan
Alda	Martin
Delva	Nicholas
Eskes	Gail
Gardner	David
Kutcher	Stan
Lynch	Mary
Morehouse	Rachel
Pajer	Kathleen
Robertson	George
Rusak	Benjamin
Stewart	Sherry
Tibbo	Philip

Associate Professor

Last Name	First Name
Bagnell	Alexa
Carrey	Normand
Cassidy	Keri-Leigh
Chisholm	Terry
Fisk	John
Good	Kim
Hajek	Tomas
Harris	Andrew
Hazelton	Lara
Junek	R. Wade
Kinley	Jacqueline
Lamschstein	Claudia
Lauria-Horner	Bianca
Milliken	Heather
O'Donovan	Claire
Orlik	Herbert
Propper	Lukas
Rajda	Margaret
Rao	Sanjay
Reynolds	Paul
Sadek	Joseph
Stokes	Aidan
Teehan	Michael
Theriault	Scott
Uher	Rudolf
Wiseman	Eve

Assistant Professor

Last Name	First Name
Abidi	Sabina
Addleman	David
Aicher	Joseph
Alwazeer	Ahmed
Apantaku-Olajide	Tunde

Aspin
Aubie
Banic
Banjo
Bekele
Bernier
Bessenyei
Bhargava
Bhaskara
Bosma
Brooks
Brunet
Bryniak
Champod
Chehil
Chipman
Cohen
Cooper
Croxall
de Boer
Doucet
Doucet
Etches
Ezeibe
Faridi
Ferguson
Fisher
Flynn
Forsythe
Fostey
Fraser
Ginnish
Gordon
Gray
Hann
Hassan
Herschenhous
Hipwell
Hoyt
Howard
Hudec
James
Jayaram
Jetly
Kelln
Kronfli
Lazier
Laurencic
Lawal
Lewitzka
Liashko
Libbus
Lock
Lovas
MacDonald
MacKay
Maynes
McLuckie
Mills
Mishra
Morrison
Mosher
Murphy
Neilson
John
Cheryl
Zlatko
Oluwafemi
Yilma
Denise
Anett
Manoj
Sreenivasa
Mark
Simon
Aileen
Christopher
Anne Sophie
Sonia
Karen
Jacqueline
Kenneth
Peter
Cornelis
Jerome
John
Selene
Kenechukwu
Anjum
Jeanne
Derek
Michael
Pamela
Alan
Ron
Amanda
Edward
Gerald
Gerald
Sameh
Nicole
Alexander
Linda
Richard
Mary-Ann
Sherry
Kadamby
Rakesh
Brad
Risk
Lorraine
Georgia
Waheed
Ute
Vitaly
Yvonne
Elizabeth
David
Joanne
Tom
Douglas
Alan
Phillip
Achal
Jason
Pamela
Cheryl
Grainne

Ortiz
Pavlova
Pearce
Pellow
Pencer
Pottie
Pottie
Relija
Rosen
Rozario
Rubens
Ruzickova
Satyanarayana
Schmidt
Scholten
Shahid
Singh
Sinha
Slyater
Tahir
Tait
Town
Thompson
Ursuliak
Walentynowicz
White
Yuzda
Zinck
Abigail
Barbara
Patricia
Tanya
Alissa
Colin
Patricia
Malgorzata
Natalie
Anthony
Mark
Martina
Satyendra
Matthias
Monique
Raheel
Anurita
Nachiketa
Ian
Laeeq
Glendon
Joel
Sarah
Zenovia
Magdalena
Kimberley
Edward
Suzanne

Lecturer

Last Name	First Name
Adediran	Peter
Ahmad	Khalil
Aldridge	David
Anyaeqbuna	Okechuku
Aladetoyinbo	Kehinde
Alexiadis	Maria
Ali	Javad
Amanullah	Shabbir
Aquino	Emmanuel
Arif	Bungash
Assh	Donna
Bergin	Siobhan
Bhalla	Dinesh
Bilski-Pitrowski	Miroslaw
Black	Katharine
Borst	Sjoerd
Bradley	William
Brake	Jonathan
Burke	Brian
Butler	Bev
Butler	Gordon
Calkin	Cynthia
Childs	Christopher
Cohen	Sebastien
Davis	Donna
Dhar	Neelma
Dini	Ezio
Fraser	John
Gleich	Stephen
Goia	Liviu
Grant-Oyeye	Lind
Gusella	Joanne

Jefferson	Steven
John	Omana
Johnston	Mark
Joshi	Vinod
Keizer	Heather
Keshen	Aaron
Khan	Niaz
Laskowski	Derek
MacDonald	Shannon
MacKay	Ian
MacNeill	Kara
Maguire	Hugh
Maxan	Emily
McAllindon	David
McKim-Dawes	Kathleen
Mershati	Abdel
Millar	James
Milligan	Scott
Milliken	Jaqueline
Morgan	Matthew
Moss	Phillipa
Muir	Ava
Mulhall	David
Muthu	Murugesan
Ortiz	Ana
Parker	Deborah
Peters	Curt
Pilon	David
Poder	Kulli
Pogosyan	Maryna
Potter	Laurie
Pottle	Robert
Riives	Mai
Roberts	Delyth
Robertson	Nancy
Ross	Michael
Rowe	Helen
Russell	David
Sadiq	Syed
Shamsuddin	Syed
Siddhartha	Sanjay
Smith	Edwin
Stewart	Christopher
Sullivan	Glendon
Sulyman	Mutiat
Taylor	Gretta
Thompson	Karen
Tulipan	Tanya
Umar	Amir
Warren	Katherine
Whitehorn	David
Wilson	Adriana
Wood	Bill
Woulff	Nina
Zehr	Richard

cross-appointed faculty

Professor Emeritus

Last Name	First Name
Robertson	Harold

Professor

Last Name	First Name
Leslie	Ron
McGrath	Patrick
Semba	Kazue
Chambers	Christine

Associate Professor

Last Name	First Name
Corkum	Penny
LeBlanc	John
Murphy	Andrea
Newman	Aaron
Vallis	Michael

Assistant Professor

Last Name	First Name
Barrett	Sean
Johnson	Shannon
Kaiser	Archibald
Sherry	Simon
Weaver	Ian
Westwood	David

adjunct faculty

Professor

Last Name	First Name
Duffy	Anne
Horacek	Jiri
Kisely	Stephen
Kopala	Lili
Murphy	Jane
Patel	Vikram
Walker	Douglas
Walter	Garry

Associate Professor

Last Name	First Name
Cook	Allan
Crittenden	Patricia

Assistant Professor

Last Name	First Name
Burley	Joseph
MacDougall	Arlene
Marceau-Crooks	Helene
Upshall	Phil
Walker	Douglas

cdha clinical section heads

Consultation/Liaison

Dr. Andrew Harris

Seniors

Dr. Keri-Leigh Cassidy

Mood Disorders

Dr. Martin Alda

First Episode Psychosis

Dr. Phil Tibbo

Centre for Emotions and Health

Dr. Allan Abbass

ECFH Clinical Director

Dr. Aileen Brunet

cdha clinical academic leaders

Addiction Prevention and Treatment Services

Dr. Philip Mills

Mayflower Unit

Dr. Joe Sadek

Dartmouth City Team

Vacant

ECT

Dr. Michael Flynn

Bedford/Sackville

Dr. Matthew Morgan

Cole Harbour

Dr. Curt Peters

Bayers Road

Dr. Sonia Chehil

Clinical Services

iwk leadership

Head/Chief, Child & Adolescent Psychiatry

Dr. Kathleen Pajer

Associate Chief, Child & Adolescent Psychiatry

Dr. Alexa Bagnell

Director, Child & Adolescent Psychiatry Education

Dr. Lukas Propper

IWK Head, Division of Outpatient Services

Dr. Sabina Abidi

IWK Head, Division of Inpatient Services

Dr. Gerald Gray

Medical Director of Inpatient Services

Dr. Gerald Gray

Medical Director of Choices Program

Dr. Selene Etches

iwk physician co-leaders

Dartmouth Community Mental Health Clinic

Dr. Sabina Abidi

Halifax Community Mental Health Clinic

Dr. Alexa Bagnell

Sackville Community Mental Health Clinic

Dr. Lukas Propper

Adult Psychiatry Services

Addiction Prevention and
Treatment Services

Centre for Emotions and Health

Community Mental Health

Consultation/Liaison

Developmental Mental Health

Early Psychosis

Eating Disorders

Emergency

Forensic Psychiatry Services

Inpatient Psychiatry

Mental Health Day Treatment

Mobile Crisis

Mood Disorders

Recovery and Integration Services

Reproductive Mental Health

Seniors Mental Health

Shared Care

Short Stay Unit

Sleep Disorders

Child and Adolescent Psychiatry Services

IWK Acute Care Psychiatric Inpatient Unit

IWK Consultation/Liaison Service

IWK Emergency Mental Health Service

CHOICES Addictions 24/7, Outclient & Day Program

Residential 24/5 Day Treatment for Adolescents

Residential 24/5 Day Treatment for Children

Youth Forensic Services (includes Nova Scotia Youth Facility Secure Care Unit)

Community Mental Health and Addictions Clinics

Specific Care Outpatient Clinics: Eating Disorders, Mood Disorders, Obsessive Compulsive Disorder, Tourette's/Movement Disorders, Early Psychosis, Shared Care, Autism Spectrum Disorders, ADHD
School Mental Health & Addictions

In 2013/14 there were **256** faculty members in the Department of Psychiatry, including **16** cross-appointments and **15** adjunct members.

Clinical Care

- 76,557 days were spent in adult inpatient services
- 1,008 adult inpatient admissions
- 84,431 days of adult inpatient care provided
- 1337 discharges from adult inpatient care
- 117,502 visits to adult outpatient services
 - o 47,550 to the community mental health clinics
 - o 10,011 to forensic services
 - o 28,644 to specialty mental health services
 - o 16,855 to emergency services and urgent care
 - o 14,152 to recovery and integrations services
- 468 new child and adolescent cases presented
- 4013 days spent in the child and adolescent acute inpatient unit; 895 days spent in the child and adolescent secured care unit
- 451 admissions to the child and adolescent acute inpatient unit; 14 admissions to the child and adolescent secured care unit
- 466 discharges from the child and adolescent acute inpatient unit; 10 discharges from the child and adolescent secured care unit
- 8.6 days was the average length of stay for children and adolescents in IWK inpatient services
- 10,056 child and adolescent ambulatory visits
- 792 child and adolescent emergency room visits seen by psychiatrists

Education & Research

- The Department of Psychiatry has a total of 35 residents and three fellows
- During 2013/14, 117 core students rotated through our services: 70 in Halifax Regional Municipality (HRM), 15 at distant clerkship sites in Truro, Sydney and Charlottetown and 32 at Dalhousie Medicine New Brunswick (DMNB) clerkship sites in Moncton, Saint John and Fredericton. Four of those DMNB students were part of the LIC (Longitudinal Integrated Clerkship) in Miramichi. We accepted a total of 48 senior elective applications.
- During 2013/14, the department delivered 984 tutor hours to undergraduate medical education for the Skilled Clinician I, Case-based learning, Elective and PIER units, 379 tutor hours to departmental led education activities, 30 tutor hours to the IMU (International Medical University) Link Program and 111 examiner hours for OSCE examinations.
- Faculty spent 569 hours teaching clinical skills to medical students during the 2013/14 year
- Faculty spent 543 hours teaching electives to med students during the 2013/14 year
- During 2013/14, faculty spent 110.75 hours acting as clinical examiners for OSCE's
- 26 clinical rotations were supervised by our faculty during the 2013/14 year
- A total of 43 students were supervised for various research projects in 2013/14
- The Department of Psychiatry received a total of \$1,040,378 in new grant money in 2013/14
- Department of Psychiatry faculty presented 133 abstracts or research presentations during the 2013/14 year
- A total of 116 peer-reviewed publications were published by Department of Psychiatry faculty



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Department of Psychiatry

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DEPARTMENT OF PSYCHIATRY
Celebrating 65 years

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