

2021

Department of Psychiatry Annual Report



UNIVERSITY OF
CALGARY

CUMMING SCHOOL OF MEDICINE



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Department Head

Dr. Valerie Taylor

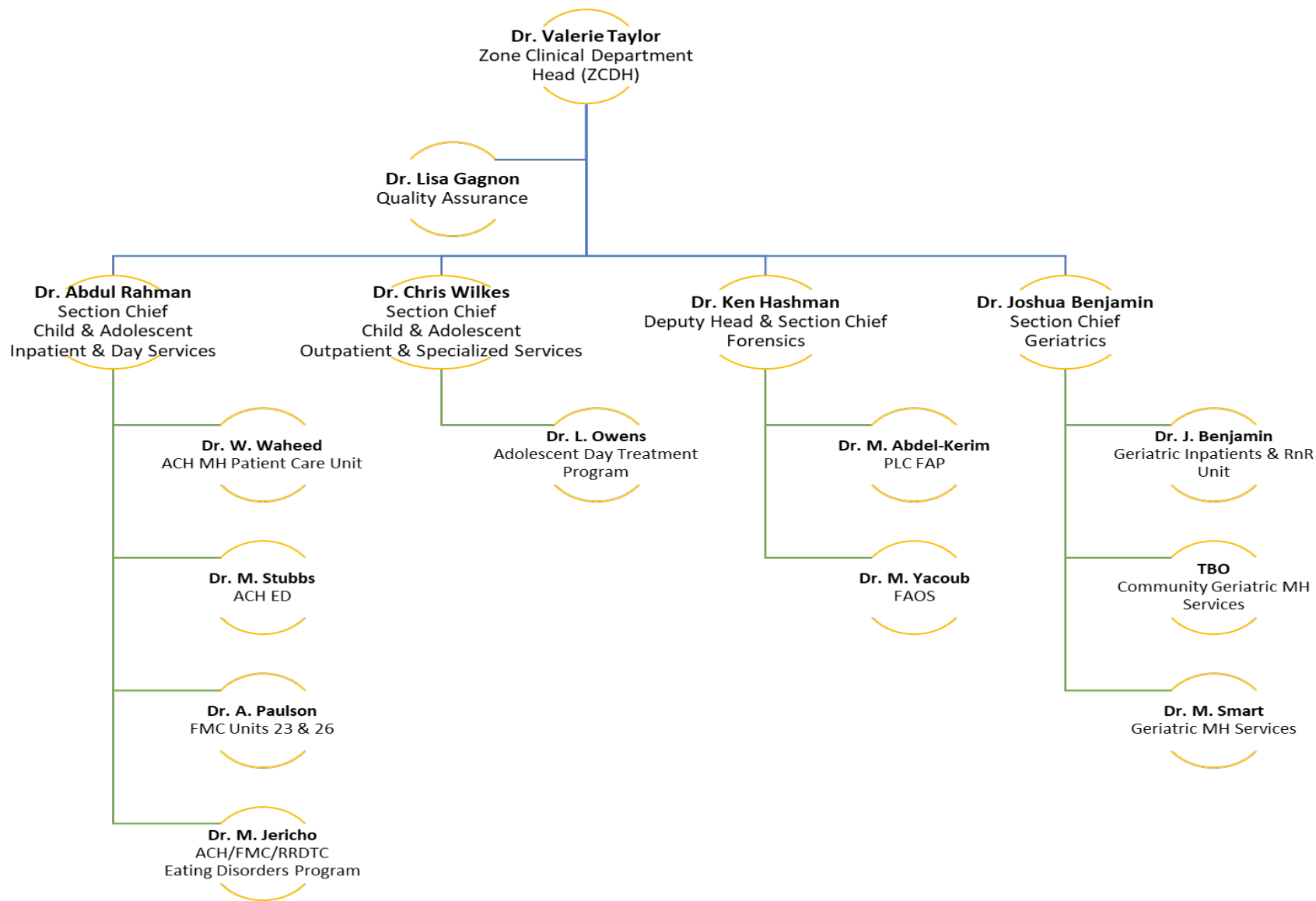
This year has gone by so quickly and yet at times has seemed to drag on forever. We have seen unprecedented need for our mental health and addictions care, but also witnessed an amazing flexibility within the system to respond. There has been significant growth within the portfolio in both virtual care capacity, construction projects, community beds and resources and urgent access clinics, as well as a continuation of our standard excellent programs. We have also helped facilitate a unique integration of the university and AHS in way that has potential to be transformative and achieved real success in our research, in a way that continues to put the patient first.

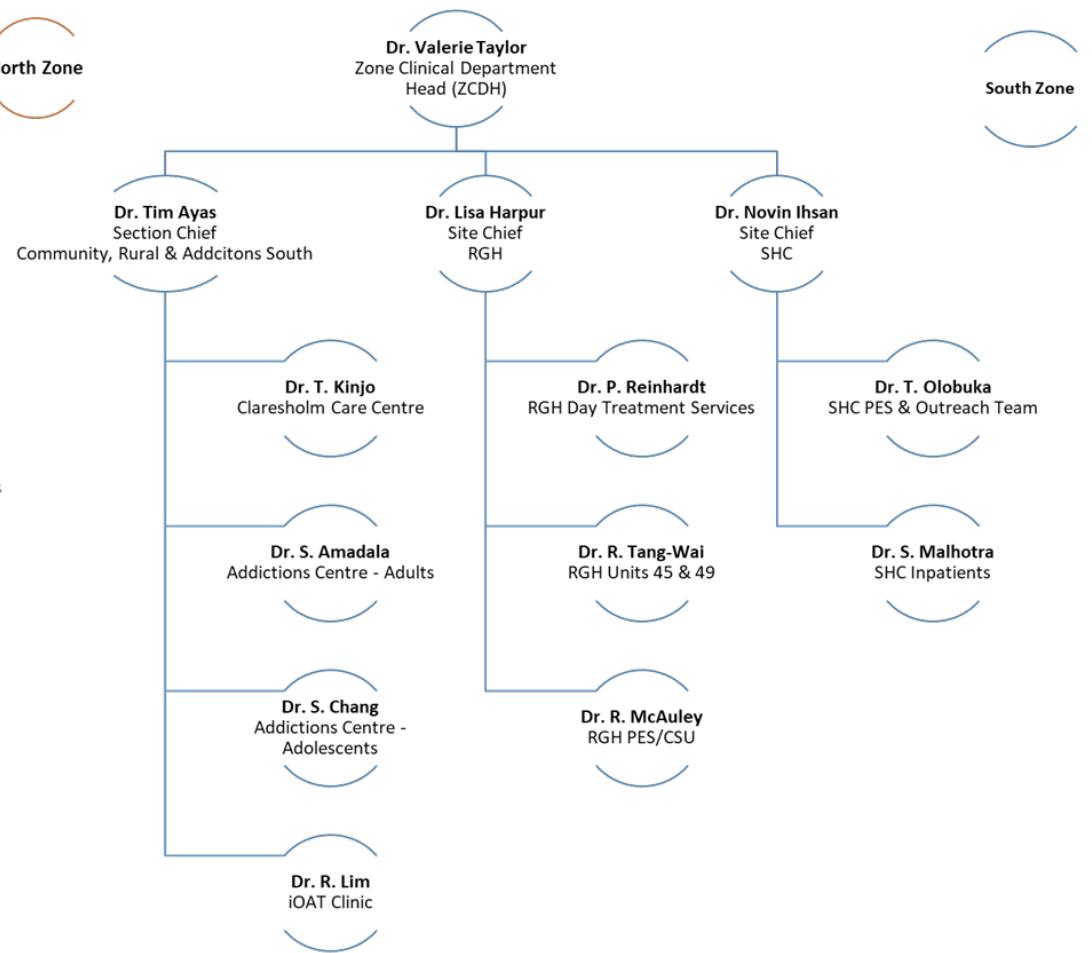
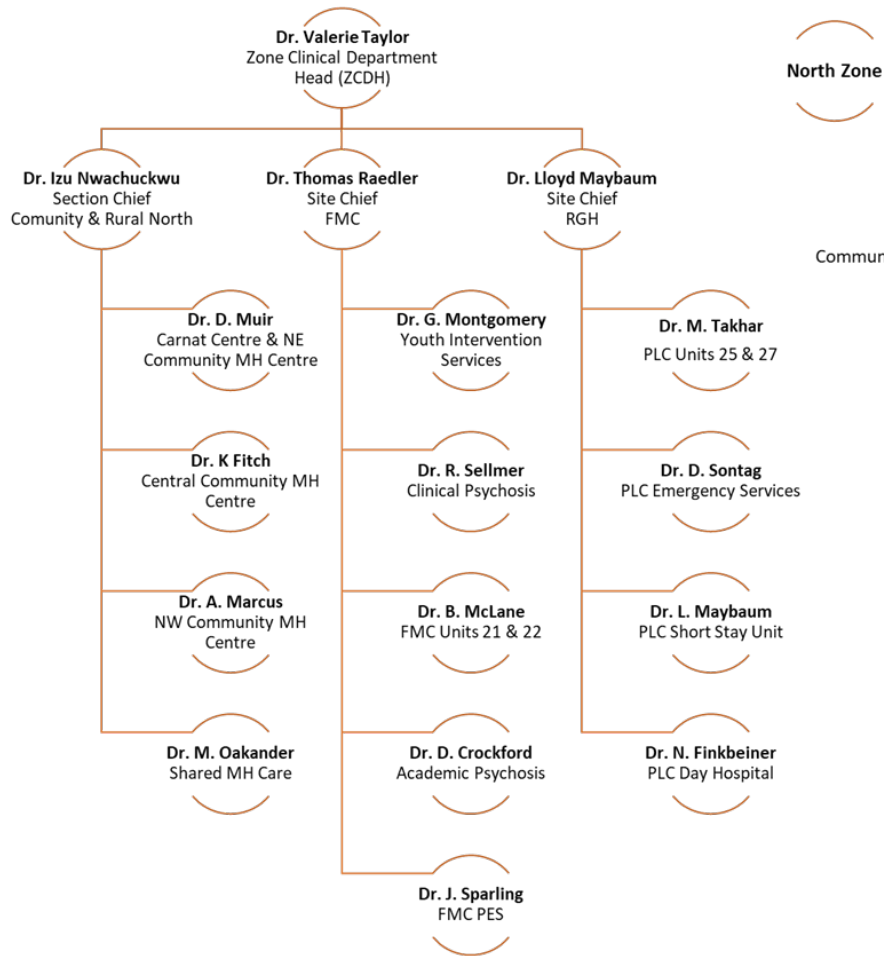
As always however, we need to care for each other and ourselves. There is a renewed focus on wellness and peer support that I hope continues. The resiliency of the Department never ceases to amaze me and I am, as always, grateful to be part of it.



Dr. Valerie Taylor

Department Organizational Chart





Workforce Recruitment



Dr. Anees Bahji

Anees completed his general psychiatry residency at Queen’s University in 2020 and moved to Calgary in July 2020 to complete his subspecialty training in Addiction Psychiatry through the University of Calgary in 2021. In addition, he completed the American Psychiatric Association’s Leadership Fellowship Program and Harvard University’s Media & Medicine Certificate Program to supplement clinical training. Currently, he is participating in ancillary research training via the Research in Addiction Medicine Scholars Program through Yale and Boston Universities and the British Columbia Centre for Substance Use. Clinically, Anees works with the Foothills Medical Centre’s Adult Addiction Centre, the Calgary Rapid Access to Addiction Medicine Centre, and the Calgary Opioid Dependency Program to provide outpatient-based general, addiction, and concurrent psychiatric disorder care.



Dr. Ashley Pauls

Ashley completed subspecialty training in Child and Adolescent Psychiatry at the University of Calgary in 2021. She is happy to have joined the teams at the Eating Disorders Program and Adolescent Day Treatment Program to provide care to adolescent patients with eating disorders and other complex mental health diagnoses.

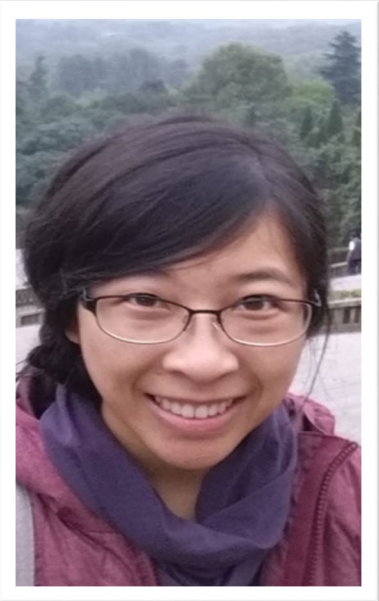


Dr. Jordan Li

Jordan grew up in Saskatchewan before moving to Calgary for residency training. He primarily works at the Peter Lougheed Centre. He is grateful to have been offered the opportunity to continue his career in Calgary where his young daughter doesn’t have to live through Saskatchewan winters.

Dr. Mim Fatmi

Mim is proud to have graduated from the University of Calgary's Psychiatry Residency program this summer and to be joining the wonderful community of psychiatrists here. She is primarily working at CAMHC-Central Site at the Sheldon Chumir, and love her 13-minute walking commutes to work while living off 17th Ave. She is also working at the University of Calgary in their Student Wellness Centre and co-facilitate a resident training IPT group once a week. She seems to be finally attaining some work-life balance by scheduling in enough time to travel, go cafe-hopping, and explore our beautiful city.

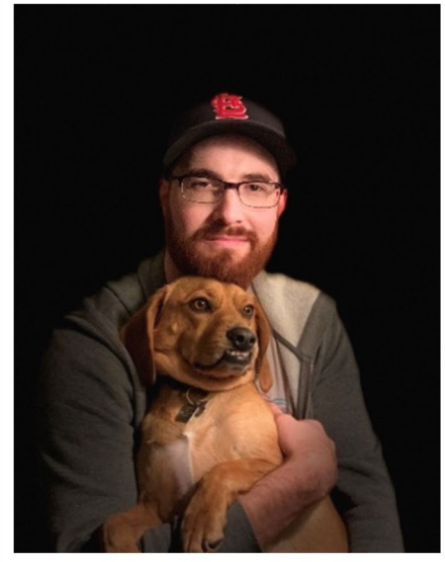


Dr. Susan Poon

Susan recently graduated from the U of C Psychiatry residency program. She currently works at FMC PES, CET, Pathways to Housing, and run an interpersonal group. She enjoys hiking, camping, and listening to audiobooks. She is grateful to be working in Calgary with a strong team!

Dr. Mark Colijn

Mark graduated from the UofC residency program before completing a fellowship in Neuropsychiatry at UBC in Vancouver. He has a particular clinical and academic interest in the genetics of schizophrenia, and currently works at the Early Psychosis Intervention Program and the Arnika Centre. He spends most of his spare time trying (unsuccessfully) to train his beagle.



Dr. Mary Shen

Mary is from Vancouver and completed her medical training at UBC. She moved to Calgary for the wonderful residency training program and is now happily stationed at FMC working in PES and on Unit 21. In addition to acute care, she is interested in various modalities of psychotherapy.

Quality Assurance

Quality Assurance
 Dr. Lisa Gagnon

Overview of 2021

Due to the pandemic, high number of Quality Assurance Reviews (QARs), complexity of QARs and changes to the Alberta Mental Health Act, several projects were delayed.

Highlights

Quality Assurance Reviews (QARs)

- ✚ Brief or concise Quality Assurance Reviews were piloted in 2020 and are now our main approach to most patient deaths. In-depth / team review of a single event are reserved for complicated QARs and are how most of AHS approaches QARs.
- ✚ The number of clinically serious adverse events has been much higher in 2020 (see above). 2021 is similarly high, but we will not have final numbers until several months into 2022. In addition, reviews follow the adverse events by a few months.
- ✚ We piloted a team led aggregate review of 10



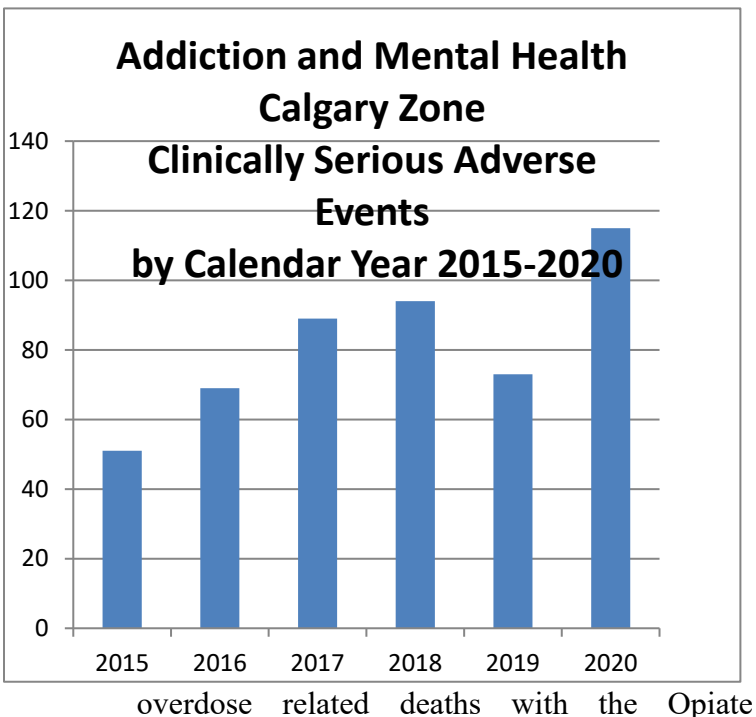
Dr. Lisa Gagnon

Dependency Program in January 2021. The consensus was this was a useful approach, and our team has completed subsequent team aggregate reviews.

- ✚ Our current QAR team of Clinical Safety Leader Kim Conlon, Drs. Cristin Fitzgerald, Michael Trew and writer welcomed Dr. Carmen Guenther to our team.

Medical Management of Inpatient Mental Health

- ✚ This remains a top 12 hazard in the Calgary Zone.
- ✚ Addiction and Mental Health leadership has identified this as a priority with two directors and senior project manager support. Several recommendations from QARs have been combined under this project to streamline and



focus efforts, including use of eSIMS training of medically unstable patients, advancing the Psychiatry Primary Care Scope of Practice work, and recognizing clinical deterioration.

Post Pandemic Strategic Planning for Addiction and Mental Health

- ✚ A partnership between Calgary Zone Addiction and Mental Health and several community agencies that serve mental health clients was formalized late in 2020. The aim of this collaboration was to prepare for an increased demand for services secondary to the pandemic. The Steering Committee has actioned two items to improve communication around care transitions and implementation of virtual care guidelines for the continuum of care.

Challenges

There have been many high-stake priorities and challenges this year.

- ✚ The Alberta Mental Health Act final changes were implemented in March 2021. Our teams needed to adjust rapidly in the context of new Review Panel leads.
- ✚ Sessional payments for physician leaders, including my QAR partners, will end this year. Alternative sources of funding are being explored. It is difficult to recruit physicians for committee and leadership work, in part due to compensation for this historically does not match clinical work. The sessional payment ending will exacerbate this problem.
- ✚ Acute care capacity has been extremely high at times, especially for high observation beds. This strains our stretched ER spaces with the pandemic. We have had several adverse events related to high observation downgrades. We also are noting that the community teams are struggling with high acuity and rapid discharges.
- ✚ A portion of admitted mental health patients struggle to adhere to COVID-19 guidelines, while our units are generally quite overcrowded. Off unit privileges, passes and visitors had been drastically reduced during the pandemic, which

has led to more rapid discharges, discontent on unit and likely higher levels of agitation.

- ✚ The pandemic has led to high levels of isolation, anxiety, drug use, with increased overdose deaths, and generally worsened the population's mental health. Calgary Zone Addiction and Mental Health services were severely strained prior to the pandemic, and it has been exacerbated. The increased number of calls to Access Mental Health and Distress Line highlight this.
- ✚ The morale of teams across AHS has been low, including Addiction and Mental Health Healthcare workers express feeling undervalued.

Future Plans

Quality Assurance Reviews (QARs)

- ✚ Thanks to work started around 20 years ago with Dr. Michael Trew at the helm of Quality Assurance, we have one of the largest databases of patient deaths while in care in the nation. We will explore this data further to identify gaps in care, at risk populations and advocate for improved care.

Medical Management of Inpatient Mental Health

- ✚ We met with the leadership of Department of Family Medicine in September 2021 and we will implement all parts of the Psychiatry Primary Care Scope of Practice within inpatient mental health.
- ✚ There is a coordinated and intense effort towards improving the medical care for admitted inpatients. Stay tuned for eSIMs, education around recognizing early clinical deterioration, and other change.

Perinatal Mental Health

- ✚ Due to the pandemic, the Perinatal Mental Health Strategic Plan has largely been paused. Trying to create options for postpartum mothers to be admitted to mental health with their infants visiting regularly, zone coordination of community services, as well as support regular identification and standardized screening for perinatal patients will be the focus of efforts.

Child and Adolescent Program

Specialized section for Outpatient section of Child and Adolescent Psychiatry/Inpatient and ACH services for Child and Adolescent Psychiatry.

Dr. Chris Wilkes and Dr. Abdul Rahman

Overview of 2021

The COVID pandemic has resulted in a significant increase in demands for mental health services across CAAMHPP. Especially the ER with more adolescents presenting with self-harm and addictions. Also in outpatients with more children and youth presenting with Anxiety, depression, PTSD, insomnia and eating disorders.

Highlights

CAAMHPP staff have been very flexible, innovative and resilient in the face of increased demands and limited resources. Innovations includes the development of acute at home services, a substance use recovery program at Hull Services. Additionally the Youth Substance Use Program has been

Responding to community needs the Mental Health Literacy program (mentalhealthliteracy.org) partnered with the Mathison Centre to develop educational resources for four school boards (in Edmonton and Calgary) to help teachers and students deal with the mental health impact of COVID-19.

Challenges

During this period of increased work load and acuity of patient's, sustainability of staff and services is a major challenge. Emphasis on

providing opportunities for wellbeing for staff and adequate staffing has been priority. Recruitment into high needs areas continues, especially for community and rural settings.



Dr. Abdul Rahman

integrated with the Adolescent Addiction Centre. We have also enrolled Child Psychiatry into e-referral system and specialist link to assist in timely consults. Additionally we have learned to utilize home based video assessments and continue to build capacity with Community Physicians with the CanREACH program.



Dr. Chris Wilkes

Education

The Child Psychiatry Training Program continues to be very busy and productive this year with two new graduates Dr. Ashley Pauls and Dr. Andrew Dutcher. Dr. Sparshu has stepped down and now we have a new director Dr. Nneka Orakwue-Ononye. There is an active seminar series for residents in training with Psychiatrists and allied professionals providing teaching and mentorship. Thanks to the support of the Alberta Children's Health Foundation, CAAMHPP continues to be trauma informed and a new training is available for staff. *How to Work with the Brain and Body to Reverse the Effects of Trauma Related Diagnoses/Presentations in Children, Adolescents and Adults*, presented by Dr. Ruth Lanius.



Arnold identified genetic risk factors for pediatric OCD, two papers on electrophysiological markers of OCD, two papers in which Dr. Arnold's team performed combined neuroimaging and genetic analyses on children with OCD, and co-authorships on three studies examining how combining data from brain and behavioural markers can be used to distinguish pediatric neuropsychiatric disorders (ADHD, ASD, and OCD).

Two of our early career Psychiatrists have successfully been published Dr. K. Banas and Dr. A. Pauls and were acknowledged at the Child Psychiatry Retreat. Dr Banas published on the role of clonidine in children and Dr. Pauls focused on treatment issues in Eating Disorders.

Awards, Grants Publications

In the 2020-21 academic year, Dr. Arnold published 22 peer-reviewed manuscripts. Highlights included co-authorships on two studies on the mental health impact of the COVID-19 pandemic in children and adolescents, a large community-based study in which a team led by Dr.

Future Plans

Thanks to the community generosity and philanthropy of the city a construction of a new outpatient centre is well under way. This will provide step down services for hospital inpatients and a step up for community clinic patients as well



as a walk in capacity which will decrease the pressure on our ER services. Centre set to open Nov. 2022, early start targeted for Feb. 2022. Through partnership with the Mathison and Owerko Centres, clinical care in the new centre will be integrated with cutting edge research, with a goal to become the most research-intensive community-based mental health centre in the country.

There has also been successful partnering with Child Welfare services to provide a home for personalized Care in the Community.

Additionally there is a plan to develop Medical Psychiatric Unit in 2021.

Community & Rural North

*Section Chief Community & Rural North
Dr. Izu Nwachuckwu*

Overview of 2021

Since the turn of the year, Covid-19 Pandemic has continued to challenge every aspect of our community lives. It is now common knowledge that each wave of the pandemic has brought with it a corresponding exponential increase in the incidence of stress and common mental health disorders across all demographic groups in our community. Increasing demands on our already stretched resources has led to unprecedented capacity pressures with the result that people have not been able to access needed mental health treatment and support promptly enough. On a positive note, we are continuing to see gains from our recently launched Outpatient Services Redesign (OSR) project, the implementation of which has been significantly punctuated by the ongoing pandemic.

Highlights

We are continuing to improve the quality of our services and address some of our capacity pressures by integrating functionally contiguous programs within each geographical quadrant of the city. This Campus model was first piloted at the NE quadrant with some considerable success. It is hoped that this approach will make the patient’s journey more predictable along a continuum of services, as an alternative to the traditional siloed system that is notorious for impeding the efficiency and effectiveness of care delivery.

In the Spring of 2021, a 3rd Urgent Psychiatry Consult Clinic (UPCC) was launched at the Sunridge Medical Gallery in the Northeast, to complement the existing two at South Health Campus and Rockyview Hospital respectively. The UPCC model aims to provide prompt access to specialist psychiatry

opinion for Family Doctors, typically in cases regarding diagnostic clarification and/or treatment recommendations, in situations where referral for continuing psychiatric care is not required. This has the benefit of ensuring that patients can avail of timely interventions within their medical homes without adding further pressures to the



Dr. Izu Nwachuckwu

wait times at our community clinics. In addition to taking referrals from Family Doctors, the Sunridge UPCC also accepts referrals from PLC Psychiatry Emergency Services when such a disposition is considered clinically prudent. The UPCC model will continue to be refined, along with the other programs at the interface between Psychiatry and Primary care (Shared Mental Health, Specialist Link, E-Referrals, etc) as we strive to build a zonal addiction and mental health service where prompt access and early intervention within the community are available on demand, with less reliance on hospital-based care, bearing in mind the often avoidable human suffering and considerable financial costs to the system that is associated with hospitalization.

I also want to highlight the appointment of Dr. Darcy Muir as the Clinical Medical Director of Carnat Center for Mental Health Rehabilitation. Dr. Muir is well known in the department with extensive experience in clinical practice and medical leadership and is surely a great addition to the amazing team of psychiatrists at the Carnat Center. Dr. Muir replaces Dr. David Dawson who stepped down after several years of meritorious service at Carnat Center, with great admiration from his colleagues and deep appreciation from our entire department.

Challenges

We continue to be hampered with grossly limited capacity in our outpatient services, especially as the pandemic lingers on. A newly established Post pandemic Strategic Planning Committee for Addiction & Mental Health is working collaboratively with our primary care partners and allied agencies to rethink how we promptly deliver quality addiction and mental health care especially at a time when many are struggling with the effects that a protracted pandemic is leaving in its trail.

Future Plans

We are excited to announce some positive developments in the area of mental house supported housing in the community, with the expected launch of a 75-bed facility in the Templemont Community of NE Calgary by Spring of 2022, as well as, a 32-bed Skypointe 2 facility that will launch next Fall. Templemont is being built by Trinity Foundation while Integrated Supported Facility Living (ISFL) will oversee its operations. About 5 mental health clinicians and two psychiatrists will support the facility and provide care similar to our Assertive Community Treatment (ACT) model. It is hoped that these two additional builds will provide much needed relief in the mental health housing sector as the population with complex comorbidities and difficult to house individuals needing integrated supported living services continue to grow at unprecedented rates.

We will also continue to build on the existing excellent collaboration with our primary care and community partners without whose support we will not be able to meet the mental health care needs of our community. We appreciate the Calgary Zone PCN leadership and their Mental Health Task Group for the great work they are doing on raising awareness of mental health and wellness and expanding availability of high-quality early intervention services across our community. I also want to thank Dr Margie Oakander for her leadership in this area, within her new role as CMD for Primary Care Liaison Psychiatry in our department.

Appreciation

I will close this report by recognizing and appreciating the great work of our Psychiatrists, Mental Health Clinicians, and all allied staff whose sacrifices on the frontlines have been indispensable in saving lives, supporting wellness, and building resilience in our community during this long-drawn-out pandemic. On behalf of our patients and the entire community, I say **THANK YOU!**

Community, Rural South Addictions & Claresholm

Section Chief Community & Rural & Addictions South
Dr. Tim Ayas

Overview of 2021

This has been an interesting year for my extensive section. We've had a number of both highlights and challenges at the Claresholm Centre for Mental Health and Addictions, at our mental health clinics, and at our multiple sites of delivery of addiction services.

Highlights

We've had a number of progressive developments in 2021.

Dr. Karen Duncalf joined the team at the Claresholm Centre for Mental Health and Addictions bringing her extensive knowledge of psychotherapy and psychosis to assist us with a difficult population. Dr. Yin Lawson has now returned from her maternity leave, in time for Dr. Thomas Stark to take his paternity leave! Dr. Gerhard Vander Westhuizen has joined the Claresholm Centre as a hospitalist following the departure of Dr. Roisin Dempsey.

Dr. Anees Bhaji completed his fellowship in Addictions under the tutelage of Dr. David Crockford and has now joined our faculty on an academic ARP. He will work primarily at the Addiction Centre but will also assist some outpatient programs in the city as well.

Dr. Stephen Humphrey-Mahaffey will relocate from Ottawa to assist addiction service delivery as a consultant at South Health Campus with their Addiction CL team, further solidifying the footprint of the Addiction Network at South Health Campus.

Dr. Stephen Amadala graciously agreed to be the Director of both the Addiction Centre as well as the

Addiction Network which will assist in guiding both these programs to even better outcomes.



Dr. Tim Ayas

Susan McLean was hired as the Director of Southern Alberta Forensics and Addictions after Beverley Thompson decided to retire after many years of exceptional service in this position. Susan brings a wealth of experience to her role and has already made a positive impact to her portfolio.

Dr. Tim Ehmann decided to relocate from Ontario and will assist with outpatient Child/Adolescent service delivery at South Calgary Health Centre. Welcome aboard Tim!

Dr. Joshua Udolu has joined the South Calgary Health Centre as a consultant to the urgent care and outpatient mental health services at that site. Thank you Joshua!

Dr. Keith Courtney will be joining the expanding services at the Adult Addiction Services Rapid Access Addiction Medicine (RAAM) clinic shortly. His extensive work in the field of forensics will definitely translate to improving already robust outcome measures at this clinic. Thank you to Dr. Rob Tanguay and Dr. Monty Ghosh in securing a provincial grant to expand services at the RAAM clinic.

Challenges

Due to the increase in end point sites (such as St. Theresa's, Skypointe, etc), the capacity of the Claresholm ALC unit has not been utilized efficiently in years. Hence we have now absorbed these beds into the Active and Extended units, giving us more flexibility in the ability to absorb a wider variety of referrals.

Dr. Yin Lawson and Dr. Stephen Amadala have decided to relocate their urgent care based consultant service from South Health Campus to the Sheldon Chumir. Our loss is their gain.

Education

Dr. David Crockford has constructed a robust Addiction Psychiatry fellowship at the Addiction Centre, and we were fortunate to graduate Dr. Anees from this program in June.

Dr. Alvis Yu and Dr. Lydia Vezina have been overseeing the Addictions Medicine fellowship and continue to train exceptional candidates such as Dr. Monica Chawla.

Awards

- ✚ Ruth Fox Scholarship, American Society of Addiction Medicine Dr. Anees Bhaji
- ✚ Travel Fellowship Award—Predoctoral Scholars, Society of Biological Psychiatry Dr. Anees Bhaji
- ✚ COUPE Early Educator Award Dr. Tim Ayas

Grants

- 2021-2023 Title: Calgary Methamphetamine Intoxication Management Algorithm Role: Co-Investigator (Ghosh SM, Harpur L, Crockford D, Tanguay R, Chan E, Lang E, Vandenburg S, Patten S) Funding Source: Calgary Health Trust
- 2016-ongoing Title: Optimizing patient centered-care: a pragmatic randomized controlled trial comparing models of care in the management of prescription opioid misuse (Optima). Role: Lim R Regional Principal Investigator (PI: Wood E) Funding Source: Canadian Research Initiative in Substance Misuse (CRISM)

Publications

- ✚ Bahji A, Brothers, TD, Danilewitz M. Considering cannabis on differential diagnosis: a teachable moment. *JAMA Internal Medicine* 2021 [accepted]
- ✚ De Aquino JP, Bahji A, D'Souza D. Cannabis as a Solution to the Opioid Crisis: Is the Cart Before the Horse Again? *Cannabis and Cannabinoid Research* 2021 [accepted]
- ✚ Bahji A, Danilewitz M, Guerin E, Maser B, Frank E. Prevalence and correlates of substance use among medical students: a Canadian cross-sectional survey. *JAMA Network Open* 2021 [accepted]
- ✚ Bahji A. What are the clinical implications of Bahá'í perspectives of psychiatry and mental health? *Mental Health, Religion & Culture* 2021 [accepted]
- ✚ Bahji A, Yee C, Lolich M, Vazquez GH, Baldessarini R. The comparative efficacy and safety of antipsychotics for juveniles with schizophrenia: a systematic review and meta-analysis. *Journal of Clinical Pharmacology* 2021 [accepted]
- ✚ Norris T, Dahl P, Jericho M, Crockford D. Identifying and Managing Eating Disorders in Persons Presenting for Addiction Treatment. Accepted to *Can J Addict* 2021;12(4), in press
- ✚ Bahji A, Bach P, Danilewitz M, el-Guebaly N, Doty B, Thompson L, Clarke DE, Ghosh SM, Crockford D. Strategies to aid self-isolation and quarantine for individuals with severe and persistent mental illness during the COVID-19 pandemic: a systematic review. *Psychiatr Res Clin Pract.* Accepted Sept. 7/21, in press
- ✚ Bahji A, Smith J, Danilewitz M, Crockford D, el-Guebaly N, Stuart H. Towards Competency-Based Medical

Education in Addictions Psychiatry: A Systematic Review. CMEJ 2021;12(3):126-141 (*1 citation*)

- ✚ Bahji A, Danilewitz M, Crockford D. Supporting persons who use drugs during the COVID-19 pandemic: a rapid review of international guidelines. Can J Addiction 2021;12(2):6-18
- ✚ Crockford D. Recognizing & Managing Undisclosed Psychiatric Comorbidity. Can J Addict 2021;12(4), in press.
- ✚ Crockford D. Current Challenges with Comorbid Psychiatric and Substance Use Disorders. Can J Addict 2021;12(3):4-6
- ✚ Crockford D. The COVID-19 Pandemic and Its Impact on Addiction Treatment. Can J Addict 2020;11(2):7-8 (*1 citation*)

Future Plans

There has been an identified need to bolster Addiction Network availability at all sites to assist in discharge planning and bed flow, this includes both physician recruitment and possibly increasing multidisciplinary support.

Increased expansion of rural mental health psychiatric services, which will hopefully be facilitated by the ongoing maintenance of the telepsychiatry billing codes. These billing codes also have made a positive impact on providing more available care for rural areas.

The rural travel sessional will be subsumed by AHS, separated from the Department.

Geriatric

Section Chief Geriatrics
Dr. Joshua Benjamin

Overview of 2021

The Geriatric Mental Health Service provides seniors experiencing late-life mental disorders with integrated and interdisciplinary services that are patient-focused, flexible and proactive.

Highlights

The Geriatric Residency Program currently has 2 residents enrolled and we are looking forward to recruiting these students to our section as they graduate. As well interviews have been conducted, from a very promising slate of candidates, to fill the upcoming fellowship position for the 2022/2023 year. We look forward to continued growth within this program and our division.

Community physicians are being supported via the Specialist Link Service and new services including the MINT program (to assist PCNs with management

of dementia patients). A new specialized complex dementia care (CDC) unit has also opened at Chinook Care Centre and adds to existing CDC beds at Bethany Riverview.

Facilities and Services

Unit 48 at Rockyview General Hospital (RGH) is a multidisciplinary, 22 bed unit that is typically full to capacity. It the only designated acute-care geriatric psychiatry unit in southern Alberta. The unit has a new manager in the last year and with stability of the manager we are looking at ways to enhance our staff

education and skillset. Unit 48's gardening program continues to flourish and garner positive attention.

The Geriatric Mental Health Rehabilitation and Recovery Unit at Carewest Glenmore Park, a 20-bed sub-acute inpatient geriatric psychiatry unit, is a unique shared-care unit that focuses on group therapy and helps clients who do not require acute care or involuntary admission.

Geriatric psychiatrists provide consultation-liaison support to medical-surgical wards at adult acute-care hospitals across Calgary, subacute facilities, long-term care & assisted living facilities, Primary Care Networks and Seniors' Health programs. Community based mental health teams are available to assist seniors with substance abuse issues, chronic illnesses (including those on Community Treatment Orders) and mood disorders. Outreach support is available for frail elderly who reside independently in the community.

The Geriatric Mental Health Outreach Team at RGH, comprising two full-time nurses and one full-time social worker, provides prompt follow-up and caregiver support to inpatients on psychiatry units and medical-surgical wards, speeding up patient discharge and reducing relapse and readmission to hospital.

To accommodate changing demographics, our Community Outreach Service and Acute Inpatient Unit services patients aged 70 and above (and those aged 65 to 69 with frailty). However, we continue to accept 65 to 69 as required to ease hospital bed capacity pressures.

Challenges

The COVID-19 pandemic continues to impact our services (i.e. necessitating a balance between in person and virtual visits), though fortunately with the majority of our staff, physicians and clients vaccinated we have been able to return to some degree of normalcy.

One psychiatrist has retired in the last year and we anticipate another psychiatrist will retire in the

upcoming year. One of our part-time psychiatrists has moved to more full time geriatric work which has been helpful in terms of covering our services. In the community, we anticipate changes to our services as the sessional system ends in December 2021.

Research


Dr. Zahinoor Ismail continues his research program focusing on:

- ✚ Epidemiology, nosology, assessment, and management of neuropsychiatric syndromes in dementia
- ✚ Detection of neurodegenerative disease and preclinical and prodromal phases with clinical, imaging, and biomarkers validations of Mild Behavioural Impairment (MBI) as a pre-dementia syndrome.

Dr. Ismail continues to participate in international working groups advancing nosology in neurodegenerative diseases. He is an author on the revised IPA criteria for Psychosis in Neurocognitive Disorders, ISCTM-ISTAART criteria for Apathy in Neurocognitive Disorders, ISTAART Research Criteria for Biomarker Research for Psychosis in AD, and the upcoming revision of the IPA criteria for Agitation in Neurocognitive Disorders.

Ongoing studies include:

- ✚ MBI Biomarker Validation - A 7 1/2 year study of cognitively older adults using MBI and biomarkers to predict and monitor cognitive decline
- ✚ PARADIGM - a 3-year study of neuroimaging biomarkers of MBI
- ✚ COMPASS-ND - Canada's national brain aging observational cohort study
- ✚ S-CitAD - randomized double blind placebo-controlled trial of escitalopram versus placebo, in addition to a psychosocial intervention for agitation in AD
- ✚ NAB-IT (nabilone for agitation in AD) - an RCT for a synthetic cannabinoid for agitation in AD
- ✚ Cerevel – randomized double blind placebo-controlled trial of a novel dopaminergic agonist for apathy in AD

 CAN-PROTECT – a longitudinal study recruiting 10,000 participants across Canada exploring health, stress, quality of life, cognition, function, and behaviour in older adults and their care partners (friends, family) as well as formal caregivers in dementia (nurses, OT, RT, SW, home care, personal care aids, physicians, etc.). CAN-PROTECT will go online in ~November 2021

Funding for these and other studies has come from CIHR, NIA, Alzheimer's Drug Development Fund, Brain Canada, Weston Foundation, and the Gordie Howe CARES Foundation.

Dr. Ismail Chairs the Canadian National Dementia Guideline group (the Canadian Consensus Conference on the Diagnosis and Treatment of Dementia), the Canadian Conference on Dementia, and the International Society to Advance Alzheimer's Research and Treatment Neuropsychiatric Syndromes group.

Dr. Dallas Seitz continues his program of research related to geriatric mental health services, safety and efficacy of treatments for mental health disorders in older adults, and knowledge translation in geriatric mental health. He is currently completing studies related to creation of dementia risk prediction tools using administrative health care databases and studies on the related to use of multiple medications and adverse medical outcomes in older adults. He has research studies currently funded by the Canadian Institutes of Health Research as a team lead in the Canadian Consortium on Neurodegeneration in Aging. Dr. Seitz received funding from the Canadian Institutes of Health Research, the

Alzheimer's Association and the Calgary Health Trust in the past year for his research program.

Dr. Julia Kirkham joined our section in October 2020. Her research focuses on quality improvement in geriatric mental health. Current projects include study examining medication substitution after antipsychotic de-prescribing in long-term care (funded by CIHR and the Alzheimer Society), developing an online Problem Solving Therapy (PST) intervention for depression in older adults and a PST intervention to support driving cessation in dementia.

Future Plans

Dr. Josh Benjamin is taking over as Section Head and Program Medical Director as of September 2021.

The coming year will bring many exciting changes as the Section will also be seeking new Clinical Medical Directors for Community Geriatric Mental Health, Geriatric Consultation, Acute Geriatric Inpatient (Unit 48), and potentially Rehabilitation and Recovery Unit services as the current terms for these positions come to an end. Tremendous gratitude is expressed to Dr. Sanders and Dr. Smart for their tremendous service and guidance in these programs through the years.

A very special thank you to Dr. Madan for her leadership to, and advocacy for the Division of Geriatric Psychiatry as she completes her term as Division Chief. Her hard work and initiatives have truly helped shape the future direction for our Division.

Forensics

Deputy Head and Section Chief Forensics
Dr. Ken Hashman

Overview of 2021

The forensic psychiatry section provides assessment of and treatment for adults and adolescents with mental disorders within the legal system and works to ensure the courts understand the individuals in order to make the most appropriate decisions for those individuals and the community.

Our work includes pretrial assessments of an accused's fitness to stand trial and assessments of criminal responsibility, mental health circumstances around infanticide, pre-sentence risk and dangerous or long-term offenders. We also perform assessments mandated by the Youth Criminal Justice Act.

The Forensic Assessment and Outpatient Service provides community-based outpatient assessment and treatment of adults mandated by the legal system.

The Forensic Adolescent Program provides community-based outpatient assessment and treatment of adolescents mandated by the legal system.

We also provide service in the areas of mental health diversion, correctional clinics, correctional transition team, telehealth and community geographic teams, which provide services to smaller centres in southern Alberta.

The Southern Alberta Forensic Psychiatry Centre (SAFPC), our inpatient facility in southern Alberta, has 21 beds for acute assessment and treatment of people in custody, as well as 12 beds for those found unfit to stand trial (UFT) or not criminally responsible by reason of a mental disorder (NCRMD).

Two rehabilitation homes, the Lighthouse (6-beds) and Bright Harbour (4-beds) allow people who are found NCRMD to gradually reintegrate to the community, depending on their mental stability and safety of the community.



Dr. Ken Hashman

Highlights

Forensic Psychiatry Subspecialty (Dr. Tano – Program Director):

- ✚ The Forensic Psychiatry Subspecialty Program at the University of Calgary has been approved by the Royal College
- ✚ We are actively recruiting to our subspecialty program and have commenced interviews of candidates this year
- ✚ Dr. Sheila Acharya has commenced subspecialty training July 2021 – June 2022 via the Practice Eligibility Route
- ✚ The next step for our newly accredited program will be to incorporate an update including Competency by Design
- ✚ Individuals interested in the training program should be in contact with Dr. Tano

Challenges

The Forensic Section has experienced challenges in service delivery during the pandemic as have all service delivery areas. Mitigation strategies have been implemented including regular stakeholder contact and utilization of virtual platforms for assessment and treatment when appropriate.

Research, Education

- ✚ The Forensic Psychiatry Section remains active in teaching of medical students and residents
- ✚ Didactic teaching continues at the medical school as part of the MIND course and to both junior and senior psychiatry residents
- ✚ Clinical training experiences are available for medical students, residents and sub-specialty training

Future Plans

- ✚ Funding for a 3rd rehabilitation home for individuals found NCRMD has been approved and it is hoped that a site will be identified in the near future to enhance our community capacity and flow through of patients awaiting community placement
- ✚ Since the Southern Alberta Forensic Psychiatry Centre opened in 2005 plans have been forwarded to open a total of 72 beds (including 29 acute/assessment beds, 29 rehabilitation beds and 12 youth beds). We are currently in the process of updating a briefing note for ongoing consideration of enhanced capacity of our facility (particularly an enhancement in the number of our rehabilitation beds).

Arnika Centre

Medical Lead

Dr. Jennifer Hibbard

Overview of 2021

Individuals with developmental disabilities experienced unique challenges in 2021. Pandemic conditions continue to affect daily life and mental health for patients and caregivers alike. Our biggest challenge at DDMH is to look for change opportunities and to be responsive to the needs of our patient population and the hospital system.

Highlights

We developed an innovative behaviour support program within AHS based on evidence driven principles of applied behaviour analysis. Since the program was opened to referrals in June 2021, we have received over 30 referrals and are challenged to keep up with our very small team of behaviour specialists. We continue to explore assessment and treatment tools to improve quality of life for our patients, and have recently opened a parent support group for caregivers of older adolescents and young adults with developmental disability. We continue to offer modified DBT and have processed over 170 referrals since the program was introduced in March 2020.

We were also thrilled to welcome Dr. Mark Colijn to Arnika in July 2021. Dr. Colijn's additional training in neuropsychiatry is very welcome in a field where medical and psychiatric often intersect.

Challenges

Pandemic restrictions have resulted in decreased community options for our patient population. At the same time, residential placements for complex needs individuals are in critically short supply, resulting in increased pressure for inpatient units. We continue to work closely with our partners in office of the public guardian and trustee, disability services and



Dr. Jennifer Hibbard

inpatient psychiatry to advocate for our most vulnerable members of society.

Research, Education

Arnika has been partnered with University of Calgary researchers Dr. Carly McMorris and Dr. Chad Bousman in a retrospective chart review of dually diagnosed individuals who have had

pharmacogenomics testing. The aim of the study is to contribute to a rationale for deciding who benefits most from this testing. Arnika is also partnered with Husky Energy Centre for Autism and the PGX-spark project to facilitate pharmacogenomics testing in children with autism spectrum disorder.

We have also been fortunate to have several psychiatry residents and trainees in child and adolescent psychiatry complete electives at Arnika. Residents have spoken highly of the opportunity for education in behavioural approaches with our new team. Dr. John McLennan has provided much needed guidance in developing educational opportunities and a rigorous approach to assessment and intervention.

Awards

Award for Academic innovations, teaching and mentoring from department of child psychiatry for development of the behaviour support team at Arnika.

Future Plans

With restructuring we hope to provide patients and families with evidence based approaches for psychotherapeutic treatments. Dr. Cherelyn Lakusta has been instrumental in helping develop group and individual programming for patients with intellectual disability.

In 2021-22 we also move fully into a centralized intake with Access Mental Health which will hopefully streamline referral pathways and remove barriers to care.

Inpatient Programs

Foothills Medical Centre (FMC)

Site Chief
Dr. Thomas Raedler

Overview of 2021

Like all other departments, the Department of Psychiatry at Foothills Medical Centre continues to struggle with the challenges of COVID-19. All four of our inpatient units (Unit 21, 22, 23 and 26) were placed on COVID-watch or COVID outbreak status over the past year. Unit 24 continues to provide most services virtually. Thanks to the dedication and special efforts from all staff and physicians, we have been able to overcome these challenges!

Highlights

We were able to recruit five psychiatrists over the past year who are providing psychiatric inpatient, outpatient and emergency services at Foothills Medical Centre (Dr. Mark Colijn, Dr. Christine Desjardins, Dr. Susan Poon, Dr. Mary Shen

and Dr. Kim Williams). Please join me in welcoming them to our Foothills team.

Please also join me in welcoming Harveen Dhaliwal and Stacey Whitman to the management team at Foothills Medical Centre. Please join me in thanking Rietta Hahn and Kathy South for their years of

service to our Department and in wishing them all the best in their future endeavors!



Dr. Thomas Raedler

Challenges

The unprecedented situation of dealing with a pandemic has created numerous challenges to our programs, resulting in increased stress levels for members of the Department of Psychiatry at Foothills Medical Centre.

Our Psychiatry Emergency Services, inpatient and outpatient services are struggling with increased demand for services and admissions. Our inpatients continue to struggle with the restrictions that were imposed as part of COVID.

Our outpatient programs are looking into resuming normal services with an increased number of face-to-face services. The Fourth Wave of COVID-19 infections has delayed this process.

Several of our psychiatrists have decided to leave Foothills Medical Services over the past year. Upcoming changes to the fee code may make it less lucrative to work in AHS

facilities, which may result in additional psychiatrists leaving our Department.

Most of our management team has changed over the past year. The new management team will hopefully provide the stability and continuity that our Department needs.

Unit 24 will undergo administrative changes. I am hoping that these changes will have little negative impact on staff workplace satisfaction and staff retention, as well as most importantly, our ability to continue to provide excellent patient care.

Research, Education

Foothills Medical Centre continues to be one of the main site for the education of nursing students, medical students as well as psychiatric residents.

Foothills Medical Centre continues to support research through the Mathison Centre for Mental Health Research & Education.

Awards

Dr. Alexander McGirr was named ‘Top 40 under 40’ by Avenue Magazine

Future Plans

Foothills Medical Centre is part of Wave 5 of Connect Care, the new provincial medical record program that is being implemented in Alberta. The implementation date was moved from May 2022 to November 2022.

We continue to strive for excellence in patient care, education and research. The immediate goal is to deliver excellent patient care while providing staff with a safe and supportive work environment. Together we will get through these extremely challenging times!

Peter Lougheed Centre (PLC)

Site Chief
Lloyd Maybaum, MSc MD, FRCP(C)
Peter Czepuryk
Director Addiction & Mental Health Adult NE



Dr. Hassam Bawa

Overview of 2021

Since our last report, our dedicated team in Mental Health and Addictions continues to do their utmost to deal with the overt capacity pressures during this time of pandemic, across the hospital including the inpatient units, med-psych unit, consultation liaison, outpatient programs and the emergency department. While balancing these pressures this team continues to strive towards optimal patient/family centered and trauma informed care. Sadly, during the last year we lost one of our most esteemed and admired colleagues, Dr. Hassam Bawa who passed away unexpectedly on Sunday June 13, 2021. He will be greatly missed.



Dr. Lloyd Maybaum

Highlights

Despite all of the challenges that we have faced in the last year, the importance of addiction and mental health continues to shine at the PLC. Plans for the new SSU trauma informed space were finalized and

construction is in full swing with a planned opening date in summer 2022. Similarly, the new PLC ER and mental health space should also open in 2022.

Meanwhile, we are working on the finishing touches for the planned new psych ICU and ECT/rTMS suite, construction of which will begin once the SSU moves into its new space. Safety, dignity and a trauma informed, healthy environment for our patients has been our guiding principle through these planning deliberations. These improvements will help support the ongoing need for addiction and mental health supports for our patients in the city of Calgary.

We have also successfully launched a partnership with the North-East clinic helping to provide a limited urgent assessment clinic, helping to divert patients out of the ER. The establishment of the Urgent Consultation Clinic at NE clinic that is supporting the PLC Emergency department for one time urgent psychiatry consult for

patients referred from the ED allowing us to avoid admissions.

Our Day Hospital team is doing great with the Calgary zone changes that have the program adjust to a 4 week intensive program that offer care to up to 30 patients. Well done! Unit 25, 27 and 37 added an assistant head nurse position to each unit and one additional educator to the inpatient team supporting the needs of both team and patients.

Challenges

On the one hand our length of stay has dropped precipitously, however; we continue to struggle with capacity pressures in no small measure as imposed by the pandemic and restrictions associated therein. Patients requiring isolation have curbed bed capacity while patients line up in the ER awaiting bed placement in previously unheard of numbers. This is causing stress throughout the system and certainly amongst our workers

Stress, burnout, attrition and sick leave is the new pandemic affecting MH&A staff across the continuum. Maintaining adequate staffing levels and some semblance of staff morale has been and will likely continue to present as an ongoing challenge well into the New Year. Within this context, we are also facing the role-out of Connect Care. Blessedly, this was postponed from November until May 2022 but we face a significant threat given there is very little interest or uptake with respect to members signing up to become super-users. This lack of super-users is a significant threat to the success of the Connect Care role out at the PLC.

Research, Education

With tremendous efforts, our PES team leadership have once again secured a teaching component within the PLC ER and we now have a steady stream of residents, both psychiatry and family medicine and clinical clerks fulfilling their mandates for clinical bedside education. By no small measure our new model of service delivery was instrumental in opening our PES once again to learners. Well done team!

Future Plans

Our acute care areas continue to rise to the challenge during these difficult pandemic times. Once circumstances allow we will be proceeding with our planned revamped CME program and planning for a new 24/7 service delivery model in the ER. Planning will continue for the new SSU and also service delivery models for the new psych ICU and ECT/rTMS suite. These are exciting times at the PLC!!!

In terms of medical staff, we are pleased to announce that Drs. Jian Choo and Jordan Li have joined us as staff psychiatrists. We are still recruiting and will need additional staff certainly once the new psych ICU is set to be opened.

The staff members at the PLC exemplify collaborative work and do not hesitate to assist and to support one another. It continues to be a joy to work at the PLC and we are proud of our excellent teamwork and commitment.

Rockyview General Hospital (RGH)

Site Chief
Dr. Lisa Harpur

Overview of 2021

Reflecting on 2021 at RGH, it has been a year of upheaval; contraction and expansion amidst a backdrop of Covid 19 modifications. The team at RGH has been united in ensuring that all programs; inpatient and outpatient, continue to run as smoothly as possible with significant alterations in delivery of care. We have only had one unit, rTMS, temporarily close, as staff were redeployed to inpatient units. It is our hope that we can re-open in 2022.

We said good-bye to long-time anchors of our in-patient units; Drs. Anderson, Tuttle, Sargeant, and Turner. Dr. Hart elected not to return from her maternity leave. We also said good-bye to Dr. Balderston as she went on maternity leave again! We welcomed Drs. Jalali (from PLC) and Ng (from SHC), who offered to help us after we were drained so quickly of psychiatrists.

The climate for physicians has been demoralizing. As a whole, most felt overworked, exhausted, and unappreciated. The physicians recognize the moral support provided by the department and the tireless work that Dr. Taylor has undergone in her advocacy for psychiatrists.

We opened the Transition Clinic, which is a Psychiatrist led clinic which is helping an over-burdened outpatient system. Our UPCC clinic now has an extremely long wait list due to the lack of psychiatrists and the need to stay afloat with inpatient work. Day Hospital saw numbers go down due to a lack of physicians.

Having said this, as a group, we are small in number and our strength has always been in our undying support of one another when times are tough. This has kept us united and we are a better team because of it. We also now open our doors to invite and support new psychiatrists into our fold who bring fresh ideas, enthusiasm, and willingness to work together.

Highlights

Rockyview continues to take pride in the strong support of having Clinical Clerks and Residents in our Emergency, Inpatient, Outpatient, and Psychotherapy rotations. Drs. McAuley and Harpur worked with the

Family Medicine program to help support and prepare Family Medicine residents in their Psychiatry preparation for practice. Family Medicine residents now spend one month in Emergency Psychiatry and are participating in full call nights to help with that preparation



Dr. Lisa Harpur

Challenges

Buoying up physician and staff morale. The possibility of losing two to three more Psychiatrists.

Research, Education

Multi-disciplinary study in Emergency entitled, “Improving Calgary’s Methamphetamine Intoxication Management in Emergency Departments. A Quality

Improvement and Implementation Study”. This research is supported by a grant from the Calgary Health Trust.

Future Plans

As we welcome new Psychiatrists, we remain open and willing to support new ideas and program and group therapy development that started a few years ago. We welcome Psychiatrists who are willing to be team players and work where help is needed.

South Health Campus (SHC)

Site Chief
Dr. Novin Ihsan

This past year at South Health Campus was one that put our cohesiveness and our resiliency to test. Covid and the many waves and changes that came with it brought forth a need to adapt and change quickly to meet the increasing demands and pressures of the mental health system.

Our adult and adolescent inpatient units were tasked with being the designated Covid positive mental health units of the city. Our team successfully managed that. We established close alliances with our Psychiatry Primary Care physicians and delivered cohesive psychiatric and medical care on our mental health units. Our staff became skilled in donning and doffing and despite being a Covid unit, we skillfully avoided an outbreak on Unit 56C, our adult Covid mental health unit. Our physician, nursing and allied health care colleagues worked collaboratively and diligently to move patients on and off our



Dr. Novin Ihsan

mental health units as safely and as efficiently as possible in an attempt to meet the system pressures for isolation beds. Our team tirelessly continued to maintain one of the smallest length of stays on our inpatient units. We were then asked to convert our Unit 56C to a Psychiatric ICU unit and SHC rose to the occasion again. Once funding was secured for this project, planning started with our various stakeholders to make the first Psychiatric ICU in Calgary at South Health Campus. We are proud to announce that we are currently undergoing sequential renovations on our unit and aim to have Unit 56C function as a full Psychiatric ICU by early spring of 2022.

Our Emergency and Psychiatric Outreach Teams have worked diligently with our hospital and community partners to see an increased volume of mental health patients that came forth during this past year. Our Urgent Psychiatric Consult Clinic has added

more Psychiatrists to the team in order to meet the increased demand of psychiatric consults from our community and Emergency department physicians. Our Day Hospital team has worked relentlessly to divert traffic away from our Emergency and Inpatient units and we are in the process of increasing capacity in this service. Our Consultation Liaison (CL) Team added two new Psychiatrists this year so as to meet the increased need for mental health supports on our medical and surgical units at the Hospital. We also added two general practitioners with a focused interest in Addictions to our CL team this year, increasing our ability to provide addictions treatment and support on our acute care services. Our Outpatient Team adapted a hybrid model, offering both in person and telehealth appointments to mental health patients in the community. Our administration team took over administration of mental health services at South Calgary

Health Centre as well, bringing South Mental Health services under one umbrella.

All in all, our collegiality and hard work as a team has paid dividends. I am proud to be a part of such an incredible group of physicians, nurses and allied health care staff at South Health Campus. SHC Psychiatry managed the year with three less psychiatrists overall yet we managed change and demands more rapidly than ever before. We are small but mighty! We are quiet yet impressionable! I am forever grateful to my Psychiatry and allied health care colleagues for rolling up their sleeves and showing up to work with tenacity and empathy every day, willing to adapt, change and push themselves past their limits. I believe nowhere else in the city is there a better team to work with than ours at SHC! Yes, we are expanding!

Education

Undergraduate Medical Education (UME)

Director

Dr. Nancy Brager

We are still feeling the impact of the pandemic, although gratefully, with the help of vaccines, N95 masks, and other PPE – students are gradually returning to onsite learning, evaluations, and clinical teaching in the wards. Of course, none of this would be possible without the dedicated and determined faculty, administrators, residents, and students. There were periods of overabundance of students from different classes to periods of no students all, which made delivery of the curriculum very challenging and at times, exhausting. Still, students passed their exams, were matched in CaRMS, and continued to progress in their medical education.

We held our retreat in early October, but sadly it had to be held virtually – given the 4th wave of the pandemic. We had presentations from key faculty, UME assistant Deans, residents, students, and coordinators. The discussion was robust and key decisions were made.

Additionally, Grand Rounds were presented on UME activities and to inform department members of upcoming UME initiatives.

Course 7 will be presented in September 2022 rather than in December, as it is this year. Further curriculum changes are starting in 2023 which will ultimately affect the delivery of our pre-clerkship curriculum. This curriculum, “Reimagining Medical Education” (RIME) is in the process of development so more details will be presented as they become available.



Dr. Nancy Brager

Clinical correlations are occurring this year after being canceled last year. Shadowing, an important opportunity for students to explore potential careers was put on hold. The pre-clerkship electives are now called Career Exploration Programs which entail mentorship and some shadowing experiences.

Visiting electives continue to be on hold until at least June 2022. Clerkship electives from the Cumming School of Medicine are all being accommodated.

Clerkship has been disrupted periodically throughout this past year. It was reduced to a 4-week rotation with 3-weeks of adult and 1 week of child & adolescent psychiatry. It will be returning to a total of 6 weeks with 4 weeks of adult and 2 weeks of C&A. The 4 and 2-week components will not be contiguous as the C&A component will be delivered alongside of the pediatric clerkship block. The psychiatry evaluation will occur after the student has completed both the adult and child rotations. Changes to the Wednesday academic half-day seminars have occurred. Residents continue to deliver the very popular noon hour teaching on Wednesdays, now using the “Card” format. Resident teaching both in seminars and on the units is highly prized by students.

The psychiatry interest group has continued to function, despite the COVID challenges. This group represents students who are potentially going to pursue psychiatry as a career, thus they are highly valued by our department.

None of these UME activities would be possible without the innovation, dedication, and perseverance of faculty, administrators, students, and residents.

Annual UME Retreat – 2021 (Virtual):

Presenters:

- ✚ Dr. Sarah Weeks, Assistant Dean, UME (Pre-Clerkship)
- ✚ Dr. Phil Stokes, Course 7 Course Chair
- ✚ Dr. Huntae Kim, UME Coordinator, Child & Adolescent Psychiatry
- ✚ Dr. Kevin Busche, Assistant Dean, U of C, UME
- ✚ Dr. Tim Ayas, Clerkship Director, Dept of Psychiatry, Uof C, UME
- ✚ Dr. Suneina Mohan, UME Clerkship Evaluation Coordinator, Evaluations and Education, PGME Psychiatry Program
- ✚ Mary McRae, UME Coordinator Presenter
- ✚ Howie Wu, Resident Rep. Pgy II Resident Updates
- ✚ Nia Abdullayeva, Preclerk Medical Student

Post Graduate Medical Education (PGME)

Director

Dr. Rory Sellmer

Associate Director

Dr. Monique Jericho

Overview of 2021

There were big shoes (and skinny jeans) to fill taking over the reins of the program from Dr. Greg Montgomery in January of this year, made even more challenging with the ongoing pandemic and uncertainty around access to vaccines for our trainees. Despite these headwinds, our residents once again demonstrated incredible resolve and resilience, supported in no small part by our incredible teaching faculty.

We are thrilled to report the local trainees who sat the Royal College exam were successful; a warm round of applause for them. We are excited to announce Drs Choo, Desjardins, Fatmi, Li, Poon, and Shen have



Dr. Rory Sellmer

Dr.

in the background are an incredible team of Academic Advisors (Pam Weatherbee, Heather Scott, Aaron Mackie, Rita Watterson, Nathan Finkbeiner, Aleena Shariff, Brie McLane, and Jon Tan) who meet regularly with the trainees as well as the members of the Competence Committee (Janet DeGroot, Cindy Beck, Leanne Birkett, Joe Raiche, Iliana Ortega and Eric Chan) to sift through all the EPA data they present to the committee. On the front lines are a pool of outstanding preceptors who provide regular observation, coaching and feedback on clinical encounters. Despite the challenges, we feel confident that this robust new process ultimately supports residents to be better prepared for practice as competent future colleagues. It is worth the effort!

joined our faculty while Drs. Afflick and Mrozowich continue onto their last year in the Child and Adolescent Subspecialty training.

Please join us in welcoming our newest residents to the Department: Drs. Deb Adesegun and Michelle Anderson from U of A and Drs. Laura Henderson, David Mackay, Lucy Miao, Rachael Nicholls, Harman Sidhu and Raveen Virk from U of C. They are the second cohort of Competence by Design (CBD) residents and have all successfully been promoted from the Transition to Discipline stage to the Foundations of Discipline Stage. Despite the challenges that arise with change, it is reassuring to see this group of professionals navigating this relatively new process with enthusiasm and professionalism as are their PGY-2 colleagues.

CBD is a significant step forward in resident education and requires a substantial investment. We are profoundly grateful for the energy and hard work dedicated to this process. Dr. Greg Montgomery leads the CBD charge and provides support to our staff while David Crockford has been an amazing Competence Committee Chair. In

CaRMS 2022 will continue as a virtual program for a second year, and preparations are already underway. We are fortunate to be considered a highly competitive program, and we continue to refine our assessment process with the support of the intrepid Pauline Burgess, who manages this and so many other complex aspects of training, keeping us on track. Our residents have done amazing work producing engaging videos, hosting Q&A sessions as well as virtual social events. Resident leaders also took on the demanding task of reviewing candidate files and participating in marathon interview sessions. Resident commitment and involvement in CaRMS makes it work; no one can speak as authentically about our program as the residents and their voice and investment in the process is the best reflection of our program's culture.

Curriculum Highlights

Our curriculum is continuously re-shaped based on the feedback of residents and educators, and by processes and innovations that support our goal of contemporary training excellence. No longer throwing our trainees into the proverbial deep end, PGY-1 residents now begin by spending the first 2

months of training on inpatient and psychiatric ER rotations to ensure they have access to cases and work-based assessments that prepare them for a safe experience on call. In addition, an enriched academic series of acute psychiatry topics and SIMulations have been designed to provide the opportunity for practice and preparation with psychiatric presentations. Dr. Suneina

Mohan took over the reins of the curriculum committee and now leads the SIM program; if you haven't had the chance to see her in action, her energy and passion for teaching is infectious.

As a key addition to our R2&3 training, Drs. Montgomery and Sellmer have developed and launched "The Art and Science of the Psychiatric Interview". This series will establish strong foundational skills and training in clinical interviewing, preparing them as they move towards the consistently highly rated and invaluable exam prep training with Dr. Ursula Hines and Dr. Phil Stokes, lovingly called "finishing school".

The pandemic presented challenges to running the qualifying STACER exams in 2020, but with a little innovation we were able to run the exam virtually and ensure a successful experience for our senior residents. Since then, we have been thrilled to host both the qualifying and practice STACERS live and are incredibly grateful to the 50 examiners who provide over 150 hours of their time to ensure we provide this critical training experience. This speaks loudly to the incredible dedication of our teaching faculty.

Research and academic scholarship is a requirement of training that can sometimes feel difficult for residents to engage in. We owe great thanks to Dr. Dallas Seitz who took over the helm from his predecessor, Dr. Alex McGirr, as residency research director. Dr Seitz has developed a series of lectures and interactive events to ensure residents are being connected to research mentors, have the chance to complete research projects earlier in training and leverage these for presentations at conferences. He is supported

by a world class team of researchers including Drs. Scott Patten, Alex McGirr, Illiana Ortega, Janet DeGroot and Julia Kirkham.

Cultural psychiatry and Equity, Diversity and Inclusion (EDI) training continues to develop in our program. With support and consultation from colleagues at the UofC and more broadly, we aim to deliver programming that trains future psychiatrists to meet the needs of all Canadians. We are proud of the work our anti-racism committee played in developing the 3rd Annual Cultural Psychiatry Day which included interviews with local experts on challenging cases, an update on resources from Dr. Pam Chu as well as a thought-provoking book presentation by Dr. Diana Czechowsky. In addition to an ongoing evolution of didactic half-days dedicated to a wide range of EDI topics, residents now have the opportunity to work with marginalized populations thanks to the innovative work of resident



Dr. Monique Jericho

Dr Megan Howlett. Working closely with Dr Rita Watterson, Dr Howlett built a rotation which creates opportunities for clinical learning in underserved populations. We are looking forward to the ongoing evolution of training in these areas, and to our next annual Cultural psychiatry day, focusing on Indigenous mental health.

Wellness is a fundamental consideration in all of our leadership decisions. In addition, we have introduced two new interventions informed by the science of wellness; vertical mentorship and BOUNCE. Mentorship is a highlight of our program and this year we are shifting to a vertical mentorship group model

that will see our mentors connected with one resident from each training year. BOUNCE (Bringing Our Unique Narrative to Clinical Evolution), is a biannual event, which aims to bring residents and staff together to share their clinical experiences and normalize the stressors of practice and training. Both of these interventions drive a cohesive and supportive resident culture which, along with other supports, aims to minimize burnout and strengthen our community.

Challenges

The ongoing pandemic continues to bring uncertainty and has been taxing to all of us, including our residents who show resilience and commitment when facing the brunt of increased presentations while on call. In addition, economic challenges mean looking at innovative ways to reimburse teachers and supervisors while working with leaner budgets and still providing excellence in teaching and training. We're grateful for the support of the department and specifically the commitment to education from Dr. Val Taylor.

Awards, Grants and Publications

Congratulations to:

- ✚ Dr. Jaylynn Arcand for awards from the Canadian Graduate Scholarship, Alberta Graduate Excellence Scholarships, the AbSPORU Graduate Studentship and the Associate Deans Letter of Excellence in Teaching as well and for numerous local and national presentations
- ✚ Dr. Lucy Miao for first author on a publication accepted to Cerebral Circulation-Cognition and Behavior
- ✚ Dr. Howie Wu as winner in the Postgraduate Trainee category for the 2021 Dalhousie Department of Psychiatry Annual Student Writing Contest, entitled "The Bridge" (You should take the time to read this!)

- ✚ Dr. Keely Murphy for first author on a publication accepted to the Journal of Neurology
- ✚ Dr. Chad Diederichs for first author on a publication accepted to Frontiers in Psychiatry
- ✚ Harleen Hehar who was granted over \$15000 from the City of Calgary for a project aiming to destigmatize mental illness in Calgary's South Asian population
- ✚ Susan Poon who was awarded the honor certificate from the medical school in 2021&22
- ✚ Shannon Hinds for the Dr. Patrick Conway award for excellence in PGY1
- ✚ Paige Durling, Johane Henni, and Dean Mrozowich for publishing SIM related research in Academic Psychiatry
- ✚ Erin Lim for first author on a publication in the Journal of Neuroinflammation

Future Plans

In addition to the incredible new recruits to our program, the success of our outgoing graduates, and the innovations we've mentioned, there is still so much more to say! The OSCE course and annual exam, Junior and senior SIM program, "Bootcamps" in summer ER series/child and adolescent/geriatric psychiatry and our transition to practice curriculum events all speak to the support, energy, time and enthusiasm our residents, administrators and staff.

Despite the pandemic and economic challenges, we remain optimistic and committed to program growth and development. Our program is about the people; we are humbled by the dedication of our community who ensure we have one of the most sought-after training experiences in Canada. Thank you everyone.

Fellowship

Director

Dr. David Crockford

Overview of 2021

Fellowships continue to be offered and utilized with 2 recent graduating fellows. The 2 fellows were phenomenally productive.

Highlights

Two graduating fellows: Dr. Anees Bahji (Addiction Psychiatry) & Dr. Kimberly Williams (Neuropsychiatry). Both received multiple awards each, secured grants, and published extensively.

Establishment of a neuropsychiatry fellowship training that is accredited by the United Council for Neurologic Subspecialties led by Drs. McLane and Mackie.

A new psychosocial oncology fellowship was also created (Dr. Janet de Groot).

Future Plans

The University of Calgary, Department Of Psychiatry continues to offer a variety of one year fellowship opportunities in neuropsychiatry, addiction psychiatry, mood disorders, early psychosis, psychosocial oncology, child and adolescent psychiatry, forensic psychiatry, geriatric psychiatry, and family therapy.

Awards

Dr. Anees Bahji

- ✚ 2021 Ruth Fox Scholarship, American Society of Addiction Medicine
- ✚ 2021 Travel Fellowship Award—Predoctoral Scholars, Society of Biological Psychiatry



Dr. David Crockford

- ✚ 2021 International Travel Award, The College on Problems of Drug Dependence
- ✚ 2021 Junior Investigator Research Colloquium Award, American Psychiatric Association
- ✚ 2021 Cohort Bridging Program Grant, Royal College of Physicians and Surgeons of Canada
- ✚ 2020 Gold Level Reviewer, Canadian Journal of Emergency Medicine
- ✚ 2020 Junior Investigator Research Colloquium Award, Canadian Psychiatric Association
- ✚ 2020 Award of Excellence, Ontario Psychiatric Association
- ✚ 2020 Grant-in-Aid of Travel, International Society of Addiction Medicine
- ✚ 2020 Resident Recognition Award, American Psychiatric Association

Dr. Kimberly Williams

- ✚ Award for Young Leaders (resident), Canadian Medical Association – 2020
- ✚ Helios Award, University of Calgary, funding for further training abroad (\$10,000)
- ✚ 2020 British Medical Association First Prize in Public Health Book Awards, Co-author of chapter in book - 2019 (Williams, K. (2018). Mental Health. In B. Sethia & P. Kumar (Ed), Essentials of Global Health (1 st Edition) (p196-200). Poland: Elsevier.)
- ✚ Behind the Scenes, Award for helping to improve undergraduate medical curriculum University of Calgary – 2019
- ✚ Best Resident Presentation, Alberta Psychiatric Association Conference (\$1,000) - 2019

Grants

- ✦ 2021-2025: Seitz D (PI), Messier G, Patten SB, Taylor V, Ghosh SM, Warriyar V, Kirkham J, Rittenbach K, Bahji A (Trainee), Tano D. PRECISE-MH: PREcision Care with Information, Science and Experience—Mental Health. Calgary Health Foundation, \$892,000 CAD (Jan 2021—December 2025)
- ✦ 2021-2024: Messier G (PI), Seitz D, Patten SB, Taylor V, Smith C, Ritchie B, Bakal J, Main K, McGreer E, Bahji A (Trainee). Using health, police, and community data to prevent youth homelessness. Making the Shift Inc., \$199,680 CAD (May 2021 – April 2024)
- ✦ 2021-2022: Wood E (PI), Fairbairn N, Bach P (Collaborators), Bahji A (Trainee). R25-DA037756 Grant: International Collaborative Addiction Medicine Research Fellowship. National Institutes of Health/National Institute on Drug Abuse (NIH/NIDA), \$50,000 CAD (July 2021—June 2022)
- ✦ 2021-2022: Ghosh SM (PI), Harpur L, Chan E, Nicol J, Tanguay R, Lang E, Patten SB, Crockford D, Bahji A (Trainee), VandenBerg S. Improving Calgary's Methamphetamine Intoxication Management in Emergency Departments: A Quality Improvement and Implementation Study. Calgary Health Foundation, \$159,220 CAD (Jan 2021 – Dec 2022)
- ✦ 2020-2022: Samet J, O'Connor P, Edelman J (Co-PIs), Bahji A (Trainee). R25-DA033211 Grant: Research in Addiction Medicine Scholars Program. National Institutes of Health/National Institute on Drug Abuse (NIH/NIDA), \$8,000 USD (October 2020—June 2022)
- ✦ 2020-2022: Bahji A (PI), Crockford D, Patten SB. The Association of Cannabis Use with Adverse Cardiovascular Outcomes in Alberta, Canada: A Population-based Retrospective Cohort Study. University of Calgary Cumming School of Medicine Matt Newell Endowment in Substance Use, \$20,000 CAD (October 2020—September 2022)
- ✦ 2020-2022: Bahji A (PI), Crockford D, Ghosh SM, Danilewitz M. Behaviour Management Strategies to Aid Self-Isolation for Unwilling and Unable Individuals During the COVID-19 Pandemic. American Psychiatric Association Research Grant on the Impact of COVID-19 in Psychiatry, \$9,000 USD (July 2020—June 2022)
- ✦ Bahji A. What are the clinical implications of Bahá'í perspectives of psychiatry and mental health? *Mental Health, Religion & Culture* 2021 [accepted]
- ✦ Bahji A, Yee C, Lolich M, Vazquez GH, Baldessarini R. The comparative efficacy and safety of antipsychotics for juveniles with schizophrenia: a systematic review and meta-analysis. *Journal of Clinical Pharmacology* 2021 [accepted]
- ✦ Bahji A, Crockford DN. Behavioural Management Strategies for Supporting Mandatory Isolation and Quarantine for the Unwilling and Unable in the COVID-19 Pandemic: A Systematic Review. *Psychiatric Research and Clinical Practice* 2021 [accepted]
- ✦ Bahji A, Danilewitz M. Opioid use disorder comorbidity in individuals with schizophrenia-spectrum disorders: a systematic review and meta-analysis. *The Canadian Journal of Addiction* 2021 [accepted].
- ✦ Bahji A, Danilewitz M, Vazquez GH, Patten SB. The prevalence of cannabis use disorder comorbidity in individuals with bipolar disorder: a systematic review and meta-analysis. *The Canadian Journal of Addiction* 2021; 12(3): 22-68
- ✦ Bahji A, Danilewitz M, Chopra N, Lamba W, George TP. Concurrent Disorders Management in Psychiatric Care: Opportunities and Challenges. *The Canadian Journal of Addiction* 2021; 12(3): 7-9
- ✦ Bahji A, Forth E, Hargreaves T, Harkness K. Genetic Markers of the Stress Generation Model: A Systematic Review. *Psychiatric Research* 2021; 304(2021): 1-11
- ✦ Vazquez GH, Bahji A, Undurraga J, Tondo L, Baldessarini R. Efficacy and Tolerability of Combination Treatments for Major Depression: Antidepressants plus Second-Generation Antipsychotics vs. Esketamine vs. Lithium. *Journal of Psychopharmacology* 2021; 35(8): 890-900
- ✦ Bahji A, Danilewitz M, Crockford D. Supporting persons who use drugs during the COVID-19 pandemic: a rapid review of international guidelines. *The Canadian Journal of Addiction* 2021; 12(2): 6-18
- ✦ Bahji A, Meyyappan AC, Hawken ER, Tibbo P. Pharmacotherapies for cannabis use disorder: a systematic review & network meta-analysis. *The International Journal of Drug Policy* 2021; 97(103295): 1-10
- ✦ Bahji A, Vazquez GH, Zarate C. Ketamine for bipolar depression: a systematic review. *International Journal of Neuropsychopharmacology* 2021; 24(7): 535-541
- ✦ Bahji A, Mesbah-Oskui L. Comparative efficacy and safety of stimulant-type medications for depression: A systematic review and network meta-analysis. *Journal of Affective Disorders* 2021; 292: 416-423
- ✦ Izadi N, Bahji A, Chopra N, Ling S, Hansen H, George T. Lessons from Novel Harm Reductions Methods. *Psychiatric Times* 2021
- ✦ Bahji A. Methamphetamine-Related Emergency Department Visits Requiring Psychiatric Admission: A Retrospective Cohort Study. *International Journal of Mental Health and Addiction* 2021; 19(4): 1362- 1371

Publications

- ✦ De Aquino JP, Bahji A, D'Souza D. Cannabis as a Solution to the Opioid Crisis: Is the Cart Before the Horse Again? *Cannabis and Cannabinoid Research* 2021 [accepted]
- ✦ Bahji A, Danilewitz M, Guerin E, Maser B, Frank E. Prevalence and correlates of substance use among medical students: a Canadian cross-sectional survey. *JAMA Network Open* 2021 [accepted]

- ✚ Fisher CE, Aoun E, DeVido J, Morton I, Thomas A, Kidd J, Bahji A, Williams J, Bonnie R. Resource Document on Safe Consumption Facilities. Prepared by the Council on Psychiatry and Law and the Council on Addiction Psychiatry
- ✚ Bahji A, Delva N. Making a case for the inclusion of refractory and severe mental illness as a sole criterion for Canadians requesting Medical Assistance in Dying (MAiD): a review. *Journal of Medical Ethics* 2021
- ✚ Bahji A, Danilewitz M, Smith J, Stuart H, el-Guebaly N, Crockford D. Towards competency in addiction psychiatry: a systematic review. *Canadian Medical Education Journal* 2021; 12(3): 126-141. Anees Bahji Date Prepared: October 2021
- ✚ Di Nota P, Bahji A, Groll D, Carleton N, Anderson G. Proactive posttraumatic stress injury mitigation programs for at-risk workers: A systematic review and meta-analysis. *Systematic Reviews* 2021; 10(126): 1-10
- ✚ Bahji A, Pierce M, Wong J, Roberge JN, Ortega I, Patten SB. Comparative efficacy and acceptability of psychotherapies self-harm and suicidal behavior among adolescents: a systematic review and network meta-analysis. *JAMA Network Open* 2021; 4(4): e216615
- ✚ Di Nota P, Kasurak E, Bahji A, Groll D, Anderson G. Coping among public safety personnel: A systematic review and meta-analysis. *Stress and Health* 2021; 1-18
- ✚ Bahji A, Forth E, Cheng-Chang Y, Khalifa N. Transcranial direct current stimulation for empathy: a systematic review and meta-analysis. *Social Neuroscience* 2021; 29(10): 1-24
- ✚ Brothers TD, Bahji A. Patients with infective endocarditis deserve evidence-based addiction treatment. *The Annals of Thoracic Surgery* 2021; S0003-4975(21): 00532-4
- ✚ Bahji A, Vazquez GH, Zarate CA. Response to commentary on the comparative efficacy of esketamine vs. ketamine meta-analysis: putting the cart before the horse? *Journal of Affective Disorders* 2021; 282: 258-260
- ✚ Leger P, Hamilton A, Bahji A, Martell D. Policy Brief: CSAM in Support of the Decriminalization of Drug Use and Possession for Personal Use. *The Canadian Journal of Addiction* 2021; 12(1): 13-15
- ✚ Mauer-Vakil D, Bahji A, Pikard J. The Impact of Community Treatment on Substitute Decision Makers. *The Canadian Journal of Psychiatry* 2021; 66(1): 64-65
- ✚ Bahji A, Brietzke E, Soares C, Stuart H. Recent Advances in Biomarkers of Addiction: A Narrative Review. *The Canadian Journal of Addiction* 2021; 12:1: 6-12
- ✚ Bahji A, Danilewitz M, Crockford D. Response to Canadian Psychiatric Association Opioid Use Disorder Position Statement: More than Just Collaborators in Care. *The Canadian Journal of Psychiatry* 2021; 66(3): 321-322
- ✚ Danilewitz M, Bahji A. COVID-19 & The Need for Leadership Training in Psychiatry. *The Canadian Journal of Psychiatry* 2021; 66(1): 65-66
- ✚ Bahji A, Vazquez GH, Zarate CA. Erratum to "Comparative efficacy of racemic ketamine and esketamine for depression: a systematic review and meta-analysis." *Journal of Affective Disorders* 2021; 281: 1001
- ✚ Bahji A. Response to Canadian Psychiatric Association Cannabinoid Products Position Statement: Potential for Ameliorating Cannabis Withdrawal. *Canadian Journal of Psychiatry* 2021; 66(6): 586-587
- ✚ Bahji A, Ermacora D, Stephenson C, Hawken E, Vazquez G. Comparative Efficacy and Tolerability of Adjunctive Pharmacotherapies for Acute Bipolar Depression: A Systematic Review and Network Meta-analysis. *The Canadian Journal of Psychiatry* 2021; 66(3): 274-288
- ✚ Bahji A, Vazquez GH, Zarate C. Comparative efficacy of racemic ketamine and esketamine for depression: A systematic review and meta-analysis. *Journal of Affective Disorders* 2021; 278: 542-555
- ✚ Bahji A. Alcohol-Related Psychiatric Presentations at a University-Affiliated Emergency Department: A Descriptive Prevalence Study. *The Canadian Journal of Addiction* 2020; 11(4): 17-22
- ✚ Bahji A, Sterling M, Kasurak E, Good L. Misuse and dependence of dimenhydrinate: A mixed studies systematic review. *Journal of Psychiatric Research* 2020; 136: 581-588
- ✚ Bahji A, Reshetukha T, Newman A, Good L, Gupta P, Haffey S, Gingrich T, Hicks M, Zuoros I, Reid R, Majere R, Fraser S. The Substance Treatment and Recovery Team (START): measuring the effectiveness and feasibility of an inpatient addiction consult service at an academic general hospital. *General Hospital Psychiatry* 2020; 67: 160-161
- ✚ Danilewitz M, Ainsworth N, Bahji A, Chan P, Rabheru K. Virtual psychiatric care for older adults in the age of COVID-19: challenges & opportunities. *International Journal of Geriatric Psychiatry* 2020; 35(12): 1468-1469
- ✚ Ramasubbu, R., Golding, S., Williams, K., Mackie, A., MacQueen, G., & Kiss, ZHT. (2021). Recruitment Challenges for Studies of Deep Brain Stimulation for Treatment-Resistant Depression. *Neuropsychiatric Disease and Treatment*, 17, 765-775
- ✚ Cunsolo, A., Harper, S., Minor, K., Hayes, K., Williams, K., & Howard, C. (2020). Ecological grief and anxiety: the start of a healthy response to climate change? *The Lancet Planetary Health*, 4, e261-e263
- ✚ Sanderson, M., Bulloch, A., Wang, J., Williams, K., Williamson, T., & Patten, S. (2020). Predicting Death by Suicide Following an Emergency Department Visit for Parasuicide With Administrative Health Care System Data and Machine Learning. *EClinicalMedicine*. DOI: <https://doi.org/10.1016/j.eclinm.2020.100281>
- ✚ Williams, K., Sanderson, M., Jette, N., & Patten, S. (2019). Validity of the Patient Health Questionnaire-9 in neurological populations. *Neurology: Clinical Practice*, doi:10.1212/CPJ.0000000000000748

Subspecialties

Child & Adolescent

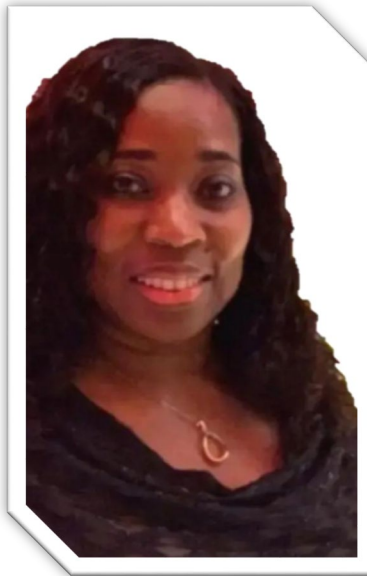
Director

Dr. Nneka Orakwue-Ononye

This, being my first annual report, I'd like to thank Dr. Valerie Taylor, Department Head, and Dr. Lisa Welikotvitch, Associate Dean, Postgraduate Medical Education, CSM, University of Calgary, for the opportunity to step into this role since the 1st September 2021. It has been a pleasure embracing every bit of it as I learn the ropes. My special thanks also go to Dr. Sterling Sparshu, my predecessor, for the amazing job in setting the stage and for his thoughtful support in making the handover a seamless one.

It continues to be a very challenging year for everyone, including our trainees, especially with the fourth wave of the pandemic. However, the Child and Adolescent Specialist Training Program has remained consistent in providing our trainees a rather versatile training experience, according them the opportunity to explore their interests as they progress through their senior years and transition to practice. They have remained resilient in making the most of the unfavorable climate, which has led to challenges in certain aspects of their training, like limited physical encounters with patients, peers and faculty including lecture deliveries.

Under Dr. Sparshu's leadership, and with the support of our very committed RPC members



Dr. Nneka Orakwue-Ononye

and CBD lead, Dr. Krystyna Banas, the program has successfully implemented the Competence by Design (CBD) training pioneered by our PGY5 residents Dr. Joey Prisie and Dr. Jennifer Woo. It has equally been a learning curve for faculty/preceptors who have to familiarize themselves with this teaching/assessment system amidst the growing pressures of mental health demands in the city. Many thanks to all our educators, physicians, and allied health who remain committed to ensuring the quality of training remains at par with the Royal College expectations.

The program, like many others, will be going through an external review by the Royal College next fall (2022). I would please use this platform to encourage our faculty and trainees to continue showing their support and commitment in ensuring this accreditation is a successful one.

The Subspecialty interviews were recently concluded and the program looks forward to welcoming Dr. Sean Andrea from McMaster University next academic year while looking to graduate our PGY6, Dr. Vince Lee, Dr. Dean Mrozowich, and Dr. Wauldron Afflick.

Finally, my special thanks go to our very dedicated Program Administrator, Kary Zamiski, our RPC members Dr. Lakusta, Dr.

Ortega, Dr. Wilkes, Dr. Kim, Dr. Banas as well as Dr. Grintuch and Dr. Tan (Academic Advisors), and Dr. Michael Stubbs (Competence Committee Chair) for their

Forensic

Director

Dr. David Tano

Hello to everyone in the department,

As you may or may not have heard, this past year has been an incredibly exciting and busy year in the Department of Forensic Psychiatry here at the University of Calgary. Through years of hard work from Doctors Morrison, Waheed and numerous others, the subspecialty of Forensic Psychiatry Training Program at the University of Calgary was successful in being approved by the Royal College of Physicians and Surgeons of Canada. I am deeply grateful for all those involved in the hours and hours of work put into this to make this happen. Thank you so much to all of you!



Dr. David Tano

ongoing commitment and support. We continue to explore new ideas to ensure further development and growth with our training program.

complete all the requirements for the forensic psychiatry subspecialty. We are currently in the midst of her training and have been extremely thankful and honoured to have her with us. Unfortunately despite interviewing a couple of candidates for the 2022 forensic psychiatry training, both candidates elected to accept programs in other jurisdictions and this year we did not fill our one training position. We will continue to advocate for the University of Calgary forensic psychiatry program and hope to receive a candidate for the 2023 year of training.

Between now and then, we will continue to work on transitioning our program to be compliant with the Competency By Design format and attempt to get our department further up to speed with respect to training and education of our residents.

Thank you so much everyone for your support and guidance in starting up this new educational program.

Over this past year, I have had the privilege and honour of taking over from Dr. Morrison as the program director for The Subspecialty Program Of Forensic Psychiatry. We rapidly attempted to update our website, and make it known across the country that we were now available for training. In the midst of all of this, one of our very own R5 residents, Dr. Sheila Acharya, received special permission to utilize her fifth year in psychiatry to

Geriatric

Director

Dr. Darren Leung

As of 2021 we are in the second full year of Royal College accredited training for geriatric psychiatry. We have one resident each in PGY5 and 6. We have been able to begin accepting PGY4 and up residents for further training in geriatric psychiatry. We currently have funding for one position per year.

In our first second year of being an accredited program we have accepted Dr. Harry Zhou from the University of Calgary to begin his subspecialty training. Dr. Ehsan Dorri continues his training in PGY6 is progressing nicely. The program continues its preparations for the upcoming Royal College accreditation cycle with a planned site visit in September 2022.

We continue to do our best to maintain the quality of training and teaching through the

COVID 19 pandemic. Our outpatient rotations including nursing home consultations and home visits have begun again and we are able to offer the Subspecialty residents good exposure to a variety of practice settings.

We continue to build awareness and interest in pursuing a career in geriatric psychiatry at the postgraduate level through various initiatives including inviting general psychiatry residents to the geriatric psychiatry journal clubs and participation in teaching of general psychiatry residents completing their mandatory rotations.

To foster more awareness of our Subspecialty at the undergraduate medical education level we will be involved in career days at the Cumming School of Medicine and we will start to accept clinical clerks during their mandatory psychiatry blocks.



Dr. Darren Leung

Continuing Professional Development (CPD)

Director

Dr. Thomas Raedler

Overview of 2021

The multi-disciplinary CPD committee of the Department of Psychiatry oversees all CPD-activities through our department and meets on a monthly basis.

Grand Rounds

We continue to offer weekly Grand Rounds on Tuesdays from 1200 – 1300. All Grand Rounds are now available via Zoom. In 2021 we are offering a total of 40 Grand Rounds sessions covering a variety of topics relevant to the Department of Psychiatry. Speakers include local, national and international experts.

Psychiatry Online Literature Review Course 2021 (POLRC 2021):

This online education program is aimed at urban and rural psychiatrists. The Psychiatry Online Literature Review Course 2021 (POLRC 2021) is running from September 7, 2021 until December 5, 2021. We have 25 participants from across Canada. We are reviewing 12 top publications from 2020 from the areas of General Psychiatry, Child & Adolescent Psychiatry, Geriatric Psychiatry and Psychotherapy.

Highlights

On June 25, 2021, we held the first CANMAT/University of Calgary online Symposium on ‘Psychedelics, Ketamine and Cannabis in Psychiatry – Where do we stand?’. Speakers included Prof. David Nutt (Imperial College London), Prof. Gerard Sanacora (Yale University) and Prof. Mohini Ranganathan (Yale University). This online symposium was very successful and was attended by almost 300 participants.

For the Spring 2021 Grand Rounds semester we awarded a total of 911 Section 1 CME credits to 111 physicians (36 CME credits for each Grand Rounds session).

Challenges

Many participants have expressed that they are looking forward to resuming in person sessions. We currently don’t know when AHS and University of Calgary policies will allow larger in person educational events and when it will be safe to gather again. We are therefore continuing all of our activities via Zoom only.

Research, Education

We offer multiple presentations on current research projects as well as educational initiatives.

Future Plans

Due to COVID-related changes in the Office of Continuing Medical Education & Professional Development of the Cumming School of Medicine,

we have had to put several of our activities, including PQU, on hold for 2021. We are planning to resume quarterly PQU (Psychiatry Quarterly Updates) sessions in April or May 2022.

For the foreseeable future, the Department of Psychiatry will continue to offer weekly Grand rounds via Zoom. We are always striving to make our educational activities even more interesting and relevant, reflecting the educational needs of our attendees.

On a personal note, I accepted the position of Associate Dean CME&PD for the Cumming School

of Medicine. I will start in this position on January 1, 2022.

I am grateful for the support from the Department of Psychiatry, the CPD-Committee, the office of Continuing Medical Education & Professional Development of the Cumming School of Medicine and everybody who participated in our CPD-activities. I am especially grateful for the ongoing support from our CPD-coordinator Anne Enders, who makes all these wonderful educational events possible.

Grand Rounds 2021

JAN	Computational Psychiatry – A Way Forward	David Benrimoh, MD, CM, MSc
	A Lesson in Clarification - A Case Review of Forms, CTOs and Review Panels	David Tano, Forensic Psychiatrist MD, FRCPC, Sheila Acharya, Chief Resident 4th year, LLB, MD, Tom Serebinski, Resident 4th year, BSc, MD and Justin Khunkhun, Resident 3rd year, BSc, MD
	Are psychedelics the future of psychiatry and psychotherapy?	David Nutt, DM, FRCP, FRCPsych, FMedSci, DLaws
FEB	Overview of the CMAJ Adult clinical practice guidelines: Focus on Obesity and Mental Health	Val Taylor, MD, LMCC, FRCPC, Margaret Hahn PhD, MD, FRCPC and Raed Hawa MSc, MD, FRCPC, DABSM, DABPN, DFAPA, DFAPA
	Tech, Covid, & Kids: Reset for Healthy Habits	Shimi Kang, MD
	Substance Use and Psychosis	Bill MacEwan, MD
	The Impact of the Covid-19 Pandemic on Eating Disorders: A Systematic Review	Dan Devoe, BA, MSc, PhD & Gina Dimitropoulos, MSW, PhD, RSW, RMFT
MAR	My Story: From Schizophrenia and Homelessness to Co-Founder of the CURESZ Foundation	Bethany Yeiser, B.S
	CPSA Update	Jeremy Beach, MBBS, MD, FRCP(Edin), FFOM, FRCP(C), FCCP, FRCP(Lond) & Scott McLeod, MD, MPH, MPA, CCFP, FCFP
	Development of a Clinical Pathway for the Assessment and Management of Suicidality on a Pediatric Psychiatric Inpatient Unit	Addo Boafo, MB, FRCPC, MBA
	Antiracism Competency in a Learner-Centered Medical Education	Nahla Gomaa, MBBCH, MSc, MD. PhD
	Update to the Alberta Response to the Opioid Crisis	Robert Tanguay, BSc, MD, FRCPC
	Mental Health Clinical Trials Unit - Update	Thomas Raedler, MD

APR	Fetal Alcohol Spectrum Disorder (FASD): An Uninformative Construct for Mental Health	John McLennan, MD, PhD
	Tools for the Assessment of Suicidality: State of Current Evidence and the Potential Role of Novel Tools Moving Forward	Eric Chan, MD, MSc, FRCPC
	MR Guided Focused Ultrasound Lesioning for Severe OCD: The Calgary Study	Zelma Kiss, MD, PhD, FRCSC & Bev Adams, BSc, MD, FRCPC
MAY	Obesity, reward valuation and the orbitofrontal cortex	Stephanie Borgland, PhD, MSc
	Youth Engagement in Mental Health Research	Gina Dimitropoulos, MSW, PhD, RSW, RMFT & Brooke Allemang, MSW, RSW
	From Genotype to Phenotype: A Treatment Journey with Velocardio-facial Syndrome (VCFS)	Jennifer Hibbard, BSc, MD, FRCPC & Cristin Fitzgerald, MD, LMCC, FRCPC
	Endocannabinoid Regulation of Stress, Anxiety and Fear: A Translational Story from Rodents to Humans	Matthew Hill, Ph.D. (Doctor of Philosophy)
JUN	Early Detection of Alzheimer Disease – What Do The New Canadian Dementia Guidelines Tell Us?	Zahinoor Ismail, MD
	New Developments in Child and Youth Mental Health Research: An Update from the Mathison Centre	Paul Arnold, MD, PhD, FRCPC
	Managing Cancer and Living Meaningfully (CALM): Implementation of a psychotherapy for persons with advanced cancer in Southern AB	Janet de Groot, BSc Med, MD, MSc, FRCPC
	Undergraduate Medical Education Update	Kevin Busche, MD, BSc, FRCPC, Phil Stokes, BA, MB ChB, MRC Psych, Tim Ayas, MD, FRCPC, CCFP, MPH, BSc and Sarah Weeks, MD, FRCPC(C)
	Disjointed: Cannabis & Mental Health in the Post-Legalization Era	Anees Bahji, MD, FRCPC
SEP	Missed and Misunderstood: Autistic Women Seeking Diagnosis and Supports in Adulthood	Katelyn Lowe, PhD
	Climate Change and Mental Health	Megan Howlett, MD, Kimberly Williams, MD, LMCC, FRCPC & Jamil Jivraj, BSc, MSc, MD
	Medical Assistance in Dying - Watch Out Psychiatry...	Michael Trew, MD, FRCPC
	Medical Professionalism in the Digital Age	Wayne Rosen, MD, MSc, FRCSC, FASCERS
OCT	What builds community, innovation and excellence in a residency program?	Rory Sellmer, MD, FRCPC & Monique Jericho, MD, LMCC, FRCPC
	Incels: Dangerous or Misunderstood?	Cynthia Baxter, BSc, MD, FRCPC, DABPN
	Long Covid and Psychiatry	Jaylynn Arcand, MD
	Links between parental ADHD and parenting, and what to do about it	Joanne Park, PhD
NOV	Mental Health Among Pregnant Individuals During the COVID-19 Pandemic	Gerry Giesbrecht, PhD, R.Psych
	Using translational science to develop novel treatments for stress-related psychopathologies: A focus on the endocannabinoid system	Leah M. Mayo, Ph.D
	Identifying and Managing Eating Disorders in Persons Presenting for Addiction treatment	Parker Dahl, MD and Trenna Norris, MD
	Capacity Assessment in Consultation Liaison Psychiatry	David Terriff, MD, LMCC, FRCPC, Janet Fraser, RN, MN and Jennifer Betts
DEC	Interventional Psychiatry	Peter Giacobbe, MD, MSc, FRCPC
	Christmas Rounds	Residents

Mental Health Clinical Trials Unit

Director

Dr. Thomas Raedler

Overview of 2021

The Mental Health Clinical Trials Unit (MHCTU) continues to pursue the goal of finding new and better pharmacological treatments for psychiatric disorders. We participate in phase II, phase III and phase IV clinical trials. Our current clinical trials cover the areas of schizophrenia, OCD and major depression. Participating in a clinical trial offers participants the opportunity of receiving treatment with novel pharmaceutical compounds that are not yet commercially available as well as frequent assessments and oversight of care. Many participants experience an improvement in their symptoms while participating in a clinical trial.

I would like to thank all Principal Investigators, Co-Investigators and Jeff Cheng, RN, for their services and support over the last year. I would also like to thank all volunteers who participated in our clinical trials over the past years.

Highlights

We are the highest recruiting Canadian clinical trials site for the Boehringer Ingelheim Cognition in Schizophrenia Clinical Trial.

Challenges

For over two decades Geri Anderson, RPN, has been serving as clinical trials coordinator first for the Psychopharmacology Research Unit (PRU) and then the Mental Health Clinical Trials Unit (MHCTU). Geri informed us over the summer that she will be retiring from our unit. We are currently conducting interviews for two clinical research coordinators to fill Geri's position. On behalf of our unit and the entire department I would like to thank Geri for her years of service and dedication to our unit. I wish her all the best!

Recruitment of suitable participants remains a challenge and we continue to rely on support from the community.

Research

The MHCTU is currently participating in the following clinical trials:

BI 425809 (Sponsor Boehringer-Ingelheim):

BI 425809 is an orally administered glycine transporter-1 inhibitor. This phase II clinical trial assesses whether treatment with this compound, in combination with regular computerized cognitive training, helps to improve cognition in schizophrenia (REB19-2163; NCT03859973; PI Dr. T Raedler).

NaBen (Sponsor SyneuRx International):

NaBen (sodium benzoate) is already approved as a food-additive (E211). This compound is being tested in clinical trials as it is thought to improve the function of the NMDA-receptor. This compound is being tested in phase II/III clinical trials in Adolescents with schizophrenia (REB15-1868; NCT01908192; PI Dr. T Raedler), Adults with schizophrenia (REB17-1427; NCT02261519; PI Dr. T Raedler) and Adults with Clozapine-resistant schizophrenia (REB17-1845; NCT03094429; PI Dr. T Raedler).

Troriluzole (Sponsor Biohaven Pharmaceuticals):

Troriluzole is a tripeptide prodrug of the glutamate modulating agent riluzole. In two phase III clinical trials the acute effects of adjunctive toriluzole in Obsessive Compulsive Disorder (REB21-0310; NCT04693351; PI Dr. P Arnold) and the long-term effects of adjunctive toriluzole in Obsessive Compulsive Disorder (REB21-0841; NCT04708834; PI Dr. P Arnold) are being assessed.

Completed Clinical Trials:

Methylphenidate (Foquest®) (Sponsor Purdue):

This Phase IV open-label clinical trial compared the efficacy and safety of methylphenidate (Foquest®) and lisdexamfetamine (Vyvanse®) in pediatric and adult patients with ADHD (REB19-2044; NCT04152629; PI Dr. I Ortega).

Clinical Trials terminated by Sponsor:

BI 409306 (Sponsor Boehringer-Ingelheim):

BI 403906 is a Phosphodiesterase 9 Inhibitor. Two phase II clinical trials of BI 403906 in relapse

prevention in schizophrenia (REB17-2266; NCT03351244; PI Dr. T Raedler) and attenuated psychosis syndrome (REB17-1571; NCT03230097; PI Dr. T Raedler) were terminated by the sponsor.

Future Plans

The following two clinical trials are scheduled to start over the next weeks:

Aripiprazole Once-Monthly (Sponsor Otsuka):

This phase IV clinical trial assesses the real-life clinical use of aripiprazole once-monthly in hospitalized patients with schizophrenia, schizoaffective disorder and bipolar I disorder (REB19-2044; NCT04907279; PI Dr. T Oluboka).

Brexpiprazole (Sponsor Otsuka):

This phase IV clinical trial assesses the effects of adjunctive therapy with brexpiprazole in adults with Major Depressive Disorder (REB21-1190; NCT04830215; PI Dr. R Thomas).

Mathison Center for Mental Health Research & Education

Director

Dr. Paul Arnold

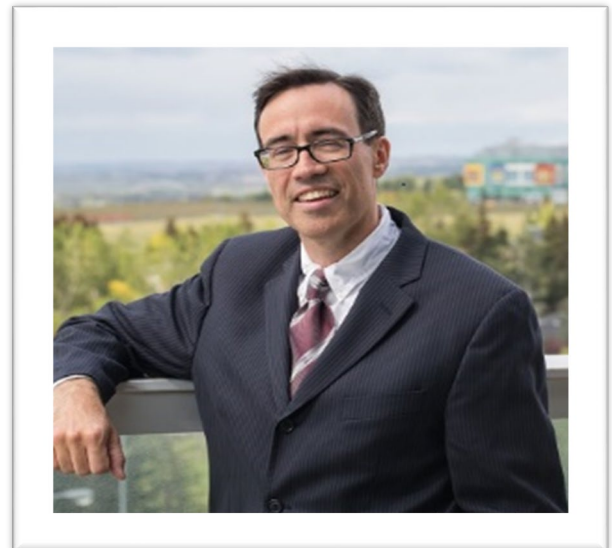
Overview of 2021

The Mathison Centre remains at the forefront of mental health research at the University of Calgary. While members' research expertise span across the lifespan, the Centre's mandate places emphasis on the mental health of children, youth and emerging adults. Membership of the Centre grew to 95 (up from 85 in Fall 2020) with members from 7 of the 14 faculties at the university, a trend that further expands the breadth of research. The Centre has been successful at raising significant funding from various sources to support research. Highlights of these include the following:

- ✚ Alberta Children's Hospital Foundation (ACHF) - \$4.8m spread over 5 years to support groundbreaking research on the mental health of emerging adults.
- ✚ Calgary Health Foundation (CHF) - \$2.5m spread over 5 years to support groundbreaking research on various aspects of mental health.
- ✚ The Parker Psychedelic Research Chair - \$3m spread over 10 years to support a Chair in Psychedelics.

Highlights

- ✚ Calgary Mental Health and Addiction Community Strategy & Action Plan: Mathison Centre researchers Dr. Paul Arnold, Director of the Mathison Centre and Dr. Valerie Taylor, Department Head, Psychiatry served on the steering group for developing the City of Calgary's [strategy and action plan](#) on mental health and addiction. Among other highlights, the plan is expected to connect the dots among various agencies and institutions including the research community at University of Calgary. . [Read more...](#)
- ✚ Genetic risk factors for pediatric OCD: A Mathison Centre and Hospital for Sick Children (SickKids) team examining genetic risk factors for OCD after looking across millions of genetic variants using DNA from saliva have identified that children and youth with a genetic variant in



Dr. Paul Arnold

the gene PTPRD have a greater risk for elevated obsessive-compulsive traits. The findings were published in [Translational Psychiatry](#).

- ✦ Psychedelic Research Chair: The Parker Psychedelic Research Chair, the first of its kind in Canada has been established under the Mathison Centre. Funding for the chair was enabled by a \$3-million commitment by UCalgary alumnus Jim Parker. The mandate of the Chair is to conduct research on the potential use of psychedelics to improve mental health. [Read more...](#)
- ✦ Adolescent dating violence: Canada's first study to capture nationally representative data on adolescent dating violence (ADV) led by Centre member Dr. Deinera Exner-Cortens reveals that more than one in three Canadian youth experience adolescent dating violence with rates of ADV highest among marginalized youth. [Read more...](#)
- ✦ Mental health resources for schools: The Mathison Centre teamed up with the Mental Health Literacy team of the AHS to develop curriculum-based resources geared towards supporting mental health literacy in schools.
- ✦ The [research partnership](#) included 4 metro schools - the Calgary Board of Education, the Calgary Catholic School District, the Edmonton Public Schools, and the Edmonton Catholic Schools. The resources focus on [Mental Health Literacy](#) and Stress for [Senior High](#), [Junior High](#) and [Elementary](#) students.

Challenges

Many researchers reported constraints in conducting clinical research and recruitment due to limitations to in-person contact during the COVID-19 pandemic. The Mathison Centre instituted a Workplace Safety Plan in alignment with the institutional plan to help alleviate some of the challenges while ensuring the safety of our researchers, staff, trainees, and research subjects.

Research, Education

- ✦ Mathison Centre member and [Fellow of the Royal Society of Canada](#) of Canada Dr. Jean Addington is among the most accomplished in her field having published over 300 manuscripts on schizophrenia, early psychosis and the early identification, prevention and treatment of serious mental illness. Her work has been acclaimed internationally by Clarivate Analytics, naming her one of 2020's highly cited researchers for the fifth consecutive year.
- ✦ Dr Gina Dimitropoulos (lead) and colleagues Drs. Scott Patten and Paul Arnold as well as collaborators from the UCalgary Student Wellness Centre are helping students stay on top of their mental health during the pandemic. The team is rolling out the Unified Protocol; a cognitive behavioural therapy program that allows facilitators to work with a large volume of people (usually 16-25) experiencing a range of emotions and provide them with a toolkit that lasts beyond the sessions so they can continue to regulate themselves and learn to ease their stresses. The protocol moves away from disease-specific or diagnosis-specific treatment to use a technique that targets the unifying features of mental illnesses. [More..](#)
- ✦ Dr. Signe Bray and colleagues Drs. Frank MacMaster and Catherine Lebel are studying biomarkers that could help identify, treat, and potentially prevent the onset of symptoms in children at risk of developing mental illness. Biomarkers when identified could also become targets for precision treatments and other interventions.
- ✦ Drs. Paul Arnold and Iliana Ortega are looking into the impact of COVID-19 on the mental health of youth and children. Of special interest are those diagnosed with anxiety, depression, attention deficit hyperactivity disorder (ADHD), obsessive-compulsive disorder (OCD) and pediatric acute onset neuropsychiatric symptoms (PANDAS/PANS). [More...](#)
- ✦ Five (5) members of the Mathison Centre emerged in Calgary's Top 40 under 40 list in 2020/2021. The annual list recognizes the great contributions of Calgarians and their

distinction at what they do. Drs. Signe Bray, Alex McGirr, Carly McMorris, Monty Ghosh, and Zahra Goodarzi made the list in affirmation of their excellent contributions in the field of mental health research.

- ✚ Drs. Gina Dimitropoulos (lead) and Frank MacMaster are part of a team of international researchers investigating the use of repetitive transcranial magnetic stimulation (rTMS) combined with family-based treatment (FBT) for adolescents (12-18) with anorexia nervosa (AN). Drs. Gina Dimitropoulos is one of only two Canadian researchers named as a Fellow of the Academy of Eating Disorders for 2021. The fellowship award recognizes the distinguished contributions of members nationally and or internationally.
- ✚ Study lead Dr. Kelly Schwartz and colleagues Drs. Carly McMorris, Deineria Exner-Cortens, Paul Arnold and Erica Makarenko embarked on a [study](#) in fall 2020 to find out from students about their experiences as they returned to school during the pandemic. Preliminary [results](#) suggested that while a significant number of students are worried about the pandemic itself, they are even more worried about the prospect of confinement from isolation protocols and the stress associated with that. [Read more...](#)
- ✚ Findings from a project in the All Our Families Study that has been following nearly 3000 mothers and their children for the last 12 years has revealed that symptoms of anxiety and depression in mothers nearly doubled in 2020 during the early months of the COVID-19 pandemic. Data collected in May and July of 2020 noted a very difficult time for families with stressors including loss of employment, non-availability of childcare options, and home schooling by parents often juggling working from home with home and childcare. Research findings have been published in an article by lead author Nicole Racine, post-doctoral fellow working with Mathison member Dr. Sheri Madigan and the team in the *Lancet Psychiatry*. [Read more...](#)
- ✚ The [HOPE digital platform](#) is an innovative initiative by Mathison Centre member Dr. Dawn Kingston to provide accessible, affordable, quality mental health care to women that can be embedded

in primary or acute care. The project recently awarded a \$500,000 grant through the provincial Mental Health and Addiction COVID-19 Community Funding grant to support the platform's expansion was lauded by Innovate Calgary as a unique scalable and sustainable solution to support the mental health of new mothers.

- ✚ Mathison Centre member Dr. Sheri Madigan and postdoctoral fellow Dr. Nicole Racine have undertaken a meta-analysis of 29 separate studies involving over 80,000 youth globally that reveals that symptoms of depression and anxiety among children and adolescents have doubled when compared to pre-pandemic times.
- ✚ Dr. Monty Ghosh and team in partnership with Grenfell Ministries and Brave Technology Coop funded by a \$2 million grant from Health Canada have launched the National Overdose Response Service (NORS) - a toll-free national overdose prevention hotline for all Canadians to end drug use isolation.

Future Plans - 10-year Anniversary

The Mathison Centre will celebrate its 10-year anniversary in March 2022. The Centre will mark the milestone with various activities to showcase the research of the Centre and celebrate key successes. Two (2) research symposia are planned for March 11 (on main campus) and March 14 (foothills campus). Other activities are in various stages of planning.

Research Priorities & Strategic Direction

The Centre's Strategic Research Executive Committee (SREC) has delineated 3 major themes as leading areas of research priority:

- ✚ Trajectories of resilience and vulnerability in mental illness
- ✚ Neurostimulation and neuromodulation
- ✚ Cannabis, cannabinoids and mental health

The Mathison Centre will continue to advance these themes, seek new funding, leverage existing opportunities, and build local, national and international partnerships in working to establish international repute as a leader in Child and Youth Mental Health research

Awards

Awards & Recognitions – Faculty

- ✦ Nicole Letourneau - 2021 Killam Annual Professor Award.
- ✦ Kirsten Fiest - 2021 Killam Emerging Research Leader Award.
- ✦ Melanie Noel - Inaugural Killam Memorial Emerging Leader Chair
- ✦ Catherine Lebel, named to the Royal Society of Canada College of New Scholars, Artists and Scientists
- ✦ Scott Patten, inducted into the Canadian Academy of Health Sciences
- ✦ David Hodgins, inducted into the Canadian Academy of Health Sciences
- ✦ Nicole Letourneau, inducted Fellow of the American Academy of Nursing
- ✦ Gina Dimitropoulos, Fellow, American Academy of Eating Disorders
- ✦ Sheri Madigan – named to the Royal Society of Canada College of New Scholars, Artists and Scientists
- ✦ Signe Bray, Jean Addington, Catherine Lebel, Carly McMorris, Melanie Noel, Scott Patten, CSM Excellence Awards, 2020
- ✦ Valerie Taylor, 2020 Canada's Most Powerful Women: Top 100 Award Winners by Women's Executive Network.
- ✦ Jean Addington, elected as one of the Royal Society of Canada's new Fellows for 2020
- ✦ Zahinoor Ismail, Academic Lead, International Society to Advance Alzheimer's Research and Treatment (ISTAART) Neuropsychiatric Symptoms Professional Interest Area.
- ✦ Catherine Lebel, named Jacobs Foundation Research Fellow
- ✦ Nicole Letourneau, Canadian Nurses Association, Jeanne Mance Award
- ✦ Pamela Roach - Glenda MacQueen Distinguished Leadership Award
- ✦ Megan McDonough - O'Brien Institute for Public Health, The 2021 Lynn McIntyre Outstanding Service Award

Awards – Trainees (\$438,600)

- ✦ Sandy Rao (PhD): Supervisor: Gina Dimitropoulos - \$104,000. VP Research, Eyes High Doctoral Award

- ✦ Katherine Bright (PDF): Supervisor: Gina Dimitropoulos - \$155,000. CIHR, Health Systems Impact Fellowship
- ✦ Dan Devoe (PDF): Supervisors: Gina Dimitropoulos & Scott Patten - \$100,000. Mathison Centre and O'Brien Institute Post-Doctoral Award
- ✦ Kathryn Manning (PDF): Supervisors: Catherine Lebel - \$60,000. T. Chen Fong Postdoctoral Fellowship in Medical Imaging Science
- ✦ Cynthia Gan (Undergrad): Supervisor: Kristin von Ranson - \$6,000. Alberta Innovates Summer Studentship Award.
- ✦ Amy Braun (Undergrad): Supervisor: Jean Addington - \$6,000. Alberta Innovates Summer Studentship Award.
- ✦ Madeline Miller (Undergrad): Supervisor: Jean Addington - \$6,000. O'Brien Centre Summer Studentship Award
- ✦ Nathan Godfrey (PhD): Supervisor: Stephanie Borgland - \$400. HBI Trainee Publication Award
- ✦ Spencer Loewen (PhD): Supervisor: Jaideep Bains - \$400. HBI Trainee Publication Award
- ✦ Veronica Guadagni (PhD): Supervisor: Marc Poulin - \$400. HBI Trainee Publication Award
- ✦ Nuria Daviu Abant (PhD): Supervisor: Jaideep Bains - \$400. HBI Trainee Publication Award

Grants

Grants and Major Awards to Members & Trainees
Members of the Mathison Centre obtained over \$26m in research grants as principal and co-principal investigators (\$26,189,201).

Grants and Major Awards to Members & Trainees of The Mathison Centre

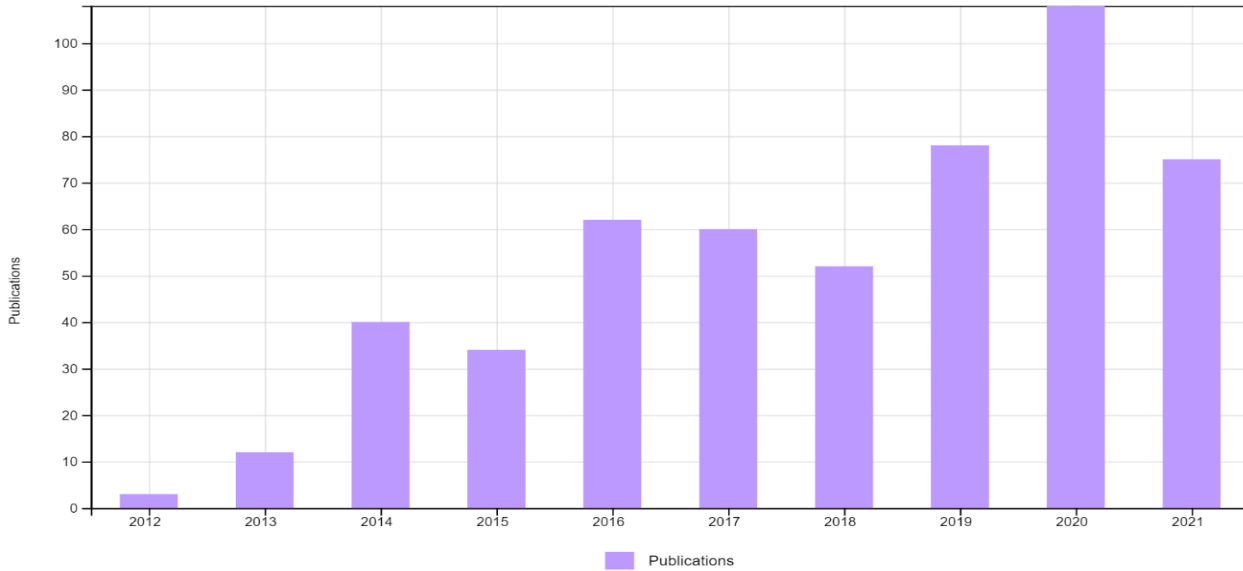
- ✦ Signe Bray (PI), Canada Foundation for Innovation, Innovation Fund, \$8,825,441
- ✦ Monty Ghosh (PI), Health Canada to fight overdose epidemic, Fall \$2 million
- ✦ Jean Addington (PI), National Institute of Mental Health (NIMH), \$1.7m
- ✦ Catherine Lebel (PI), Canadian Institutes of Health Research Project Grant \$1,296,676
- ✦ Jean Addington (PI), National Institute of Mental Health (NIMH) \$624,600
- ✦ Kirsten Fiest (PI), Canadian Institutes of Health Research COVID-19 - Public health response, \$401,161
- ✦ David Nicholas (PI), Canadian Institutes of Health Research, COVID-19 Grant, \$261,367

- ✦ Zahra Goodarzi (PI), Canadian Institutes of Health Research Project Grant \$240,976
- ✦ Julia Kirkham (PI), Alzheimer Society Canada, News Investigator Award \$200,000
- ✦ Sheri Madigan (PI), 2021 SSHRC Partnership Development Grant, \$199,962
- ✦ Nicole Letourneau (PI), CIHR COVID-19 Operations Grants \$199,440
- ✦ Pamela Roach (PI), Canadian Institutes of Health Research, COVID Rapid Response, \$199,321
- ✦ Jeanette Waegemakers Schiff Schwartz (PI), CIHR COVID-19 Grant \$187,556
- ✦ Jaideep Bains (PI), Natural Sciences and Engineering Research Council, RTI Grant, \$150,000
- ✦ Zahra Goodarzi (PI), Canadian Institutes of Health Research, COVID-19 Preparedness Grant, \$147,875
- ✦ Serena Orr (PI), Canadian Institutes of Health Research, ECI Operating Grant, \$105,000
- ✦ Derya Sargin (PI), Canadian Institutes of Health Research, ECI Operating Grant, \$105,000
- ✦ Derya Sargin (PI), Brain Canada, 2020 Future Leaders in Canadian Brain Research \$100,000
- ✦ Sheri Madigan (PI), SSHRC Insight Development Grant, \$74,928
- ✦ Signe Bray (PI), Natural Sciences and Engineering Research Council, Discovery Grant, \$55,000
- ✦ Quan Long (PI), Canadian Institutes of Health Research, COVID-19 Grant, \$50,000
- ✦ Kelly Schwartz (PI), Natural Sciences and Engineering Research Council, Discovery Grant, \$49,063
- ✦ Angelique Jenny (PI), 2021 University of Calgary Teaching & Learning Grant \$40,000
- ✦ Pamela Roach (PI) Royal College of Physicians and Surgeons of Canada Strategic Initiative Grant, \$30,000
- ✦ Tuan Trang (PI) Hotchkiss Brain Institute, SCNIP NeuroTeam Pilot Grant, \$30,000
- ✦ David Nicholas (PI), SSHRC Partnership Engage grants \$25,000
- ✦ Meghan McDonough (PI), SSHRC Partnership Engage grants \$25,000
- ✦ Sheri Madigan (PI), SSHRC, Partnership Engage Grant, \$24,889
- ✦ Brittany Harker Martin (PI), 2021 University of Calgary VPR Catalyst Grant \$15,000
- ✦ Jillian Miller (PI), Tim and Linda Tang Anesthesia Research Fund, \$10,000
- ✦ Stephanie Borgland (co-PI), Brain Canada, 2019 Platform Support Grant, \$4,275,000
- ✦ Quan Long (Co-PI), Canadian Institutes of Health Research Project Grant \$1,189,576
- ✦ Quentin Pittman (Co-PI), Canadian Institutes of Health Research Project Grant \$1,128,376
- ✦ Serena Orr (Co-PI), Canadian Institutes of Health Research Project Grant \$772,650
- ✦ Kirsten Fiest (Co-PI), Canadian Institutes of Health Research Project Grant \$355,725
- ✦ Frank MacMaster (Co-PI), Canadian Institutes of Health Research \$225,675
- ✦ Frank MacMaster (Co-PI), Alberta Labour and Immigration, \$206,137
- ✦ Gerald Giesbrecht and Catherine Lebel (Co-PI), 2021 SSHRC Insight Grant, \$199,962
- ✦ David Nicholas (Co-PI), SSHRC, Partnership Development Grant, \$156,441
- ✦ Frank MacMaster (Co-PI), Alberta Labour and Immigration, \$150,000
- ✦ Gina Dimitropoulos (Co-PI), Canadian Institutes of Health Research \$82,875
- ✦ Nicole Letourneau (Co-PI), SSSHRC Insight Development Grant, \$72,000
- ✦ Carly McMorris (Co-PI), Social Sciences and Humanities Research Council, Connection Grant, \$49,856
- ✦ Gabrielle Wilcox (Co-PI), Joint Ministry of Education & Ministry of Justice Grant \$28,484
- ✦ Valerie Taylor (Co-PI), SSHRC, Partnership Engage Grant, \$25,000
- ✦ David Nicholas (Co-PI), SSHRC, Partnership Engage Grant, \$24,980
- ✦ David Nicholas, Gina Dimitropoulos (Co-PI), SSHRC, Partnership Engage Grant, \$24,865
- ✦ Jeanette Waegemakers Schiff Schwartz (Co-PI), SSHRC, Partnership Engage Grant, \$24,740
- ✦ Gabrielle Wilcox (Co-PI), VPR Catalyst Grant \$11,160

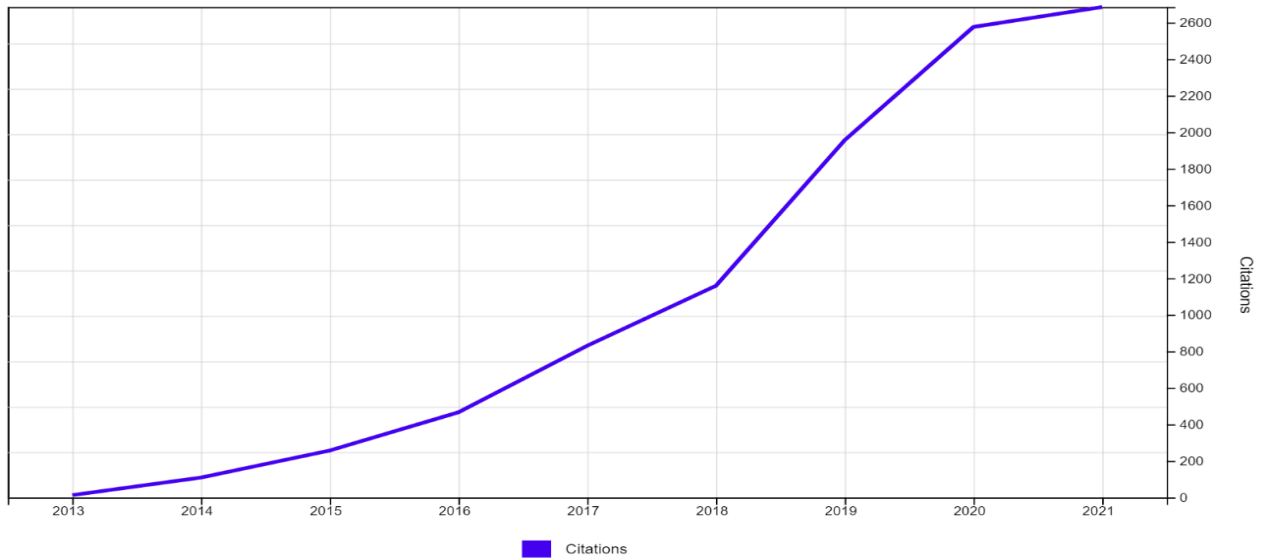
Publications & Citations

There are currently about 525 published papers with an identified affiliation to the Mathison Centre, with a progressively increasing number over time. An analysis by Dr. Scott Patten revealed that for the most recent full year of data, more than 100 papers were affiliated with the Centre.

Publications connected to the Mathison Centre for Mental Health Research & Education.



Mathison Centre citations are also increasing rapidly over time, with > 2500 citations per year in recent years. Citations to publications connected to the Mathison Centre for Mental Health Research & Education



Department of Psychiatry Research

Research Director
Dr. Scott Patten

Overview of 2021

The 2021 search confirms that the Department of Psychiatry's research productivity continues to increase. Bibliographic analysis (described in more detail below) indicates increasing productivity, having a greater than linear trend. Citations also depict a growing impact of the Department's research output. Graphical displays of the data are presented in the "highlights" section, below.

Methods Note:

This report is based on publication and citation data from the Web of Science, compiled by Clarivate Analytics. Data contained in the report are based on search criteria that are slightly modified from previous years, due to Web of Science updates. This year, only the Web of Science core collection was included in the search, due to a proliferation of lower quality journals that are included in some indices (e.g. Google Scholar). Therefore, the search represents high quality literature. While the search strategy has changed slightly from previous years, the estimates have been recalculated retrospectively such that the trends observed are not biased by these changes.

There were two components to the search. The first identified papers with "psychiatry" under the Web of Science category of the same name if the word "Calgary" also appeared in the "affiliation" field.¹ The intention of this search was to provide a high level overview of relevant output at the University of



Dr. Scott Patten

Calgary, recognizing that the Departments contributions may be direct (e.g. publications produced by Department members) or indirect (e.g. related to initiatives in which the Department participates).

A second search was carried out in order to track the emergence of the Mathison Centre for Mental Health Research & Education as an aspiring national and international centre for mental health research. As the Centre is not yet indexed as an "affiliation" in the Web of Science, the search "Mathis*" but also required "Calgary" in the address or city fields.² Many papers fell into both categories and the presentation of metrics from the searches were not combined to avoid double counting. The search as performed on November 22, 2021. While the graphics presented below depict 2021 publications to this date, it should be noted that the final number for 2021 will not be available until 2022. This limitation of the metrics has applied to each annual report in recent years, and so does not interfere with the ability to identify trends.

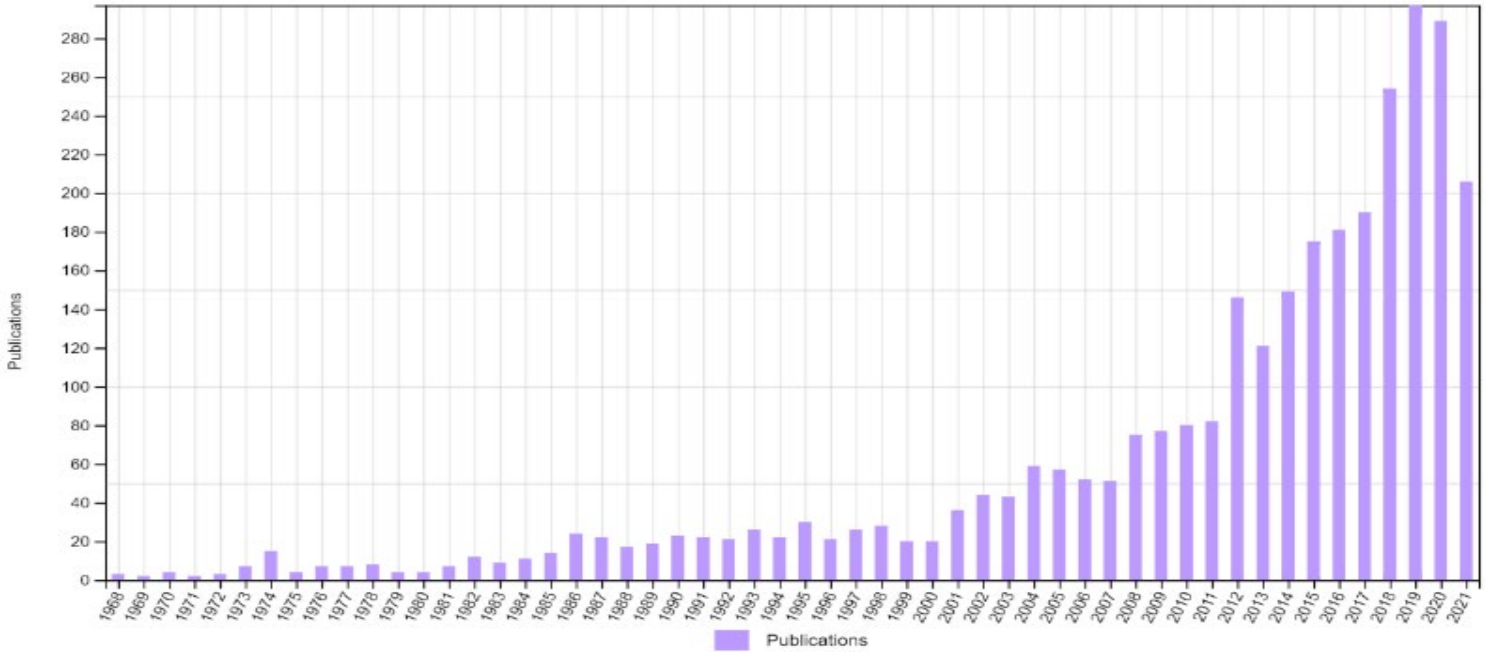
¹ ((WC=(psychiatry)) AND OG=(University of Calgary)) AND PY=(1968-2021)

² AD=mathis* and (ad=calgary or ci=calgary)

Highlights

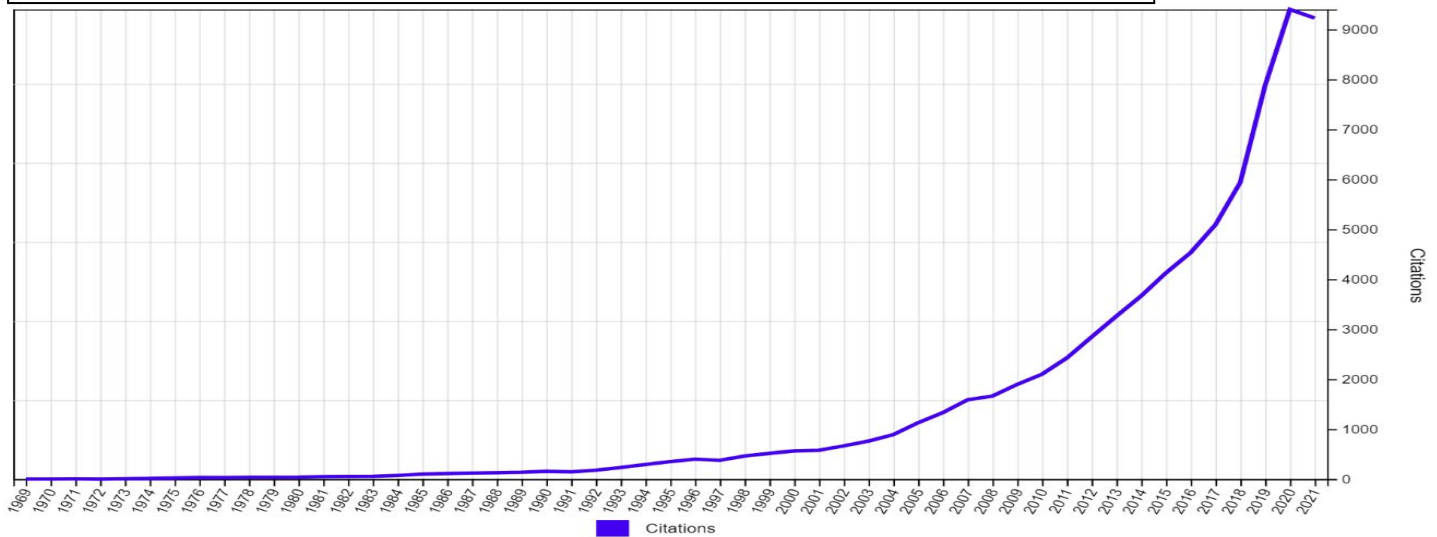
The academic output of the department, measured here using publication counts, has continued to increase

Psychiatry publications from the University of Calgary



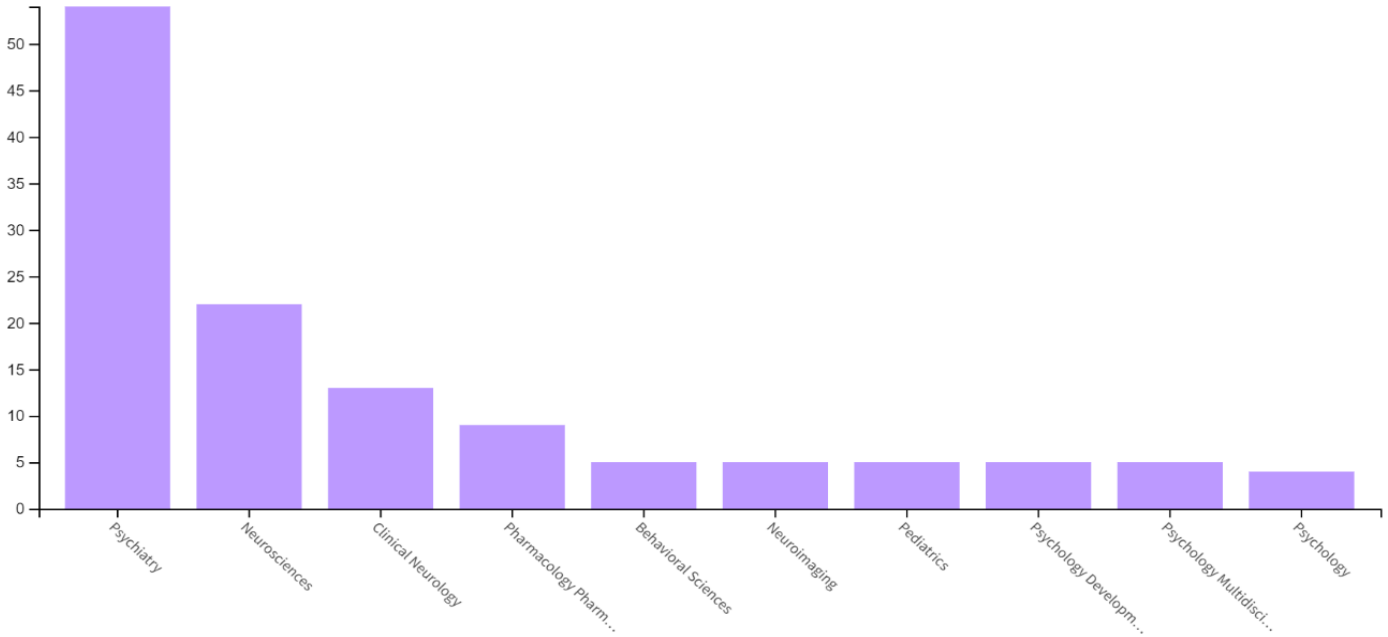
The scientific impact of research within the Department, measured here using counts of citations to the growing set of publications listed above, is depicted below.

Citations to psychiatry publications from the University of Calgary



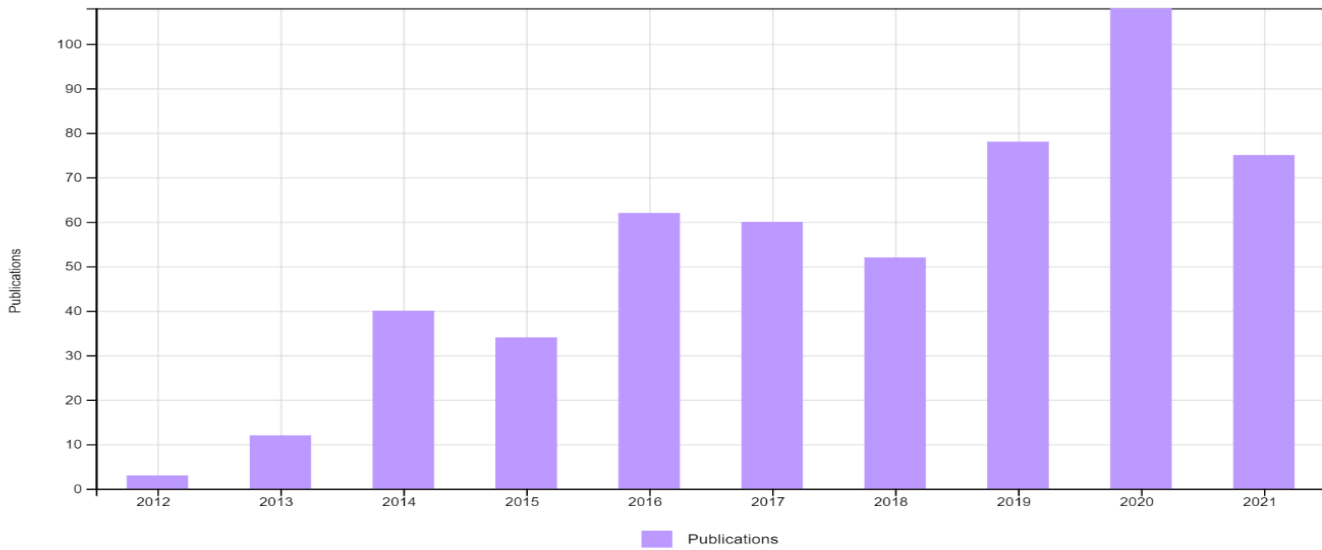
The topics covered by these contributions, and the locations of the citing articles, point to a broad range of contributions and to their international scope, please see the treemaps on the next page.

Topical Areas of Department of Psychiatry Publications in 2021



Results of the search for the Mathison Centre for Mental Health Research & Education are presented below. There are now 525 published papers with an identified affiliation to the Centre, with a progressively increasing number over time. In the most recent full year of data, more than 100 papers were affiliated with the Centre.

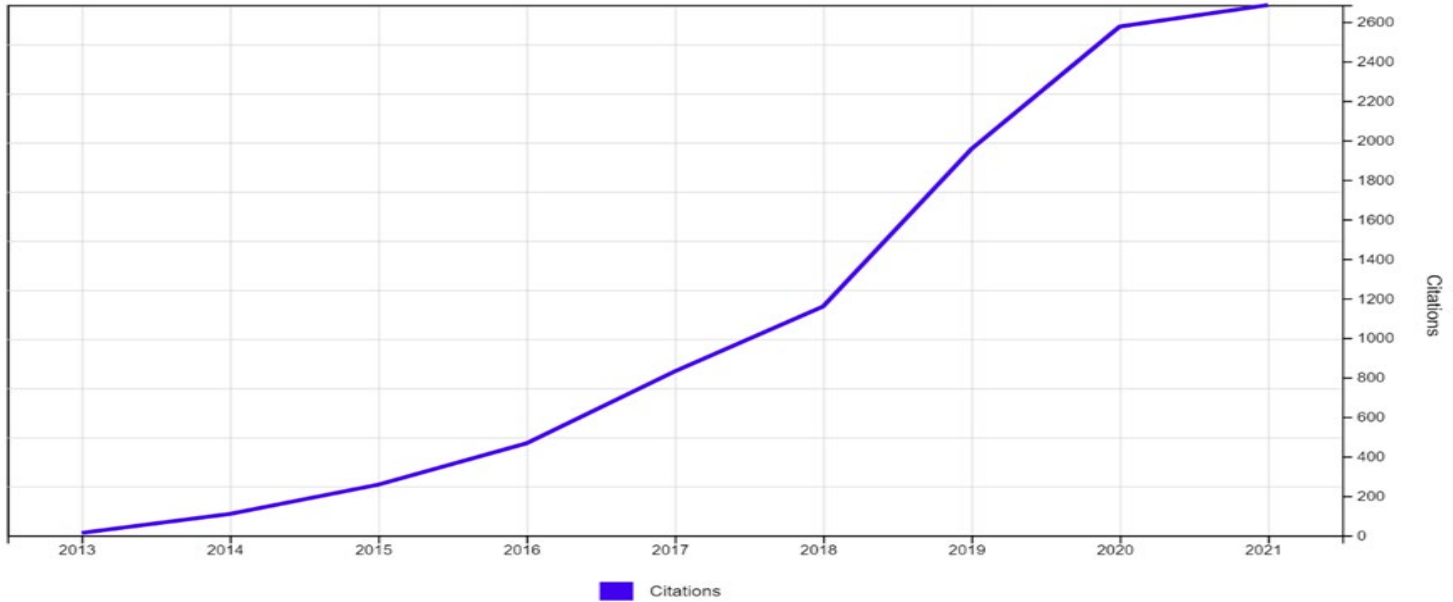
Publications connected to the Mathison Centre for Mental Health Research & Education



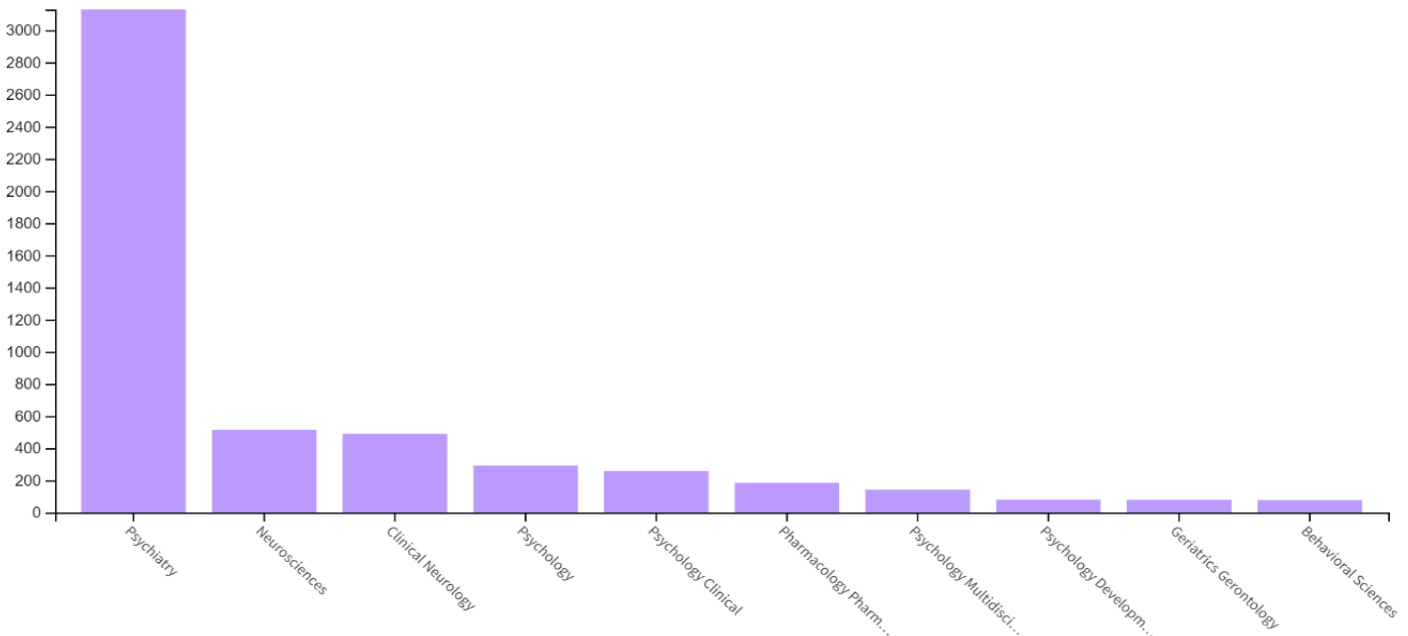
Mathison Centre citations are also increasing rapidly over time, with > 2500 citations per year in recent years.

Treemaps representing the top 6 Web of Science categories for the Department of Psychiatry and the Mathison

Citations to publications connected to the Mathison Centre for Mental Health Research & Education

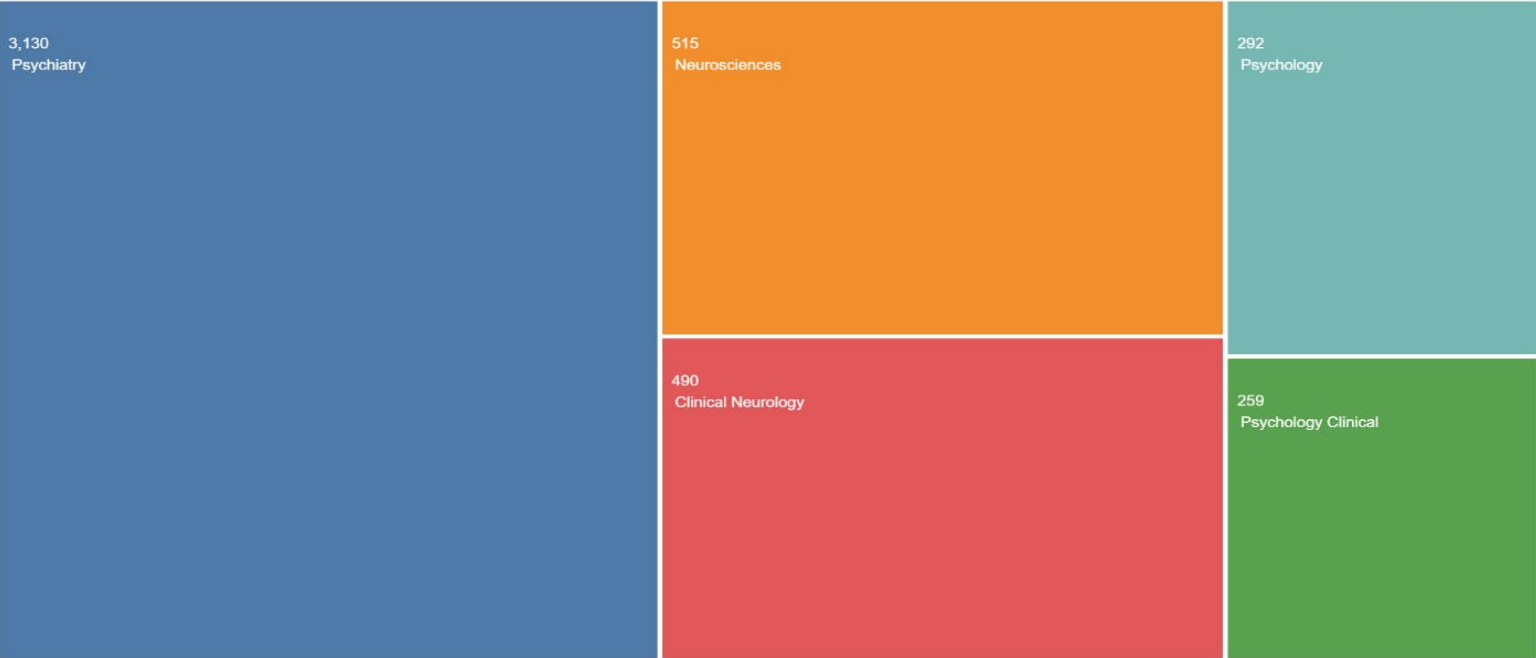


A topical breakdown of papers arising from the Centre reflect its multidisciplinary orientation.



Centre for Mental Health Research & Education illustrate areas of growth that have emerged from the Centre. Specifically, Neurosciences, Pharmacology and Neuroimaging represent areas of growth from the Department’s traditional profile.

Treemap 1. Top 6 categories of research in the Department of Psychiatry



Treemap 2. Top 6 categories of research in the Mathison Centre for Mental Health Research &



Strategic Clinical Network

Dr. Frank McMaster

Overview of 2021

The Addictions and Mental Health Strategic Clinical Network (AMH-SCN) is now the Provincial Addiction & Mental Health Portfolio. The AMH-SCN has been integrated into the provincial AMH program and a new entity created.

Highlights

The merge of the Addictions and Mental Health Strategic Clinical Network and Provincial Addiction Mental Health Program into the Provincial Addiction & Mental Health Portfolio.

Challenges

- ✚ The pandemic
- ✚ The merge required a great deal of time and resources

Research

- ✚ Over \$6.8M in current research project funding (see list attached)
- ✚ Support for Indigenous Scholars
- ✚ Continuing activities of the Alberta AMH Research Hub

Grants

- ✚ Over \$6.8M in current research project funding (see list)
- ✚ Support for open access publications

Future Plans

Continue supporting research capacity and activity in addictions and mental health in the province of Alberta.



Dr. Frank McMaster

Ongoing Funded Work relation to the AMH Portfolio (formerly SCN)

Amount	Funder	Title	Start	End	Role
\$979,868	Alberta Innovates PRIHS	Reducing inpatient readmission rates for patients discharged from acute psychiatric care in Alberta using peer and text message support	Jun-21	May-24	Co-Lead
\$225,675	CIHR Project	Evaluating the impact of recreational cannabis legalization on acute care outcomes	Mar -20	Jan-23	Co-PI
\$250,000	Alberta Health Services	Brain Imaging Studies of Brain Stimulation (Renewal)	Apr-20	Mar-25	PI
\$375,000	Health Outcomes Improvement Fund II	The Tourette OCD Alberta Network	Jun-19	Jun-21	Co-PI
\$150,000	Alberta Labour and Immigration	Text4PTSI: An E-Mental Health Solution to Prevent and Manage PTSI among First Responders in Alberta	Mar-21	Feb-22	Co-A
\$300,000	Alberta Innovates	Understanding Medical Value and Risks for Veterans: Medicinal and Recreational Cannabis Use	Mar-21	Feb-22	Co-A
\$206,137	Alberta Labour and Immigration	COVID-19 Physical Distancing, Virtual Delivery of Trauma Therapies to Trauma-Affected First Responders	Mar-21	Feb-22	Co-A
\$115,000	CIHR	Understanding cannabis use by Canadian Veterans and its impact on their health, well-being and quality of life	Mar-21	Feb-22	Co-A
\$187,556	CIHR	Traumatic stress and Mental Health Impacts of the COVID-19 Pandemic on Front-Line Workers in Homeless Services	Sep-20	Aug-21	Co-I
\$100,000	Canadian Centre on Substance Use and Addiction	Bridging the gap: Veterans and recreational cannabis use	Mar-20	Apr-21	Co
\$2,016,000	Health Innovation and Spread Fund	CanREACH	Mar-19	Mar-21	Co
\$1,053,750	Alberta Innovates PRIHS	Virtual Supervised Consumption: Using an evidence-based approach to impact more of Alberta's Communities.	Jan-19	Dec-22	Co
\$850,746	Alberta Innovates PRIHS	An Innovative Model of Acute Pediatric Mental Health and Addictions Care to Increase Value to Children, Youth, and the Healthcare System	Jan-19	Dec-22	Co

Events

Sebastian K. Littmann Day

Dr. Scott Patten

Overview of 2021

The 34th Annual Sebastian K. Littmann Research Day was held on March 5, 2021, by Zoom. The event had > 120 registrants and featured keynote presentations by Dr. Julia Kirkham (University of Calgary) and Dr. Nolan Williams of Stanford University, as well as 21 research abstracts presented in 3 parallel sessions.

Highlights

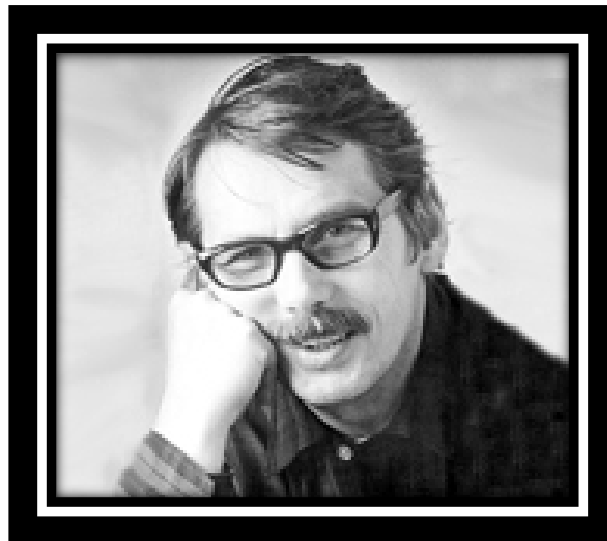
Best Presentation by a Graduate Student:

Maya Sohn. The Death-Implicit Association Test and suicide attempts: a systematic review and meta-analysis of discriminative and prospective utility

Best Presentation by a Medical Student: Lucy Miao. Plasma β -amyloid in mild behavioural impairment – neuropsychiatric symptoms on the Alzheimer’s continuum

Best Presentation by a Resident **Dr. Joey Prisnie.** Utilization of moderate-duration summary podcasts compared to long-duration podcasts for psychiatry education by Canadian pre-clerkship medical students

Best Presentation by an Undergraduate Student **Andrea Soumbasis and Jordyn Flanagan.** The Association Between The Covid-19 Pandemic with Eating Behaviours and Physical



Dr. Sebastian K. Littmann

Challenges

The COVID-19 pandemic meant that the Research Day needed to be delivered online.

Research

The abstracts are now stored in the University of Calgary’s PRISM archive. They will be indexed in Google Scholar so that they can be

cited in future research work, and to allow confirmation of the presentations on the participants’ CVs.

Future Plans

It may be possible to do the 2022 event in person, or in a hybrid format.

The Libin Theatre has been booked for this purpose.

Susan Carpenter Education Day

Dr. Jennifer Hibbard

We hosted the second annual Dr. Susan Carpenter Education day for developmental disabilities mental health in two online sessions November 20 and 27, 2020.

The theme for the conference was “seeing clearly in 20/20”. We had hoped to have a live event in spring 2020 but unfortunately we had to find another way to offer materials in the wake of COVID-19. We had four speakers presenting live on diverse topics in the field, including Dr. Yona Lunsky from CAMH, Dr. John McLennan from Arnika

center (psychiatrist), Dr. Shaily Singh (Neurologist) and Drs. Carly McMorris and Chad Bousman from the University of Calgary. This accredited educational opportunity was provided at no charge to participants, thanks to an unrestricted educational grant from Takeda Pharmaceuticals. The live event was well attended, with over 100 registrants and participants.

Plans for a third conference in 2022 are underway.

Women’s Run

Dr. Lisa Gagnon

Overview of 2021

It was another virtual event due to the pandemic with 17 cities participating.

Highlights

- ✚ The 2022 virtual Run for Women raised \$211,968, thanks to the generous support of our community, and the dedicated Shoppers team!





✚ 7th year that the Run for Women has supported the Women's Mental Health clinic, through Calgary Health Foundation.

✚ To date, the Run for Women in Calgary has raised over \$1,000,000 in support of the Women's Mental Health Clinic, a milestone surpassed in 2022.



Challenges

The pandemic led to another virtual event. Virtual events have had less participation generally.

Future Plans

BIGGER and BETTER!