

2022

Department of Psychiatry Annual Report



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Psychiatry



Alberta Health
Services

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Message from the Department Head



Dr. Valerie Taylor - Zone Clinical Department Head

A huge congratulations to our Department for a year of significant accomplishments. We have seen unprecedented clinical volumes and increasing complex clinical presentations and the Department has risen to this challenge. As this report highlights, there has been growth in all areas and the Addictions and Mental Health portfolio has risen to the challenge, continuing our mandate of excellence in clinical care and innovation that supports a strong educational component and innovative research. We are continuing to punch above our weight academically and feedback from the recent accreditation process spoke about the strength of our educators. The research emerging from our Department is highly impactful and the work of the Mathison Center is being recognized on an international stage with innovations that lead to commercialization and groundbreaking clinical advancement. As always, all work is done through the lens of improving patient care.



Our Vision

- ❖ Advancing mental health solutions for our community

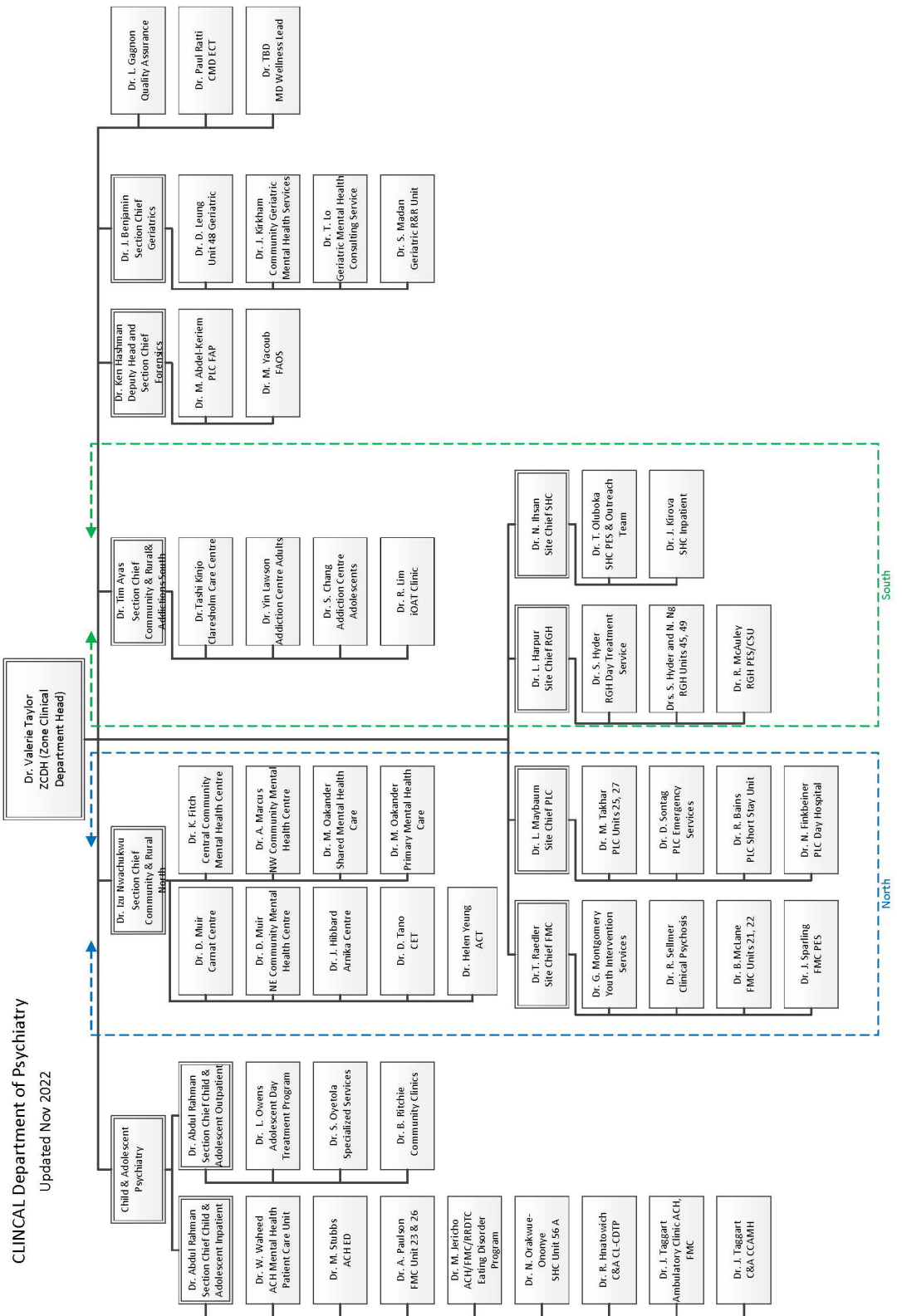
Our Mission

- ❖ Promote the highest quality care for individuals with mental disorders and their families
- ❖ Support mental health promotion and prevention
- ❖ Promote a learning environment through psychiatric education and research
- ❖ Represent the profession of psychiatry
- ❖ Collaborate and develop networks
- ❖ Develop innovative service delivery models
- ❖ Integrate mental health care with health care
- ❖ Work to reduce the stigma of mental illness

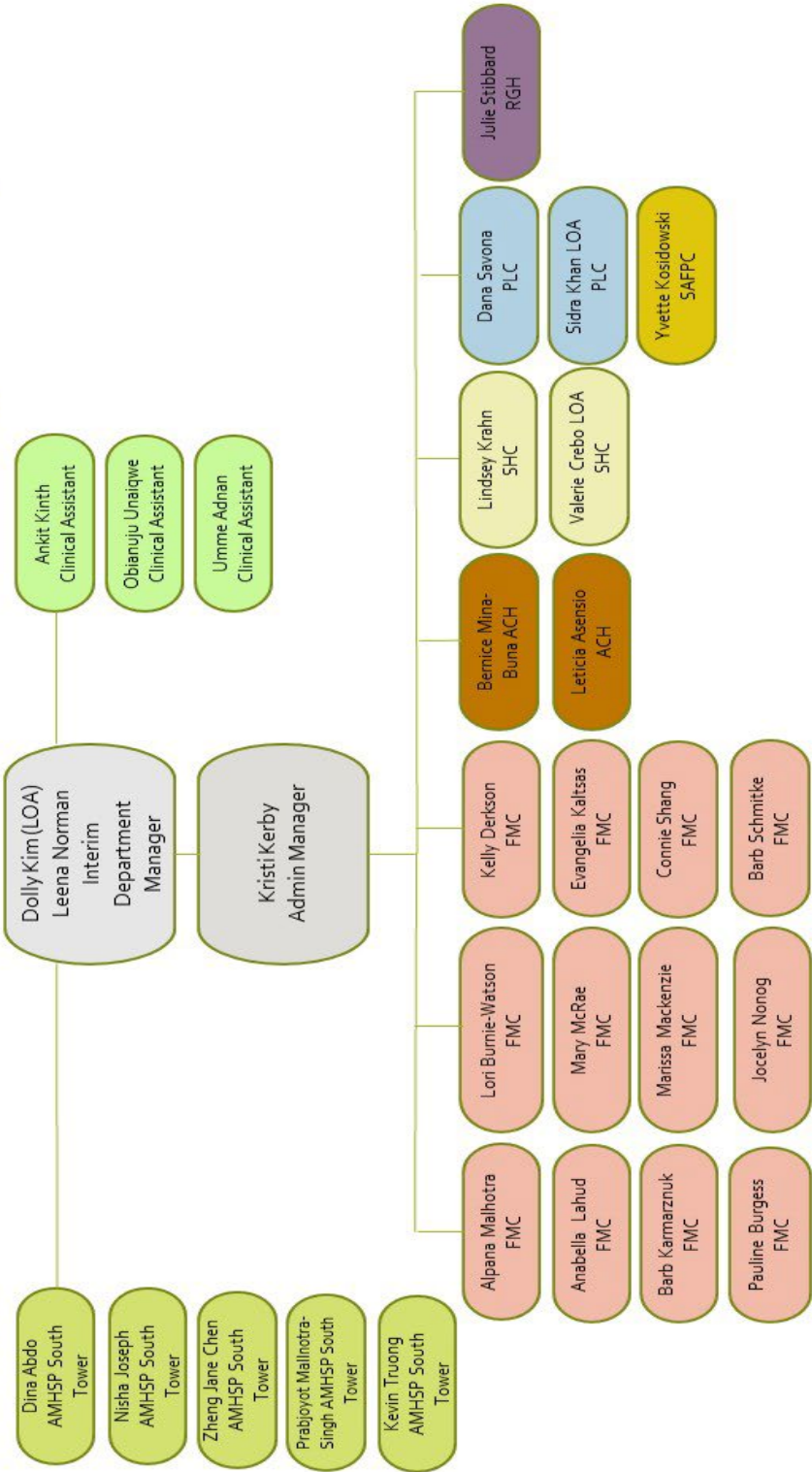
Our Values

- ✧ Best standards of clinical practice
- ✧ Highest ethical standards of professional conduct
- ✧ Prevention, access, care and sensitivity for patients and their families
- ✧ Patient-focused treatment decisions
- ✧ Evidence-based principles of treatment
- ✧ Advocacy for patients
- ✧ Leadership
- ✧ Lifelong learning
- ✧ Collegial Support
- ✧ Respect for other health professionals
- ✧ Respect for multi-disciplinary team approach

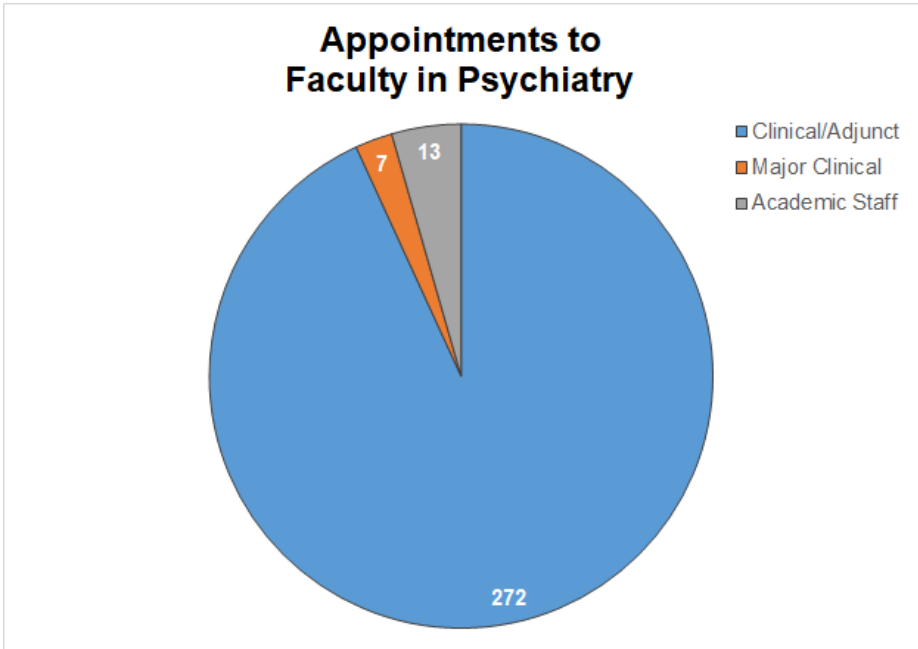
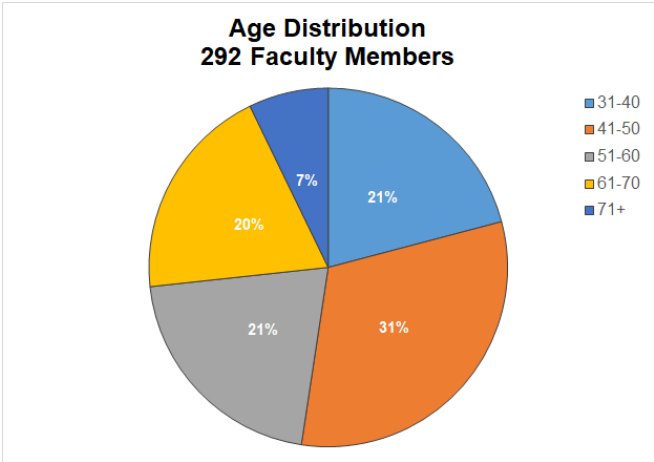
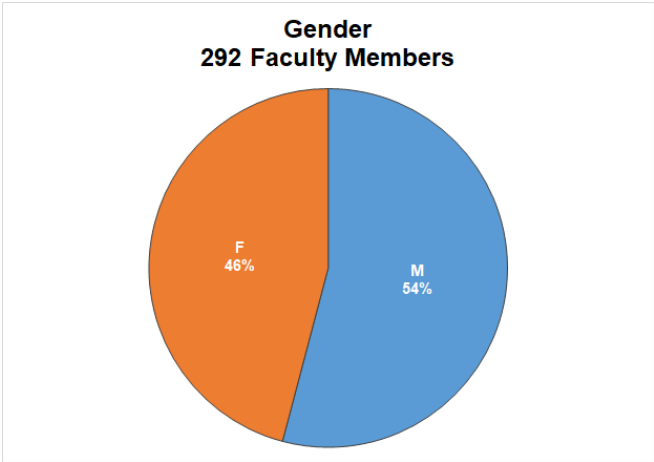
Department Organizational Chart



Support Team Department of Psychiatry



Department Membership



Workforce Recruitment



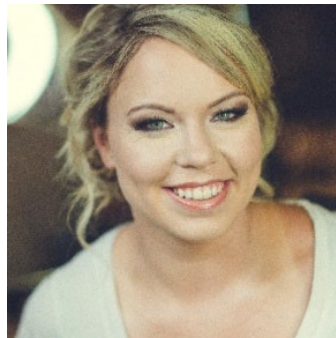
Dr. Jonathan Dornian is joining the department while beginning his career as an outpatient psychiatrist at CAMHC Central Clinic and the FMC Addiction Centre following completion of his residency training in Calgary. A Calgary native, he hopes to continue growing professionally balanced with passionate interests outside of work in outdoor activities and the arts.

Dr. Dean Mrozowich completed his psychiatry and child and adolescent subspecialty training at the University of Calgary. He is currently working at the Psychiatric Ambulatory Clinic at the Alberta Children's Hospital.



Dr. Julia Stratton works with the Children, Youth and Families of our city at both Foothills Medical Center and Richmond Road DTC, you can find Julia exploring in nature on foot or bike, or working to restore her century home with her husband Shawn.

Dr. Leah Mayo joins the university from Linköping University in Sweden, and will conduct research on the potential use of psychedelics to improve mental health





Dr. Wu Bing is a family doctor with a strong passion for mental health. He's excited to work as a physician extender in psychiatric emergency to learn more about acute mental health and bringing his learning back to his family practice. In his spare time, he enjoys cycling, hiking, cooking and traveling.

Dr. Shahab Fajar is a recent graduate from the University of Calgary family medicine program, with an interest in mental health and rural care. She currently locums around southern Alberta, doing clinic and hospitalist work.



Shyla Johnstone is a family Nurse Practitioner who has spent a large part of her 17 year nursing career working in mental health and addictions. While she has spent many years working as an RN in PES at RGH, she is excited to join the psychiatry team in the nurse practitioner role. Outside of work, you can find Shyla with her pup, on the water kayaking, or in the mountains playing.

Dr. Unaigwe is a Clinical assistant with the department of Psychiatry, Alberta Health Services. She is an international medical graduate who obtained her medical degree from the prestigious University of Jos in Nigeria and has over 5 year's postgraduate experience working in multicultural settings as a clinician.





Dr. Ankit Kainth is a mental health care professional from India. Following the obtention of his Bachelor of Medicine and Bachelor of Surgery degree from India, his interest grew for Psychiatry seeing the neglected and stigmatized area of mental health in general population. He had completed his Doctor of Medicine (MD) in Psychiatry in 2015 and started practicing Psychiatry in India.

Dr. Umme Aimen Adnan is an International Medical Graduate who has recently joined the Psychiatry team as a Clinical Assistant. She has a background of working in the General Internal Medicine, telehealth and has a keen interest in Child, Adolescent and Adult Psychiatry. She loves volunteering, has served Calgary Distress Center as the Crisis Line Responder and has been involved in various leadership roles in other community services. She is passionate about bringing a positive impact in the lives of patients, families and communities. She aspires to learn each day and pursue a residency training in Psychiatry. Outside of work, she has a passion for calligraphy and arts. She likes playing badminton and chess and loves spending time with her family.



Warm welcome to all our new members.

Dr. Sheila Acharya, Dr. James Charbonneau, Dr. Veronica Crisp, Dr. Jaskaran Singh, Dr. Troy Mitchell, Dr. Mohammad Mosli, Dr. Kim Ullyatt, Shahram Moosavi, Dr. Ehsan Dorri, Dr. Vincent Lee, Dr. Parker Dahl, Dr. Tom Seredynski, Dr. Monica Chawla, Dr. Yujin Kang, Dr. Ana Drandic, Dr. Amy Maghera, Dr. Jennifer Woo

Awards & Achievements

- **Dr. Janet deGroot**, a group of us internationally had a paper accepted on “Privilege, Social Justice, and the Goals of Medicine: Towards a Critically Conscious Formulation of Professionalism
- **Dr. Alex McGirr** - CIHR (PI) - Enhancing Repetitive Transcranial Magnetic Stimulation in Major Depression with Adjunctive D-Cycloserine
- **Dr. Beverly Adams** – Appointed as the Vice Dean, Cumming School of Medicine. The appointment takes effect on July 1, 2022.
- **Carly Sears** was accepted as a Masters Graduate student to Community Health Sciences with Dr. Janet de Groot as her primary supervisor and Dr. Jess Simon as co-supervisor. Carly was also a CIHR graduate student scholarship for September 2022 – September 2023
- **Dr. Rita Watterson** - February 24, 2022 CMA. Working mothers have suffered tremendous levels of stress throughout the pandemic – and doctors are no exception. A recent study found that physician mothers scored substantially higher on measures of anxiety and depression than physician fathers, in part because they have had to take on a disproportionate share of the increased childcare and online schooling needs. [Sound Mind podcast – Dr. Mom and COVID-19: The stress of being in constant demand | CMA](#)
- **Dr. Valerie Taylor** - got a co-PI on a large CIHR grant that is going to roll out around fecal transplant.
- **Dr. Alex McGirr** – received the CCNP Young Investigator Award
- **Dr. Alexander McGirr** - is the recipient of the 2022 Canadian Psychiatric Association Early Career Psychiatrist Research Award.
- **Drs. Paul Arnold (Co-PI), Gina Dimitropoulos (PI), David Nicholas (Co-PI), Bruce MacLaurin (Nominated PI)** - ACHRI Child Health and Wellness Grand Challenge Catalyst competition, - Launching the development of the LUNA Child Advocacy Centre research team.
- **Dr. David Crockford** - is the recipient of distinguished life fellow of the American Psychiatric Association as of January 1 2022.
- **Dr. David Crockford** - is the recipient of Distinguished Fellow of the Canadian Psychiatric Association, as of September 2 2022.
- **Dr. Zahinoor Ismail** – was appointed on the Advisory Committee to the Association International Conference, 3 years term.
- **Dr. Robert L. Tanguay** - is the recipient of the 2022 Royal College Award for Early Career Leadership in Medical Education / CPD <https://newsroom.royalcollege.ca/innovating-for-enhanced-patient-care-early-career-leadership-honorees-make-their-mark/>
- “**Dr. Karl Tomm** - was presented 2022 Outstanding Contribution to Family Psychology Award” at the Canadian Psychological Association Annual Convention in Calgary on June 18th.

- **Dr. Donald Addington** - The Vizdom project, a four-year project in Czechia funded by the EU Social Fund was completed. He made a keynote presentation at a wrap up meeting in Prague organized to present the results to funders, government department's clinicians and researchers. The results have been accepted for publication.
- **Dr Daniel Okoro** - publication of his book "Psychiatric Phenomenology From First Principles for Medical Students, Psychiatric Residents, and Practitioners" 2022. Tellwell. ISBN 978-0-2288-6972-6, 978-0-2288-6971-9, 978-0-2288-6973-3.
- **Dr. Dallas Seitz** - University Health Foundation-Alberta Roche Partnership in Health.
- **Dr. Chris Wilkes**- – Awarded status of Professor Emeritus, Department of Psychiatry, Cumming School of Medicine, University of Calgary, August 2022.
- **Dr. Chris Wilkes**- Awarded The Medal for Distinguished Service by The Alberta Medical Association. Dr. Wilkes was presented his medal at the Fall 2022 AMA Representative Forum during the Evening with the President on September 23, 2022 in Calgary with family and friends present.
- **Dr. Donald Addington** - at the annual CPA meeting this year was awarded the Presidents Commendation for a lifetime of contributions to psychiatry as a tireless teacher, academic, clinician, mentor and leader, as well as his extensive involvement with CPA.



University Of Calgary Clinical Promotions

Congratulations to:

Promotion to Clinical Professor

Dr. Abdul Rahman

Promotion to Clinical Associate Professor

Dr. Dave Tano

Dr. Lisa Gagnon

Dr. Monique Jericho

Promotion to Clinical Assistant Professor

Dr. Joshua Udolu

Dr. Michal Szymczakowski

Dr. Oluyemisi Ajeh

Quality Assurance

Dr. Lisa Gagnon - Quality Assurance

Staff shortages, low morale and strain on our overstretched mental health system was felt acutely in 2022. Despite this, there have been many positive developments and a renewed passion for quality work in the zone.

Highlights

In collaboration with the Department of Family Medicine, Psychiatry Primary Care (PPC) has a new Clinical Medical Director (CMD) to move this program forward. South Health Campus Hospitalist and PPC physician, Dr. Jennifer Day-Coupal, was the successful applicant. Prior to her medical career, she had over a decade of leadership experience in IT and business.

Also, thanks to our collaboration with Family Medicine, the Eating Disorder Beds at the Foothills Medical Centre will have PPC co-manage these patients. This is a new model of medical care for these patients.

Indigenous Mental Health will expand to include a perinatal psychiatrist.

Congratulations to Dr. Michael Trew who retired from Quality Assurance Reviews. He has been a mentor and instrumental in creating our adverse event database, spanning decades. This gives us a broader view of adverse events and already highlighted areas for targeted initiatives.

Dr. Eric Chan agreed to lead quality improvement work and research around our adverse event database.

The Medical Care on MH Inpatient Units Leadership Committee, led by directors Andrea Perri, Peter Czepuryk and Dr. Lisa Gagnon, has been meeting regularly to tackle a Top Hazard in the Calgary Zone - medical related deaths on inpatient units. Project Manager Michael McComb helps direct the work. This committee is setting standards for medical skills needed by nursing staff, collaboration models with PPC, eSIMs of medical deterioration, medical clearance from ER, to name a few.

The residency directors, Psychiatry Emergency Services Clinical Medical Directors, and residents developed a



Dr. Lisa Gagnon

Handover Tool for On Call. Clinical communication in transitions in care is another top hazard in the zone.

Accessing medical care for admitted adolescents on adult sites has been an ongoing challenge. We have clarified a clinical pathway for these patients so that they are able to access timely care while admitted to the Foothills Medical Centre.

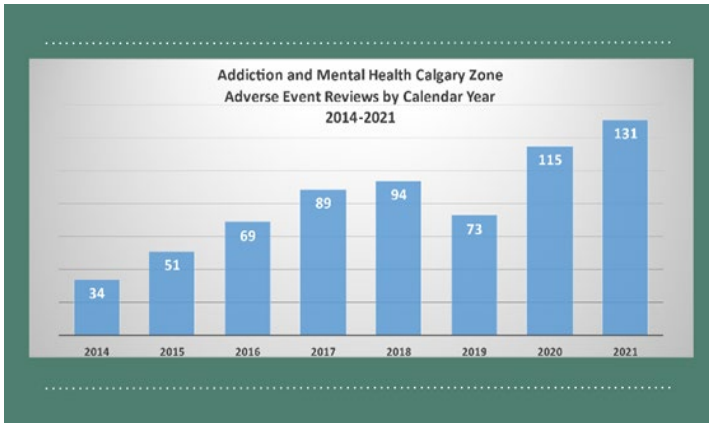
Thanks to the Shoppers Drug Mart Run for Women, this year's proceeds will be providing project support to a trauma education initiative. This work has been spearheaded by directors Colleen Karran and Avril Deegan leading the Trauma Advisory Committee.

Directors Halina Bowers and Shawn Currie co-chair the committee "Preventing and Reducing Aggression on Inpatient Units" which aims to mitigate another top hazard in our zone. Thank you to them and to Dr. Rory Sellmer for joining the committee.

Co-Led by Directors Colleen Karran and Avril Deegan, the Post pandemic Strategic Planning Committee for Addiction and Mental Health has been an excellent example of collaboration with non-AHS partners.

Challenges

Shortages of Quality Assurance Review Leads with unprecedented number of deaths in our zone, meant an extended delay in reviews.



Staff participating in Quality Assurance Reviews had competing priorities, with urgent clinical demands. This interfered with several complex reviews.

The number of complaints were higher since the beginning of the pandemic.

The Alberta Mental Health Act changes still challenges our clinical service delivery. Various stakeholder groups have different interpretations of the Act, and we continue to work through these with our team, AHS Legal and the Provincial team.

Many priority projects had been delayed due to COVID.

Research and Education

Canadian Medical Protective Agency's Best Practices series is being used with residents in their first year to develop great practice habits.

The team led Grand Rounds September 20, 2022, to highlight Top Hazards related to Addiction and Mental Health, work being done to mitigate those and discuss the principles of Just Culture.

Awards, Grants and Publications

First ever annual Addictions and Mental Health Calgary Zone Safety Star goes to residency directors, Psychiatry Emergency Services Clinical Medical Directors, and residents for their work on the Handover Tool. Congratulations to them!

Dr. Lisa Gagnon has been promoted to Clinical Associate Professor.

Future Plans

Mother-Baby friendly space is being developed at South Health Campus and Rockyview General Hospital. The aim is for this to be a welcoming and therapeutic space for mothers admitted to mental health early postpartum while facilitating bonding with their infants. Early work around this has been started by Perinatal Director Peter Czepuryk and Rachel Swenson.

A project to improve clinical care delivery to adults admitted to mental health patients is in the works.

As noted, our adverse event database is highlighting areas for targeted improvements. The Quality Assurance team is meeting with those teams to plan the next steps.

We will welcome back Dr. Carmen Guenther from maternity leave in 2023. Dr. Cristin Fitzgerald continues to do Quality Assurance Reviews (QARs). We hope to expand our team by 3 QAR Leads.

Our teams will be engaging in further education - Patient Safety for Leaders.

Child and Adolescent Program

Dr. Abdul Rahman-

Section Chief Child & Adolescent Outpatient & Specialized 'Services Department of Psychiatry, Calgary Zone

Section Chief Child and Adolescent Inpatient, Eating Disorders and Day Services Department of Psychiatry, Calgary Zone

Site Chief Psychiatry, Alberta Children's Hospital



Dr. Abdul Rahman

Year 2021-22 has been a year of resilience for Child and Adolescent psychiatry. We have seen growth in our capacity, in recruitment and in our connectivity. Hope has won over the long shadows of COVID, which is fading away. We have also seen our long-standing stalwart of child and adolescent psychiatry Dr. Chris Wilkes retiring and entering into a new phase of life. He has provided leadership to the section and the division for more than two decades. We wish him good luck.

Highlights

Dr. Abdul Rahman will head both inpatient and outpatient sections. Dr. Nneka Orakwue-Ononye has assumed the charge of residency Program Director for Child and Adolescent Psychiatry and Dr. Iliana Ortega is the new division lead. Congratulations to both.

During last year there have seen many welcome additions to the Child and Adolescent physician group. Dr. Vincent Lee and Dr. Dean Mrozowich have joined the department. We would like to extend a warm welcome to both of them. Dr. Michelle Klassen, a Calgary based and CanREACH trained family physician has joined the ACH team focusing on Off Service and physical screening work and Dr. Umme Aimen Adnan has joined as Clinical Assistant- supporting Psychiatry Emergency Service Teams and providing on-call coverage. The Department has also decided to formalize the leadership in many areas of Child and Adolescent Psychiatry. Thanks to our psychiatry leadership in

various places for doing an excellent job shoulder to shoulder with their dyad partners during last year. Dr. Waqar Waheed (MHPCU), Dr. Michael Stubbs (Psychiatry Emergency), Dr. Nneka Orakwue-Ononye (SHC Unit 56A), Dr. Angela Paulson (Units 23 and 26), Dr. Rachel Hnatowich (Pediatric Consultation Liaison Psychiatry and CDTF), Dr. Jason Taggart (Psychiatry Ambulatory Clinic), Dr. Blair Ritchie (Community Clinics), Dr. Sam Chang (Youth Substance Use and Mental Health Services), Dr. Leanne Owens (ADTP), and Dr. Shola Oyetola (Specialized Services RRDTC). We are also pleased to announce that Dr. Jason Taggart has been the successful candidate for the position of Clinical Medical Director, Calgary Centre for Child & Adolescent Mental Health.

Future Plans

- Calgary Eating Disorder Program has secured space and funding to support service growth in the coming years. A future specialized eating disorder unit has been secured. It will be located in the Special Services building (FMC) following the existing unit's move to the Cancer Centre. As well, planning is underway to open a community treatment bed facility to better assist patients and families struggling with an eating disorder. The facility will be contracted to a community agency and CEDP will directly admit to this new service. Both services will enhance the CEDP continuum of care.
- The Summit: Marian & Jim Sinneave Centre for Youth Resilience is planned to open in early 2023. In addition to the final site construction taking place in Fall 2022, staff have been hired, psychiatry supports secured, and service plans developed. See here for updates.
- With the support of the Alberta Children's Hospital Foundation, a number of service developments have been approved, including the opening of a Medical-Psychiatric Unit at the Peter Lougheed Centre in late 2023, the move of the Children's Day Treatment Program to Richmond Road Diagnostic Centre (2023/24), and planning for an expansion to the Mental Health Patient Care Unit at Alberta Children's Hospital further in the future. These developments will add much-needed capacity to the C&A AMH continuum and provide patient-centered, purpose-built environments for the care of children and adolescents.
- In collaboration with the CAAMHPP Family Advisory Council, the child and adolescent mental health inpatient leadership team developed an informative, universal [Admission Handbook](#) for parents as well as handouts related to unit safety, approaches to care, and community resources. A youth handout and discharge resource are also in development.
- After field testing in B.C. classrooms and completing revisions based on feedback from educational experts, the Elementary Mental Health Literacy Resource (EMHLR) has moved into its next phase, piloting the resources within Alberta schools. This research phase will ensure that the intervention can be implemented in classrooms and is effective at increasing knowledge, reducing stigma and results in effective help seeking behaviors amongst young people. The pilot study is open to all school districts across Alberta and will be delivered in grade 4, 5, 6 classrooms between October and May of the 2022-23 school year.
- The Emerging Adult Initiative (EAI), funded by the Alberta Children's Hospital Foundation, aims to improve the health and wellbeing of Emerging Adults (EAs), age 16 to 24 years, accessing addiction and mental health services in the Calgary zone. A robust 4-step consensus building methodology with EAs and other stakeholders resulted in 82 innovative solutions, with 13 prioritized solutions to be implemented and evaluated in Phase II of this work. The methodology facilitated a co-designed, planned program of health system transformations that integrate science and innovation. The process has centered on the voices of EAs and built a model for engagement that can be used across the Calgary zone.

Community & Rural North

Dr. Izu Nwachuckwu - Section Chief Community & Rural North

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 excited to announce the launch of two new housing programs in Calgary Zone. Templemont Gardens is a 70-bed Supported Living (SL) housing complex opening in November 2022 to provide continuing care services for patients with comorbid mental health, substance use, and behavioral disorders. There is also the imminent launch of our new Complex Mental Health Rehabilitation Program (Skypointe II) which is a 32-bed AHS facility run 24/7 by AHS in collaboration with Age care for patients with complex comorbidities requiring intensive rehabilitation. It is hoped that these two additional builds will provide much needed relief in the mental health housing sector as the population of difficult to house individuals needing integrated supported living services continue to grow at unprecedented rates.

We welcome **Dr Jonathan Dornian** and **Dr Kim Ullyat**, who joined Central Clinic as staff psychiatrists in the past year. Dr Dornian is a U of C grad who completed his psychiatry residency in June 2022. Dr Ullyat moved here from Newfoundland where she worked as a staff psychiatrist at the Western Memorial Regional Hospital. We also welcome **Dr Ana Drandic** to our central DBT program at Sheldon Chumir. Dr Drandic completed her psychiatry residency between 2012 and 2018 at University of Toronto, and until her relocation here, worked as an outpatient psychiatrist in the Greater Toronto Area. Please join me to we welcome these great colleagues as we wish them a fulfilled career in our department



Dr. Izu Nwachuckwu

Challenges

While the recent Outpatient Services Redesign (OSR) project has streamlined some of our processes and improved efficiencies, unrelenting capacity pressures in our acute units have meant that some of our community programs are having to accept and manage patients with often higher acuity than these programs were designed or resourced to support.

Future Plans

We will continue to prioritize early recognition and intervention through continuing collaboration with our primary care and allied community partners, and by providing opportunities for walk-in psychiatry consults. The new 24hr service delivery model at Chumir Urgent Mental Health Care holds some promises in this regard and we are exploring opportunities to increase psychiatry availability at this site. This will relieve pressures at our EDs and is one major step towards reducing wait times at our community clinics.

Appreciation

I will close this report by recognizing and appreciating the legendary ***Dr Doug Watson*** who will be retiring from clinical duties at the end of this year. Dr Watson's contributions to the clinical, academic, and leadership portfolios in this department are exemplary and will always be remembered. On behalf of the department, I thank you for your meritorious service and wish you the very best in your future endeavors.

I also want to appreciate the great work of our 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

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

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 2022.

The Addiction portfolio has exponentially grown in the past few months. AHS has decided to centralize all addiction services, from an operational and clinical perspective. Hence, the remaining addiction programs that were not under our clinical leadership have now been subsumed, including the ARCH program at the Peter Lougheed Centre, Safeworks, and the Supervised Consumption Site at the Sheldon Chumir.

Dr. Yin Lawson has accepted the role as the Clinical Medical Director of the Foothills Addiction Centre. Dr. Lawson has ample experience in concurrent disorder management from her time in Claresholm and at the Addiction Centre. I would like to acknowledge Dr. Stephen Amadala's leadership prior, and am grateful he is remaining there in a clinical position.

Dr. Monty Ghosh has been working diligently to improve the access to addiction consultation services available at each site through the Addiction Network, even implementing a city-wide on-call system.



Dr. Tim Ayas

Narcotic Transition Services is a province-wide initiative created to standardize the delivery of services to patients with severe opioid use disorder who may require injectable opioid agonist therapy. Dr. Ron Lim has been doing excellent work to prepare the Opiate Dependency Program at the Sheldon Chumir for these upcoming logistical changes.

Challenges

The COVID pandemic has increased utilization and worsened the impact of certain addictive substances, especially for those with pre-existing severe addictions. The opioid crisis rebounded with increased mortality rates. Substance-induced psychosis has increased demand on our inpatient and outpatient resources.

Education

Dr. Anees Bhaji completed research fellowships with the British Columbia Centre on Substance Use (BCCSU) and the Research in Addiction Medicine Scholars (RAMS), which are NIDA/NIH-funded. Dr. Bhaji has also been accepted into the Ph.D. Epidemiology program at the University of Calgary under Dr. Scott Patten, focusing on the use of administrative health databases for substance use disorder research

Acknowledgments

Dr. David Crockford received an award as a Distinguished Fellow of the Canadian Psychiatric Association at the annual conference in October 2022.

Dr. Anees Bhaji has been elected as co-chair of the Addiction Psychiatry Section of the Canadian Psychiatric Association.

Publications

1. Bahji A, Kaur S, Devoe D, Patten SB. Trends in Canadian Cannabis Consumption Over Time: A Two-step Meta-Analysis of Canadian Household Survey Data. *Canadian Journal of Addiction*.
2. Bahji A, Gorelick D. Factors associated with past-year and lifetime prevalence of cannabis withdrawal: an updated systematic review and meta-analysis. *Canadian Journal of Addiction* 2022 [in press].
3. Crockford DN, Ward B, Bahji A. Managing Adult Attention-Deficit/Hyperactivity Disorder with Comorbid Substance Use Disorder. *Canadian Journal of Addiction* 2022 [accepted].
4. Bahji A, Acion L, Laslett AM, Adinoff B. Exclusion of the non-English speaking world from the scientific literature: recommendations for change in addiction publishing. *Nordic Studies on Alcohol and Drugs* 2022 [accepted].
5. el-Guebaly N, Forster J, Bahji A, Hellman M. The critical role of peer reviewers: challenges and future steps. *Nordic Studies on Alcohol and Drugs* 2022 [accepted].
6. Bahji A, Breward N, Duff W, Absher N, Patten SB, Alcorn J, Mousseau DD. Cannabinoids in the management of neurocognitive disorders: a mixed studies systematic review. *Journal of Cannabis Research* 2022 [accepted].
7. Bahji A, Bach P, Danilewitz M, Devoe D, Hawken E, Crockford DN, Saitz R. Efficacy and Safety of Pharmacotherapies for Alcohol Use Disorder: A Systematic Review & Network Meta-analysis. *Journal of Addiction Medicine* 2022 [accepted].
8. Bahji A, Crockford D, el-Guebaly N. Neurobiology and symptomatology of post-acute alcohol withdrawal: a mixed-studies systematic review. *Journal of Studies on Alcohol and Drugs* 2022 [accepted].
9. Bahji A, Crockford D, el-Guebaly N. Management of post-acute alcohol withdrawal: a mixed-studies systematic review. *Journal of Studies on Alcohol and Drugs* 2022 [accepted].
10. Bahji A, Bach P, Danilewitz M, Hawken E, El-Guebaly N, Crockford DN, Saitz R. Comparative efficacy and safety of pharmacotherapies for alcohol withdrawal: a systematic review and network meta-analysis. *Addiction* 2022 [accepted].
11. Kleinman RA, Brothers TD, Danilewitz M, Bahji A. Office-Based Methadone Prescribing for Opioid Use Disorder: The Canadian Model. *Journal of Addiction Medicine* 2022 [in press].
12. Devoe D, Dimitropoulos G, Anderson A, Bahji A, Flanagan J, Soumbasis A, Singh M, Patten SB, Lange T, Paslakis G. The Prevalence of Substance Use Disorders and Substance Use in Anorexia Nervosa: A Systematic Review and Meta-analysis. *Journal of Eating Disorders* 2022 [accepted].
13. Devoe D, Anderson A, Bahji A, Singh M, Patten SB, Soumbasis A, Ramirez-Pineda A, Flanagan J, Richardson C, Lange T, Dimitropoulos G, Paslakis G. The prevalence of impulse control disorders and behavioural addictions in eating disorders: a systematic review and meta-analysis. *Frontiers in Psychiatry* 2022 [accepted].
14. Didier Jutras-Aswad, M.D., M.Sc., Bernard Le Foll, M.D., Ph.D., Keith Ahamad, M.D., Ron Lim, M.D., Julie Bruneau, M.D., M.Sc., Benedikt Fischer, Ph.D., Jürgen Rehm, Ph.D., T. Cameron Wild, Ph.D., Evan Wood, M.D., Ph.D., Suzanne Brissette, M.D., M.Sc., Lea Gagnon, Ph.D., Jill Fikowski, M.P.H., Omar Ledjiar, M.Sc., Benoit Masse, Ph.D., M. Eugenia Socias, M.D., MSc. Flexible Buprenorphine/Naloxone Model of Care for Reducing Opioid Use in Individuals With Prescription-Type Opioid Use Disorder: An Open-Label,

Pragmatic, Noninferiority Randomized Controlled Trial
American Journal of Psychiatry.

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Journal of Addiction Medicine August 2022

Future Plans

As mentioned prior, delivery models for patients with severe Opioid Use Disorder will be modified by the province-wide initiative labeled as Narcotic Transition Services.

Ongoing recruitment and expansion to the Addiction Network and Rapid Access Addiction Medicine clinic to continue to improve access to inpatient and outpatient addiction services.

Potential changes to our detoxification protocols to include more wrap-around services.



Geriatric

Dr. Joshua Benjamin - Section Chief Geriatrics

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 successfully graduated its first Resident in July and we are pleased to welcome Dr. Dorri as a staff member to our Division. There currently remains 1 resident enrolled and we are looking forward to his joining 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 2023/2024 year. Also, notable for our residency subspecialty program was its successful full accreditation following a review of the program by the Royal College of Physicians and Surgeons. 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 is 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.

We anticipate another psychiatrist will retire in the upcoming year and this follows the retirement of a member of our division in the last 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. We are also anticipating that with the completion of the Geriatric residency in the coming year, we will soon have another Division staff member to contribute their clinical skills and new ideas to help cover these services.

Research

Dr. Zahinoor Ismail's research program focuses on: 1) epidemiology, nosology, assessment, and management of neuropsychiatric syndromes in dementia; 2) detection of neurodegenerative disease in preclinical and prodromal phases with clinical, imaging, and biomarker studies of Mild Behavioural Impairment (MBI), gait changes, hearing loss, sleep disturbance, and frailty as a pre-dementia syndrome; and 3) treatment studies of cognitive and behavioural symptoms in dementia. He remains funded by the Alzheimer's Drug Development Foundation, Canadian Consortium on Neurodegeneration in Aging, CIHR, and the NIA. Over the 2021-2022 academic year, Dr. Ismail was an author on ~40 peer reviewed manuscripts (in addition to over 20 published abstracts) and has an h-index of 43. Dr. Ismail currently supervises 1 Postdoctoral fellow, 3 PhD students, and several undergraduates. He also participates in providing research supervision/mentorship to fellows in the Geriatric Psychiatry and Neuropsychiatry fellowship programs, and clinical/research supervision to fellows in Cognitive Neurology.

Dr. Ismail continues to participate in international working groups advancing nosology in neurodegenerative diseases. He is an author on the upcoming revision of the IPA criteria for Agitation in Neurocognitive Disorders and sits on the scientific advisory board for the Alzheimer Association International Conference, where he leads the Clinical Manifestations subgroup. He is now past chair of the International Society to Advance Alzheimer's Research and Treatment, Neuropsychiatric Symptoms Professional Interest Group. Nationally, Dr. Ismail chairs the Canadian Conference on Dementia (next meeting November 2023 in Toronto), and the Canadian Consensus Conference on Diagnosis and Treatment of Dementia, which generates dementia guidelines.

Ongoing studies include:

- 1) Biomarkers and MBI (BAMBI) - A 10-year study of cognitively older adults assessing associations between dementia risk markers (cognition, behaviour, hearing, gait, sleep, frailty) and biomarkers found in blood, urine, and stool (i.e., gut biome) to predict and monitor cognitive decline (PI);
- 2) PARADIGM - a 3-year study of neuroimaging biomarkers of MBI (PI);
- 3) COMPASS-ND - Canada's national brain aging observational cohort study (site investigator);

- 4) S-CitAD - randomized double-blind placebo-controlled trial of escitalopram versus placebo, in addition to a psychosocial intervention for agitation in AD (site PI);
- 6) NAB-IT (nabilone for agitation in AD) - an RCT for a synthetic cannabinoid for agitation in AD (site PI);
- 7) Cerevel Apathy - randomized double-blind placebo-controlled trial of a novel dopaminergic agonist for apathy in AD (site PI);
- 8) 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.) (PI);
- 9) Roche SKYLINE - randomized double-blind placebo-controlled trial of an anti-amyloid monoclonal antibody for dementia prevention in cognitively normal older adults (site PI).

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 using population-based data to understand the care needs of individuals with dementia, studies evaluating the effects of outdoor activities for people with dementia, and dementia guidelines. His research is currently funded by the Canadian Institutes of Health Research, the Alzheimer's Association, Calgary Health Trust, University Health Foundation, and Public Health Agency of Canada in the past year for his research program.

Dr. Julia Kirkham joined our section in October 2020. Dr. Kirkham's research program focuses on healthcare quality and quality improvement. Current projects include studies examining medication antipsychotic deprescribing in long-term care and

describing and measuring quality indicators for schizophrenia care.

Future Plans

Since I started as Section Head and Program Medical Director as of September 2021, there have been many exciting changes within our Section. New Clinical Medical Directors for Community Geriatric Mental Health, Geriatric Consultation, Acute Geriatric Inpatient (Unit 48), and the Rehabilitation and Recovery Unit services have all been appointed as the terms for these positions came to an end over the last year. Tremendous

gratitude is expressed to Dr. Sanders and Dr. Smart for their dedicated service and guidance in these programs through the years. Our Division also appreciates the commitment of Drs. Julia Kirkham, Tony Lo, Darrin Leung and Suparna Madan as they have taken up the leadership for these roles and will provide guidance within these programs for the future.

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

Forensics

Dr. Ken Hashman - Deputy Head and Section Chief Forensics

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.



Dr. Ken Hashman

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. A third home, Port Hope (4-beds) is opened in the fall of 2022 and provides less than 24 hour supervised approved accommodation in the community.

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 conducted interviews of candidates again this year.

Dr. Sheila Acharya has completed subspecialty training July 2021 – June 2022 via the Practice Eligibility Route and has joined us at the Southern Alberta Forensic Psychiatry Centre.

Individuals interested in the training program should be in contact with Dr. Tano.

Dr. Keith Courtney has moved into private practice after working with us in Correctional Psychiatry for a number of years. We are thankful for his clinical work and administrative leadership of correctional health in the province.

Dr. Peter Rodd has joined our service, working in corrections and FAOS, after working for many years in Forensic Psychiatry in Edmonton.

Dr. Sylvia Basiriha has joined us for 1 day per week providing general psychiatric care at FAOS.

The Southern Alberta Forensic Psychiatry Service transitioned to Connect Care in May 2022 in all service areas with special consideration given to sequestering clinical and legal information.

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

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). An updated briefing note for ongoing consideration of enhanced capacity of our facility (particularly an enhancement in the number of our rehabilitation beds) has been forwarded to Alberta Health.

Arnika Centre

Dr. Jennifer Hibbard - Medical Lead

Highlights

The past year has been busy and challenging. We continue to have numerous referrals for intake at Arnika and high demand for our complex needs' services. We have formally disbanded the Catalyst team (an intensive case management service) and replaced the supports with more direct therapeutic interventions. The change was made to better serve our vulnerable clients and their families in an increasingly fragmented disability services ministry. Waitlists for residential and day support have continued to increase, and our patients continue to occupy active treatment resources on psychiatry inpatient units for long periods of time. We hope the adaptation provides more sustained treatment benefits and improved quality of life for patients who are dually diagnosed.

We celebrated a one-year milestone with our community behavioural support team. The team is small (2 clinicians) but mighty and we hope to add a therapy assistant sometime in the next year.

We have found a family counsellor to work with our psychologist on the mental health support team. The team has developed two group therapy programs to run throughout the year (Caregiver Support Team and Healthy Self-Esteem) and is working on a third group to roll out next spring (cognitive behavioural therapy group).

Challenges

Our teams continue to be affected by staff movement and turnover exacerbated by the pandemic. Patient care needs are very acute, and we are faced with many ethical dilemmas. We were sad to lose

Dr. John McLennan this spring and are hoping to recruit a child and adolescent psychiatrist soon. Transitional youth continue to be our most significant source of referrals from Access mental health.



Dr. Jennifer Hibbard

Research, Education

Dr. Mark Colijn is involved in research that spans his work at Arnika and Early psychosis clinic. Eligible patients have been diagnosed with a psychotic disorder requiring treatment with clozapine and will be able to access whole exome sequencing through medical genetics.

Younger patients (under 24) at clinic are also eligible for PGX-SPX pharmacogenomic testing to improve patient safety and decrease medication side effects.

The DDMH Education Society has made the decision not to attempt an in-person education event in 2023 due to time constraints as we move closer to system wide Connect Care.

Future Plans

Developmental disabilities mental health is constructing an educational tool with the support of DST. The tool will facilitate DDMH-aware patient care on mental health units. We are building a community of expertise in Behavioral interventions in partnership with two PDD-funded agencies

In spring of 2024, we hope to present a two day in person conference highlighting the challenges of substance use disorder in persons with intellectual disability.



Inpatient Programs

Foothills Medical Centre (FMC)

Dr. Thomas Raedler - Site Chief

Similar to other departments, the Department of Psychiatry at Foothills Medical Centre continues to deal with the ongoing challenges of COVID-19. Many members of our staff are struggling with increased stressors at work. We are starting to offer more of our outpatient activities as in-person services again. We were also able to lift some of the restrictions on our inpatients that were implemented during the pandemic. Thanks to the dedication and special efforts from all staff and physicians, we have been able to overcome the challenges of the past two years.

Highlights

We were able to recruit three psychiatrists over the past year who are providing psychiatric inpatient, outpatient and emergency services at Foothills Medical Centre (Dr. Ehsan Dorri, Dr. Eric Fung, Dr. Amy Maghera). Please join me in welcoming them to our Foothills team.

Our inpatient units are undergoing renovations. The rTMS suite recently underwent extensive renovations and remains fully functional service.



Dr. Thomas Raedler

Our Psychiatry Emergency Services, inpatient and outpatient services are struggling with increased demand for services and admissions. Our outpatient programs are starting to resume normal services with an increased number of face-to-face services.

Most of our management team has changed over the past two years. Due to ongoing challenges we need to focus on workplace satisfaction and staff retention. We need to create a safe, respectful and supportive environment for all staff working at Foothills Medical Centre. Otherwise we will struggle with our ability to continue to provide excellent patient care.

Research, Education

Foothills Medical Centre continues to be one of the main sites 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.

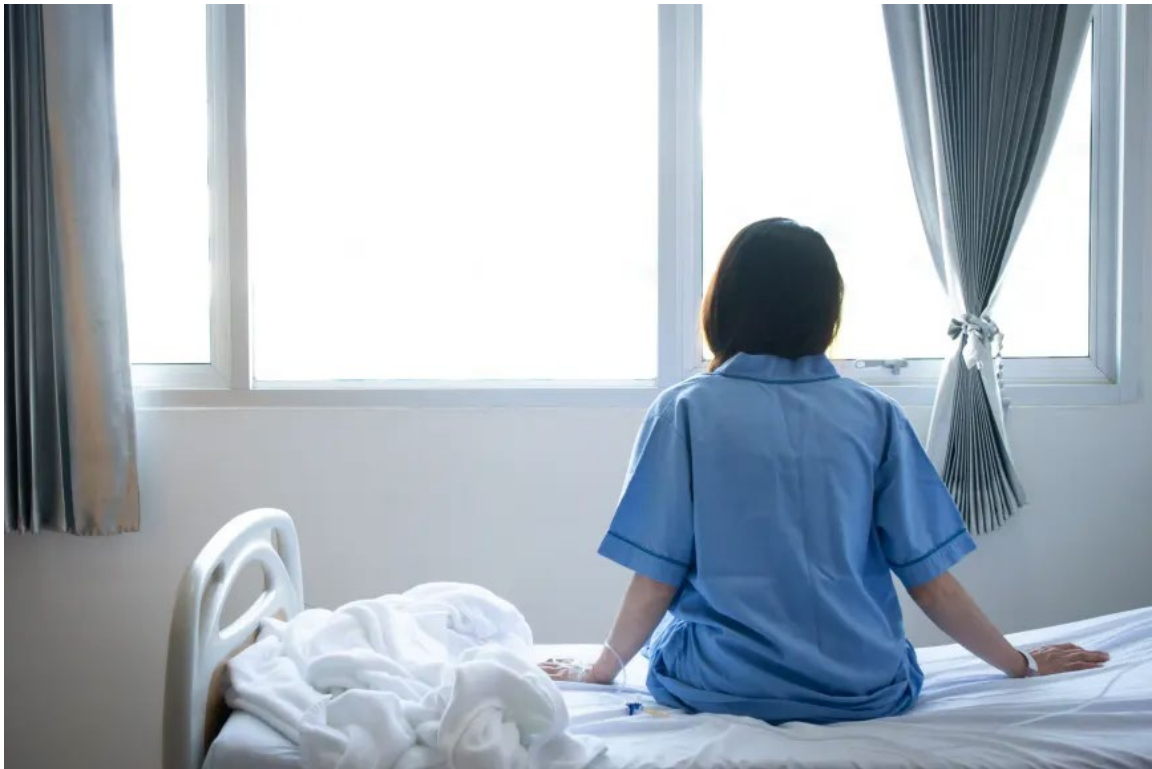
Challenges

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.

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. Connect Care is being launched at Foothills Medical Centre on November 6, 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, respectful and supportive work environment. Together we will get through these extremely challenging times!



Peter Lougheed Centre (PLC)

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

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. This includes programming across the hospital including the inpatient units, med-psych unit, consultation liaison, outpatient programs and the emergency department. While balancing these pressures this team managed to successfully navigate through the roll-out of Connect Care while continuing to strive towards optimal patient/family centered and trauma informed care.



Dr. Lloyd Maybaum

Highlights

Despite the ongoing challenges that we have faced in the last year, the importance of addiction and mental health continues to shine at the PLC. We should be moving into the new SSU trauma informed space on the main floor of the east tower by mid-December 2022. Plans for the new Psych ICU were finalized and demolition/construction should head into full swing once the current SSU is vacated. This new psych ICU and ECT/rTMS suite, will be state of the art. Throughout all of our planning and deliberations safety, dignity and a trauma informed, healthy environments for our patients have been our guiding principles.

We also have a planned opening date in summer 2023 for our new PLC ER and designated mental health space. These improvements will

help support the ongoing need for addiction and mental health supports for our patients in the city of Calgary.

Our Day Hospital team has recently moved into expanded space on the main floor of the west wing, space that was desperately needed in order for us to deliver on our promised 4-week intensive program with care offered up to 30 patients at a time.

We are continuing work on refining the relationship of an Urgent Consultation Clinic at NE clinic to support the PLC Emergency department for one-time urgent psychiatry consults for patients referred from the ED. Urgent consults such as this will allow us to avoid admissions and help to ease the burden in our crowded ER. We are considering optimizing resources and collocating supports in our new Day Hospital space for this mission.

Challenges

As is the case everywhere, we continue to struggle with capacity pressures. Patients requiring isolation continue to curb bed capacity while unheard of numbers of patients line up in the ER awaiting bed placement. This continues to cause major stress to our patients, amongst our workers and throughout the system.

Stress, burnout, attrition and sick leave as noted in last year's update, continues as the parallel pandemic affecting MH&A staff across the continuum. Maintaining adequate staffing levels and some semblance of staff morale has been and will continue to present an ongoing challenge into the year ahead. On the back of

burnout and low morale the latest threat that has descended upon us, is particularly unsavory – violence against health care workers. Assaults against health care workers has been on the rise despite efforts through NVC training, prevention training and drills and other interventions. The PLC intends to lead the charge to secure peace officers on every mental health unit in the zone. We need to move past thoughts and prayers for our injured workers and boldly advocate for peace officers on our units!

Research and Education

Our PES service delivery model has been a success in opening our PES once again to learners and we expect that these opportunities will continue to improve once we move into our new and expanded space in the renovated PLC ER.

Future Plans

Our acute care areas continue to rise to the challenge during these difficult pandemic times. Once circumstances allow, we intend to proceed

with our planned revamped CME program and planning for a new 24/7 service delivery model in the ER. Planning will continue for service delivery models for the new psych ICU and ECT/rTMS suite. We will also be taking a hard look at how we manage on-call rosters and duties and will be considering new on-call service delivery models. These are exciting times at the PLC!!!

In terms of medical staff, we are pleased to announce that Drs. Tom Serebnynski and James Charbonneau 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, despite all of the challenges that we have faced continue to exemplify collaborative work and do not hesitate to assist and to provide support to 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)

Dr. Lisa Harpur - Site Chief

"The secret of change is to focus all of your energy not on fighting the old, but on building the new". – Socrates



Dr. Lisa Harpur

2022 can be summed up in one word:

CHANGE

Reflecting upon this past year, I chuckle as I am reminded to take the advice so freely given to patients; that change can be good, not to fear it; it can be interesting and exciting, and it's important to move forward.

We faced a torrent of challenges at our site, including significant staff shortages in nursing, allied health, physicians, and protective services. Shortages created a decrease in quality of care based on our expectations. Individuals and groups felt uncertainty and re-evaluation about their future because of increased stress. All of this played upon the back drop of overcrowding in the ED, pressures to discharge, along with limited physician involvement in key decision-making regarding patient care, and changes in policy with protective services engagement. Lack of coordinated effort across the zone left each site isolated and fending for themselves. Increased stressors and uncertainty produced

fallout of negativity and rumor mongering. All of this contributed to change.

We are notably creatures of habit and like things to remain the same, even if we know it is ultimately not in our best interest. The significant change we experienced at the RGH this past year was admittedly a very difficult situation and working with and through this change was definitely a process. As a group, this prompted reflection and forced each of us to be introspective on our role in incorporating this into our daily practice.

Ultimately, we have chosen to embrace change and are beginning to see the benefits, especially in creating a stronger sense of group cohesion (what doesn't kill you makes you stronger, right?!).

With an even leaner group of psychiatrists we are building the foundation of our vision of RGH. We are identifying what is important to us as individuals and as a group. In thinking about the wisdom of Socrates (also the father of Cognitive Therapy), we are not looking back any longer. Rather, as a team, we are focusing all our energy on building the new, and the "new" at RGH is definitely going to be better as we incorporate the energy, ideas, and inspiration of new physicians coming in to work with us. We will continue to be bold, brave, and visionary. Watch and see what we have to offer!

Highlights

During a period where everyone felt exhausted and overburdened, we experienced renewed faith in the goodness of others when we received support from some FMC colleagues who stepped in to help us. This genuine display of camaraderie was so appreciated and allowed us to breathe temporarily. We had the added benefit of learning from our colleagues, and hopefully, them from us!

We are indebted to Drs. Hyder and Ng who jointly took on the CMD Inpatient role and are developing their leadership styles while providing direction and stability for all. And to Dr. McAuley who has held steadfast in the overwhelming chaos of the ED.

Funding highlights include a donation from the Health Trust to give rTMS a permanent home. It should be completed before the summer of 2023. As well, we have received funding to improve the High Observation rooms on Units 45 and 49. And.... We are getting a brand new ECT device!

We continue our commitment to having clinical clerks and Residents in our programs, which contributes to enrichment of all.

Challenges

We still have a significant psychiatrist shortage, which puts pressure on the existing physicians.

Future Plans

We continue to welcome new Psychiatrists into our group and we are open to supporting new ideas and innovations that are brought forward. We welcome Psychiatrists who are willing to be team players and work where help is needed.



South Health Campus (SHC)

Dr. Novin Ihsan - Site Chief

The first Psychiatric ICU in Calgary is now open and fully functional at South Health Campus (SHC)! With much planning and anticipation, we successfully went through renovations and staff hiring to finally convert Unit 56C at SHC to an all high-observation bed unit this summer. We have ten beds on our Psychiatric ICU unit, our anticipated maximum length of stay is ten days or less and we successfully move patients in and out of our unit to maintain patient flow. We continue to work with our physician, nursing, allied health care and security staff to safely plan the care we provide to our patients requiring high observation.

Our inpatient adult and adolescent mental health units are still the designated Covid positive mental health units in the city. We continue to follow the IP&C protocols and PPE has become a norm for the everyday workings of our units.

Under the leadership of Dr. Toba Oluboka, our Emergency room and Outreach teams have kept up with the ever growing demands for mental health in the city. We have a regular flow of learners through our Psychiatric Emergency Services (PES) and inpatient units. Under the leadership of Dr. Juliana Kirova, our Inpatient and Consultation Liaison Service have flexed their physician coverage model to accommodate the need for physicians to take time off. Avoiding burn out and physician wellness has been on our forefront this year, given the longevity of the Covid pandemic and the increased demand for mental health services team.



Dr. Novin Ihsan

Our physicians in the Urgent Psychiatric Consult clinic continue to work relentlessly to keep the wait times down to two to three weeks. Our Day Hospital welcomes the addition of Dr. Joshua Udolu and Dr. Parker Dahl to our team. We are in the process of increasing capacity in our Day Hospital program by running two parallel streams of groups in an attempt to maximize the use of the limited space that we have. Our Day Hospital and Outpatient teams have returned back to in-person sessions this summer. We have welcomed Dr. Shahram Moosavi and Dr. Parker Dahl to our Outpatient team this year. We have relied on Dr. Moosavi, Dr. Sutherland and Dr. Ewashina to provide relief coverage on our inpatient units this summer when our inpatient physicians needed to take time off to avoid burnout. The ability to cross cover services amongst our small group of physicians is a huge strength of ours at SHC and I am thankful to my physicians for their flexibility and kindness in stepping up when needed.

So what are we working on for this upcoming year? Well, ironing out the wrinkles on our Psychiatric ICU unit, maintaining flow through the Emergency room and inpatient units, ensuring safety and wellness in our physicians and teams, and meeting the increasing demands and capacity pressures in the mental health system in general. We would like to improve the delivery of ECT at SHC and are open to exploring outpatient ECT and rTMS if that is the direction the Department has for us. We are looking at increasing inpatient beds on our adult mental health unit next year and we will be welcoming Dr. Chad Diederichs to our Inpatient psychiatry team next summer. Dr. Shariff is leaving on maternity leave shortly and we will be welcoming Dr. Jihane Henni to our CL and

Outpatient team next year as well. We are excited to be expanding in the coming years and are thrilled to work with our new additions year to year.

All in all, we continue to maintain what is going well and improve what we can in the delivery of patient centered care.



Education

Undergraduate Medical Education (UME)

Dr. Nancy Brager - Director

It is with mixed emotions that I write this Undergraduate Annual Report. I am now retired from the University after twenty-two years of service to the Undergraduate Program. Through this time, I have been Clerkship Director, Chair of the Mind Course / Course 7, Electives Chair, and mentor to many, including the Psychiatry Interest Group. I have represented the University of Calgary, Cumming School of Medicine (CSM) on many national and international medical education committees. I have worked with so many gifted and dedicated individuals. It has truly been an honour.

While, at present, there is not one individual to assume the role of Director of Undergraduate Medical Education, there are many who will expand the roles they currently hold in UME to ensure there is a smooth transition and the students will continue to have exemplary educational experiences.

Dr. Phil Stokes will continue to Chair Course 7 (which is now Course 6 in the curriculum but still called Course 7) through 2023. The new RIME (Reinventing Medical Education Curriculum) will commence with the incoming class in 2023 and will eventually replace all of the numbered courses with this new spiral curriculum. We are grateful to Dr. Sterling Sparshu, Dr. Huntai Kim, and Dr. Manrit Takhar, all representing psychiatry as Preclerkship Educators. Within the Faculty of Association of Medicine Canada (AFMC). This is an opportunity to have psychiatry integrated into a broader variety of clinical presentations which are based on the Medical Council Objectives (MCC).

Clerkship will continue to be orchestrated under the skillful leadership of Dr. Tim Ayas who will also assume the role of Electives Director. The



Dr. Nancy Brager

Association of Faculties of Medicine (AFMC) portal for visiting electives has opened. It was closed during the initial phases of the pandemic. CSM elective students will continue to be accommodated on a priority basis.

At this point, there are no major changes to the Clerkship Program. Faculty, residents, and administrative assistants continue to provide a clerkship which is one of the highest-rated programs nationally and at the CSM.

Dr. Suneina Mohan and Alex Di Ninno will continue in their roles as Evaluation Coordinators for Clerkship and Course 7 respectively. The RIME curriculum will introduce new evaluation strategies for the pre-clerkship.

With regards to RIME, most of the hiring has been done and people are moving forward with their mandates. The Pre-clerkship Educators (PCEs) have all been assigned their clinical presentations. To help them move forward with their jobs there are 10 Teaching Excellence Program faculty development sessions. Although they were originally planned to be held in person, recordings and Zoom sessions have been implemented to ensure maximal uptake. The three block directors have been hired (Drs. Murray Lee, Theresa Wu, and Adam Bass) and are holding open office hours to support all of us PCEs.

Additional team members include the longitudinal directors. These are Dr. Melinda Davis (Self, Society, and Social Accountability), Dr. Amy Gausvik (Generalism & Health Equity), Dr. Jodie Ornstein (Clinical Skills), and Dr. Glenda Bendiak (Assessment). The

small group facilitators are also being hired or have been hired as well. There are currently postings for four Portfolio Leads for Health Equity and Structural Competency. These will include Caring for Diverse Bodies and Minds, Gender and Sexuality, Wealth and Health; Space and Place, and Race, Ethnicity, and Culture.

There will be an Annual UME Retreat at the Calgary Zoo on November 18, 2022, this time chaired by Dr. Tim Ayas. There was a Grand Rounds presentation of the new RIME curriculum on October 26. These important meetings are essential for ongoing communications between UME, faculty, residents, and staff.

As ever, 2022 has been another successful year for UME. The talent, dedication, and inspiration of all continue to deliver a program that is the envy of UME programs here and across the nation.



Post Graduate Medical Education (PGME)

Dr. Rory Sellmer - Residency Program Director

Dr. Monique Jericho - Associate Residency Program Director

2022 has been a breath of fresh air, literally, and it's been wonderful to see some faces again. The pandemic has reinforced what we already knew; we need connection with each other to support our professional wellbeing but also, to support and sustain resident education. We are proud of our community and the amazing culture of our program that has supported us through tough times. Mostly, we are grateful for the professionalism, generosity, support and talent of our faculty and resident body.



Dr. Rory Sellmer

We are delighted to announce that Drs Acharya, Dahl, Dornian, and Seredynski, have (unsurprisingly!) passed their Royal College examinations, and we welcome them as our new colleagues. It is wonderful to know that they are applying all their skills and talents; truly supporting patient care. Also successfully having completed their general exams, Drs Jivraj, Prinsie, and Zhou are continuing with their subspecialty training and we wish them well with next steps.

We welcome yet another talented PGY-1 cohort who are bringing their diverse interests and enthusiasm to the table. It is always inspiring to meet future colleagues; Drs. Taelina Andryechuk, Michael Chunn, Brooke Comrie, Alison Darnley, Trena Norris, Kat Rotzinger, Ashleigh Rozsa, and Shamir Salman; their passion for psychiatry and professionalism reminds us of how fortunate we are to do the work that we do. This group are the third 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.

CBD is moving forward and as our first cohort enters their third year of training, they are getting closer to their now PGY-4 exams. As we move forward with CBD there are always new challenges that reveal themselves. However, because of the hard work and dedication of colleagues and the flexibility of our residents we are working through the bumps. Dr. Greg Montgomery remains invaluable to our CBD implementation as does Dr. David Crockford, chair of the Competence Committee. In the background are an incredible team of Academic Advisors who meet regularly with the trainees as well as the members of the Competence Committee to sift through all the EPA data they present to the committee. Our teaching and clinical faculty have been flexible and open to change; no small feat considering all the change and uncertainty over the past several years. CaRMS 2023 will continue as a virtual program for a third year, and based on the last two years we have adapted well to this approach, which has its pros and cons. We are a competitive program, and the virtual world has so far not limited us from getting the word out about all our program has to offer. Our residents are our most important

program promoters; their success and enthusiasm are infectious and their willingness to support the CaRMS process in so many ways is so appreciated. Ultimately, we are all invested in bringing in new residents that will continue to forward our culture of professionalism, collaboration, creativity, and excellence.

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 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 with Dr. Rita Watterson; if you haven't had the chance to see them in action, their energy and passion for teaching is infectious.

As a key addition to our R2&3 training, Drs. Montgomery and Sellmer have continued to develop "The Art and Science of the Psychiatric Interview" with a new curriculum for the PGY3s. 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".

We have been thrilled to host the annual OSCE exam as well as the qualifying and practice STACERS live and are incredibly grateful to the 50 examiners who provide hundreds of hours of their time to ensure we provide this critical training experience. This speaks loudly to the incredible dedication of our teaching faculty.



Dr. Monique Jericho

Research and academic scholarship is a requirement of training that can sometimes feel difficult for residents to engage in. 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 U of C 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 EDI committee played in developing the 3rd Annual Cultural Psychiatry Day focused on Indigenous mental health including local experts such as Dr. Andrew Dutcher, Indigenous Mental health liaison staff, experts from the Indigenous Mental health program and community, and culminating with a stimulating talk from Elder Dwyane. 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 Megan Howlett. Working closely with Dr Rita Watterson, Dr Howlett built a rotation which creates opportunities for clinical learning in underserved populations. We are appreciative of new resident leadership on the EDI committee and are looking forward to the ongoing evolution of training in these areas, and to our next annual Cultural psychiatry day.

We are continuing to evolve our wellness initiatives including our vertical mentorship and BOUNCE events. These formal aspects of the program complement the work of the Resident Wellness Committee who do important work in supporting the residents in multiple ways. We were fortunate to partner with the U of C to begin the process of studying our wellness initiatives, and our approaches were well received at our local WISHES conference. We are eagerly anticipating this year's offerings in BOUNCE, including the highly anticipated narrative short course developed in partnership with a Royal Conservatory educator in speech and TED talk coach.

Challenges

Challenges can and will continue to present themselves. We are all having to be nimble and flexible to the changing economic realities and the toll that the recent years have taken on people's energies and availability. On call is often a source of stress, particularly in our current climate where mental health presentations are extraordinarily high in our ERs. The residents are always working to optimize their ability to provide coverage, while our role is to ensure they are prepared to work with efficiency and confidence in this complex environment. A great thanks is owed to Dr Val Taylor who has been problem solving our coverage in the ER, and who is unfailingly supportive of our efforts and those of our residents. The toll that uncertainty and change places on all our staff naturally can impact our capacity to recruit for our larger educational initiatives. Despite this reality, we have been heartened by the willingness of our faculty to continue to invest their limited time and energy into residency training.

Awards, Grants and Publications

Congratulations to:

- Dr Deb Adesegun PGY-1 Patrick Conway award for best resident in a RGH Psychiatry rotation in June 2022.
- Dr Laura Henderson PGY-1 Cadger award for performance in Internal Medicine in June 2022
- Dr Christina Lemire Honour Roll Award for Outstanding Teaching in Psychiatry Clerkship
- Dr Paige Durling Gold Star Award for Outstanding Teaching in Psychiatry Clerkship
- Dr Paige Durling and Dr Jihane Henni
- Durling,P.,Henni,J.,Mrozowich,D.etal.A MixedMethodsRealistAnalysisofanInterdisciplinary Simulation Intervention for Psychiatry Residents. *Academic Psychiatry* 46, 95–105 (2022). <https://doi.org/10.1007/s40596-021-01524-w>
- Dr Rohit Ghate Ghate, R., Hossain, R., Lewis, S. P., Richter, M. A., & Sinyor, M. (2022). Characterizing the content, messaging, and tone of trichotillomania on YouTube: A content analysis. *Journal of Psychiatric Research*, 151, 150-156.
- Dr Jamil Jivraj 2022 Dan Offord Resident Research Award (\$2500), Association of Professors of Child and Adolescent Psychiatry of Canada (APCAPC)
- Jivraj J., Ameis SH. Is Repetitive Transcranial Magnetic Stimulation (rTMS) Ready for Clinical Use as a Treatment Tool for Mental Health Targets in Children and Youth? *Journal of the Canadian Academy of Child & Adolescent Psychiatry*. 2022; 31(2): 93-99.
- Book Chapter Acknowledgements: Mental health and Climate Change: PolicyBrief,WorldHealthOrganization(ISBN:9789240045125) URL: <https://www.who.int/publications/i/item/9789240045125>

Future Plans

The future for our program is bright. We know that we have much to offer; amazing residents, dedicated faculty, and an innovative training program that is evolving, current and dynamic. Our recent success in accreditation has reassured us that not only are we on the right track, but we are also going beyond the requirements and building something extraordinary. We will continue with our approach of iterative program development, built from the ideas and feedback from our residents and faculty. Ultimately, our program is founded on the strength of our collaborative and diverse community.

Other emerging themes in EDI are on the landscape with fresh ideas arriving from the

UofC, PGME, and The Royal College. Our work involves the careful implementation of these new tools and initiatives to drive changes in our curriculum which meet the needs of our residents whose role is to care for all of our citizens with dignity and competency.

Finally, we are anticipating the upcoming (and terrifying) retirement of Pauline Burgess who has been the heart and soul of our program. To say that this is well earned would be a shameful understatement; we all owe a debt of gratitude to the commitment of this remarkable woman. It is hard to even imagine our program without this powerhouse. Be advised; tears will be shed and there will be a massive party in her honour!

Fellowship

Dr. David Crockford - Director

Fellowships continue to be offered through the Department of Psychiatry at the University of Calgary. One PGY5 psychiatry resident has begun her Neuropsychiatry subspecialty training in July 2022 with her completion planned for June 2024.

Highlights

One starting fellow as of July 1/22: Dr. Megan Howlett (Neuropsychiatry) currently in PGY5 of her psychiatry residency training program, who will complete her fellowship June 30/24.

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.



Dr. David Crockford

Awards

- None this reporting period

Grants

- None this reporting period

Publications

- None this reporting period



Subspecialties

Child & Adolescent

Dr Nneka Orakwue - Ononye Director

It has been a very busy year as the Program worked diligently to prepare for the external review which held in September. We remain an accredited Program albeit with a few highlighted Areas for Improvement (AFIs), and the formative aspects of this experience will no doubt provide a springboard for the future growth and development of our program.

We graduated our PGY6 Drs Dean Mrozowich, Vincent Lee and Wauldron Afflick this year. This goes to wish them the very best as they progress in their careers. With mixed feelings, we announced the retirement of Dr Chris Wilkes in the summer after several years of dedicated service to the division of Child and Adolescent Psychiatry, locally, provincially, and Internationally...Many thanks for your relentless service, Chris, and all the best for the future!

During the course of the past year we welcomed our new Program administrator, Bernice Mina-Buna. Bernice has been an invaluable addition to the Program.

Our pioneer trainees with the CBD model have continued to progress seamlessly through the different stages of training. Their feedback has been positive, and more staff are getting versed with the CBD expectations. Our Competence Committee has also remained on top of their game in ensuring required standards are maintained to this regard.

Considering the RCPSC approved overlap of General and subspecialty training in PGY5, our PGY5 trainee Dr Sean Andrea, remained in his home program at Macmaster for the first half of his PGY5 year and will be joining us physically

by January 2023. The Program looks forward to welcoming him.

We were equally delighted at the massive interest in the Program this year which reflected in the number of applications received. Interviews for the next round of resident selection were recently completed and offer letters sent out. We hope to fill all our spots for next year's intake.

It has long been the strategic goal of our program to increase capacity with offered rotations and we are delighted to announce a collaboration with the Department of Developmental Pediatrics who has kindly offered to have our trainees rotate with them. It is our hope that this rotation, once established, will provide a platform for trainees to gain exposure to and meet required EPAs in infant and early childhood medicine. This was one of the highlighted areas for improvement during the recent accreditation visit.

The Program continues to work on aligning our rotations to the CBD requirements. We are currently reviewing all our rotations with the hope of matching them to required EPAs and competencies.

We hope to continue building on highlighted areas for improvement as well as feedback obtained from the residents and faculty. We'll continue exploring innovative ways of improving the quality of training we offer. Particularly, we hope to achieve further growth with resident involvement in medical education, quality improvement initiatives and scholarly projects.



Dr. Nneka Orakwue-Ononye

Please join me to extend our special thanks to our Associate Dean, Dr Lisa Welikovitch, for her enduring support to our program since its inception, as we also congratulate her on her new role as Senior Associate Dean, Education at CSM.

Finally, I wish to specially thank our Program Administrator, RPC committee members, Competence Committee, Curriculum Committee and CBD lead for their awesome commitment to this cause, as well as our Department Head, Dr Valerie Taylor, for her unwavering support. I also say a big thank you to our dedicated faculty and entire trainees for your commitment to seeing that our program competes with the best out there in the world. I trust you join me in looking forward to another glorious year ahead!



Geriatric

Dr. Darren Leung - Director

As of 2022 we are in the midst of our third full year of Royal College accredited training for geriatric psychiatry. We continue to accept one resident per year for training in geriatric psychiatry beginning in their PGY5 year. Application for the position begins while residents are in their fourth year of training.

Our inaugural resident Dr. Ehsan Dorri has completed his training in geriatric psychiatry and prepares to write his royal college subspecialty exam in the coming months.

Dr. Harry Zhou continues with his training in his PGY6 year. Our external review by Royal College accreditors took place in September 2022 and our program succeeded in achieving a status of full accreditation with an achievement for a program as young as ours.

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.

At the medical student level, we have made a concerted effort at accommodating elective and core psychiatry student experiences.

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)

Dr. Thomas Raedler - Director

The multi-disciplinary CPD committee of the Department of Psychiatry oversees all CPD-activities through our department and meets on a monthly basis. We thank Dr. Nancy Brager, Dr. Pam Manning, Dr. Doug Urness and Dr. Chris Wilkes for many years of services on the departmental CPD-Committee. We are excited to welcome Mylan Doan-Nguyen, Dr. Nneka Orakwue-Ononye, and Dr. Inge Smit to our CPD-Committee.

I would like to take this opportunity to thank Anne Enders for many years of services to our departmental CPD-Committee. Since July 1, 2022, Geraldine Tanis has been providing administrative support to the CPD-Committee. Please join me in welcoming Geraldine to our department.

Grand Rounds:

We continue to offer weekly Grand Rounds on Tuesdays from 1200 – 1300. All Grand Rounds remain available via Zoom only. In 2022 we are offering a total of 39 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 (POLRC):

This online education program is aimed at urban and rural psychiatrists. Past participants include psychiatrists and residents from across Canada. We did not hold a POLRC in 2022 but will be holding the 2023 Psychiatry Online Literature Review Course (POLRC 2023) from February 2023 until April 2023. We are reviewing 12 top publications from 2022 from the areas of General Psychiatry, Addiction Medicine, Child & Adolescent Psychiatry, Geriatric Psychiatry and Psychotherapy.

Highlights

We resumed PQU (Psychiatric Quarterly Updates) on September 16, 2022 with a session dedicated to Mood Disorders.

For the Spring 2022 Grand Rounds semester we awarded a total of 875 Section 1 CME credits to 114 physicians (36 CME credits for each Grand Rounds session)

Challenges

Several participants have expressed that they are looking forward to resuming in person sessions. At the same time, Zoom has proven very convenient for participants. As we have been struggling with booking a lecture theatre on an ongoing basis, we decided to continue all of our activities via Zoom only

Research, Education

We offer presentations on current research projects as well as educational initiatives. We always encourage presentations by trainees.

Future Plans

Due to COVID pandemic, several of our educational activities were put on hold. We recently resumed PQU (Psychiatric Quarterly Updates) and are planning further sessions in 2023.

Based on a very successful educational event in 2021, we are holding a combined University of Calgary / CANMAT symposium on 'New Frontiers in the Treatment of Depression' on December 2, 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.

I am grateful for the ongoing support from the Department of Psychiatry, the departmental 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 previous CPD-administrator Anne Enders and our current CPD-administrator Geraldine Tanis, who makes all these outstanding educational events possible.

Grand Rounds 2022

JAN	Worse than the sum of its parts: Major Depressive Disorder and Anxiety	Andrew Nierenberg, MD
	Plotting a practical course for psychosis: What can we learn from children and adolescents?	Araba Chintoh, MD, FRCPC
	First Episode Psychosis Services Fidelity Scale: Improving Quality and Outcome of Patient Care	Don Addington, MBBS, MRCPsych, FRCPC
FEB	Ketamine Conundrums: Addressing Practical Problems Posed by a Promising Treatment	Jennifer Swainson, MD FRCPC (Psychiatry)
	A Qualitative analysis of responses from 700 emerging adults using the online Breathing Room (BR) Mental Health Program	Allan Donsky, MD, FRCPC Psychiatry, FRCPC Paediatrics
	Vagus Nerve Stimulation for Refractory Major Depression	Murray W. Enns MD FRCPC
MAR	Neuroscience Meets Bioethics: Lessons from the Nocebo Effect	Suze G. Berkhout, MD, PhD, FRCPC
	Department of Psychiatry Update	Val Taylor, MD, PhD, FRCPC
	Progress and prospects of psychiatric/psychosocial rehabilitation (PSR): a selective research overview	Abraham Rudnick, BMedSc, MD, MPsych, PhD, CPRP, FRCPC, CCPE, DFESPCH, FCPA, CPRRP, MCIL
	CPSA Update & Highlights and Physician Practice Improvement Program (PIIP): Empowering The Dot	Susan Ulan, MD, CCFP
	Suicide Awareness and Prevention Framework: Zero Suicide, An Aspirational Approach	Debbie Bruckner, MSW, RSW & Andrew Szeto, BA, PhD, MA
APR	Psychosocial Stressors on the Frontline in Homelessness Services	Jeannette Waegemakers Schiff, PhD, MSW, RSW
	Advancing Initiatives in Indigenous Medical Education	Cornelia (Nel) Wieman, MSc, MD, FRCPC
	How are the transformational changes people make to their lives and communities following a mental health challenge shaped by person-context interactions?	Gerald Jordan, PhD
	Tweens, Screens and Mental Health	Brae Anne McArthur, PhD, R.Psych
MAY	Depression in Persons Living with Dementia	Zahra Goodarzi, BHSc (Hon), MD, MSc, FRCPC
	AHS Calgary Zone Addiction and Mental Health Regional Housing	Eric Sampson, Program Manager & Jeff Sturgeon, Program Facilitator AHS Regional Housing
	Improving Care and Outcomes for High Needs, High Cost Patients with Schizophrenia in Alberta And	Andrew Stewart, MSc
	Mental Health Clinical Trials Unit (MHCTU) - an update	Thomas Raedler, MD
	Myalgic Encephalomyelitis/Chronic Fatigue Syndrome – lessons for Long COVID	Eleanor Stein, MD, FRCPC

JUN	What's New at the Mathison Centre?	Paul Arnold, MD, PhD, FRCPC
	Enhancing Cultural and Structural Competency of Psychiatry Residents: An Evaluation of a Novel Educational Intervention	Harry Zhou, BSc, MSc, MD & Rachel Grimminck, MD, FRCPC, DABPN, CGP
	Pulmonary hypertension secondary to stimulants	Naushad Hirani, MD, FRCPC, FCCP, Cristin Fitzgerald, MD, FRCPC
	Pharmacological treatment options for opioid use disorder	Anees Bahji, MD, CISAM, CCSAM, FRCPC
	What's New at the Mathison Centre?	Paul Arnold, MD, PhD, FRCPC
SEP	Assessing Standards to Addiction and Mental Health Services: Lessons from International Comparisons	Don Addington, MBBS, LMCC, FRCPC
	Integrating Neuroscience: A Vision of 21st Century Psychiatry	David Ross, MD, USMLE, DABPN
	Summary of Calgary Zone QARs	Lisa Gagnon, MD, LMCC, FRCPC
	The Unforgotten	Ewan Affleck, MD
OCT	An Update on Pharmacogenetic Testing in Alberta and Beyond	Chad Bousman, MPH, PhD
	Re-evaluating how we think of suicidality: Should we be looking at a paradigm shift?	Eric Chan, MD, MSc, FRCPC
	Factitious Disorder + The importance of Multi-Disciplinary Care	Jason Zhou & Darby Ewashina, MD, LMCC, FRCPC
	Relmaging Medical Education (RIME)	Mike Paget, Sarah Weeks, Sterling Sparshu
NOV	How to get promoted – for faculty with clinical appointments?	David Keegan, MD, CCFP(EM), FCFP
	Novel approaches to substance use disorder management including Virtual addiction medicine and virtual harm reduction	Monty Ghosh, MD, MBT, MSc, DM-EMDM, FRCPC, ISAM (certification)
	From Conception to Design to Pilot of the Family First Responder Partner Program: Preliminary Results and Next Steps	Kelly Dean Schwartz, PhD, RPsych
	Kolabo	Matiko Mwita, Rita Watterson, MD, FRCPC, MPH & Kimberly Williams, MD, LMCC, QEP1, FRCPC
	Integrating Spirituality into Mental Health Care	Nigar Abdullayeva, BSc (Hons)
DEC	Managing Adult ADHD with Comorbid Substance Use Disorders	David Crockford, MD, FRCPC, DABPN, CCSAM, DLFAPA, FCPA
	Christmas Rounds	Residents

Mental Health Clinical Trials Unit

Director

Dr. Thomas Raedler

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.

Our beloved Geri Anderson, the heart and soul of our research unit, passed away in February 2022. Geri had been the Mental Health Clinical Trials Unit Coordinator for many years and we miss her dearly. Geri would be pleased to see that we are still carrying on!

I would like to thank Jeff Cheng, Natasha Wen, Aunshu Goyal, Oladoyin Olaosobikan and Fahima Mustanzid as well all Principal Investigators and Co-Investigators 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 completed the Boehringer Ingelheim Cognition in Schizophrenia Clinical Trial as the highest recruiting Canadian clinical trials site and one of the best recruiting sites worldwide.

Dr. Rejish Thomas completed a phase IV clinical trial looking at the effects of adjunctive treatment with brexpiprazole in major depression in June 2022.

We were able to welcome Natasha Wen, Aunshu Goyal, Oladoyin Olaosobikan and Fahima Mustanzid to our team. Oladoyin left our team in June 2022 as she is pursuing other options within the Cumming School of Medicine. We wish her all the best!

Challenges

With Geri's passing, we experienced a significant turnover in our staff.

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

Research

The MHCTU is currently participating in the following clinical trials:

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 troriluzole in Obsessive Compulsive Disorder** (REB21-0310; NCT04693351; PI Dr. P Arnold) and the **long-term effects of adjunctive troriluzole in Obsessive Compulsive Disorder** (REB21-0841; NCT04708834; PI Dr. P Arnold) are being assessed.

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).

Other groups from our department are participating in clinical trials in major depression and PTSD.

Completed 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).

We just received ethics approval to participate in a phase III clinical trial with the same compound which will be starting in 2023.

Brexiprazole (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).

Future Plans

The following clinical trial is scheduled to start in early 2023:

BI 425809 (Sponsor Boehringer-Ingelheim):

Clinical Trial of BI 425809 Effect on Cognition and Functional Capacity in Schizophrenia (Connex-1) (REB22-0898; NCT04846868; PI Dr. T Raedler). This phase III clinical trial is an extension of a phase II clinical trial with the same compound that we were previously part of.

We were also invited to participate in two clinical trials focusing on bipolar depression.



Mathison Center for Mental Health Research & Education

Dr. Paul Arnold - Director

In March, 2022, the Mathison Centre marked 10 years since its establishment in 2012. The Centre continues to lead the University of Calgary's research agenda on mental health across the lifespan, with particular emphasis on the mental health of children, youth and emerging adults. Membership of the Centre has grown to 102 with members from 8 of the 14 faculties at the university. The core operations of the Centre continue to be supported by the initial endowment by Ron Mathison while funding for research projects comes primarily from grants and fundraising from the philanthropic community. The major research funding sources for 2022 have come from the following:

- **Canadian Institutes of Health Research (CIHR)** – over \$16.4m in PI funding
- **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

The 10th anniversary celebration was marked by various research and community activities including

- A four-part community talk series in partnership with Telus Spark
 - [Gut Feelings](#): How your gut bacteria affects your mental health by Valerie Taylor
 - [Spit for Science](#): What DNA reveals about mental illness by Paul Arnold
 - [Magnet Meets Mind](#) by Frank MacMaster
 - [Teaching Old Drugs New Tricks](#) by Matthew Hill



Dr. Paul Arnold

- Symposium at the CSM – [The Cutting Edge of The Intersection of Neuroscience and Mental Health](#)
- Symposium on main campus - [Youth Mental Health: Innovations in the Canadian and International Landscape](#)
- A community panel discussion - [Innovative partnerships between the academy and community in youth mental health research](#)

In September 2022, Dr. Leah Mayo has joined the Mathison Centre as the Parker Psychedelic Research Chair, the first of its kind in Canada. The chair addresses the need to develop alternative treatments particularly for treatment resistant mental health conditions by exploring

futuristic approaches. This builds on other highly innovative treatment approaches studied by our faculty, such as augmenting transcranial magnetic stimulation with D-cycloserine (Dr. McGirr) and treatments based on altering the gut microbiome (Dr. Taylor). Funding for the chair was enabled by a \$3-million commitment by U Calgary alumnus Jim Parker. The mandate of the Chair is to conduct research on the potential use of psychedelics to improve mental health. [More](#)

Through a \$25M philanthropic donation from the Azrieli Foundation, the [Azrieli Accelerator](#) led by Dr. Susan Graham, Director of the Owerko Centre has been established advance NDD research with impacts for co-occurring mental health conditions in youth and children. A significant number of members of the Mathison Centre will benefit from and be involved in the projects to be supported through this funding.

Through the Alliance against Violence and Adversity (AVA) project, Dr. Nicole Letourneau and colleagues are transforming community health and social services for girls and women who are at risk for or already affected by violence and adversity over the Life cycle. Propelled by a \$2.4M award from CIHR under the Health Research Training Platform (H RTP), the innovative, cross-sectoral, cross-disciplinary, cross-jurisdictional training platform embeds early career researchers and trainees in collaborative health research teams with the goal of increasing career prospects and building Canadian health research capacity through supporting HQPs.

The Centre is in partnership with the City of Calgary and the United Way Calgary on two community-centered initiatives to enhance the mental health of Calgarians; Calgary's Mental Health and Addiction Strategy and the Planet Youth Initiative respectively. Through these partnerships (both of which involve close collaboration with the Calgary Board of Education) we are championing the inclusion of evidence-based research in mental health programming and interventions for Calgarians particularly children, youth and emerging adults

Challenges

Many researchers are still ramping up their research activities following the transition from the COVID-19 pandemic lockdown. On the funding front, some agencies deferred their funding opportunities which has partly led to an increase in researchers approaching the Centre for research funding support including matching funds towards their projects. Matching funds is increasingly required for large research granting competitions.

Research, Education

A study led by Dr. Alex McGirr has shown that the antibiotic D-Cycloserine (DCS) increases the effectiveness of transcranial magnetic stimulation (TMS) for people with major depressive disorder (MDD). Results, published in [JAMA Psychiatry](#), show that almost 75 per cent of participants treated with DCS and TMS benefited, compared to only 30 per cent of those treated with TMS and a placebo.

Children with autism are at heightened risk of experiencing anxiety, a condition which can sometimes be more crippling than the autism diagnosis itself. Carly McMorris and her research team under the [Facing our Fears](#) project funded with support from the ACHF is supporting these children by developing a 14-week program comprising sessions and workbooks for both parents and child, deep-breathing techniques, coping skills, and strategies for self-calming, as well as a reward system.

The precision medicine vision championed by the Cumming School of Medicine is inspiring some Mathison Centre members to pursue innovative projects geared toward personalized approaches to mental illness - finding the right treatment for the right person at the right time. Dr. Chad Bousman's pharmacogenetics efforts are to identify the right medications for the right individual, Dr. Signe Bray's studies are to uncover biomarkers that could help identify, treat and potentially prevent the onset of symptoms in children at risk of developing mental health and neurodevelopmental disorders, Dr. Alex McGirr's use of transcranial magnetic stimulation for the treatment of suicidal ideation and the effort by Dr. Paul Arnold and his colleagues in examining genetic risk factors for OCD are helping pave the way for earlier diagnosis and improved treatments for children and youth.

Member Carly McMorris and colleague Amy Metcalfe have found in a [study](#) that the rate of spontaneous preterm deliveries (birth before 37 weeks), increased significantly relative to the number of hydraulic fracturing sites within 10 kilometres of the homes of pregnant people and children living near these sites. McMorris is leading a further study to better understand whether hydraulic fracturing impacts child development by assessing thinking skills, academic abilities and social-emotional functioning in children in Grades 1 through 3 living in a community close to and remote from fracking operations.

A [study](#) by the research leader for the Calgary Eating Disorder Program Gina Dimitropoulos and colleagues has revealed that the first wave of the COVID-19 pandemic saw a veritable explosion of paediatric hospitalizations due to eating disorders across Canada. The spike in admissions to emergency departments and the long waitlists across programs occurred not just in Canada, but internationally.

Dr. Zahinoor Ismail and his colleagues have published a series of [studies](#) indicating the need for inclusion of additional indicators to help health professionals diagnose dementia sooner. Findings from their studies have shown that by looking at non-cognitive markers of dementia, we can identify early dementia risk in a substantial number of people when cognitive symptoms are mild or even absent.

Dr. Jacqueline Smith is leading the Exploring Mental health Barriers in Emergency Rooms ([EMBER](#)) study to address the multiple levels (intrapersonal, interpersonal and institutional) of stigma existing within the health-care system and among health care workers, specifically within ER settings.

A [meta-analysis](#) led by post doctoral fellow Brae Anne McArthur and her supervisor Mathison researcher Sheri Madigan provides a pre-COVID baseline estimate of young children's screen use and reveals that only a very small minority of children were meeting the paediatrics screen use guidelines pre-pandemic. Established paediatric guidelines recommend children under two avoid screens and children aged two to five should only have a maximum of one hour per day.

Disordered eating is among the least reported and treated mental illness conditions worldwide. Findings from a first-of-its-kind study by Dr. Pardis Pedram, MD, PhD published in the [Nutrients](#) journal have revealed that a

lifetime history of an eating disorder increases risk of premature mortality nearly five times in the general Canadian population. The study followed participants for 15 years to understand the impact of eating disorders.

Future Plans

Strategic initiatives

1. Mental Health Initiative for Stress and Trauma (MIST)
2. integrated Pathway from Addiction to Health (iPATH)

MIST and iPATH are key strategic initiatives that emerged in 2021-2022 in partnership with HBI and the community on how to help us understand the pathways of addictions and how stress and brain trauma lead to long-term consequences for mental health.

Research Priorities & Strategic Direction

The Mathison Centre's Strategic Research Executive Committee (SREC) is responsible for helping define thematic strategic direction of research priorities. From initially 3 major themes, SREC added a 4th theme during the year to fully reflect the research priorities of the Centre.

1. Trajectories of resilience and vulnerability in mental illness
2. Neurostimulation and neuromodulation
3. Cannabis, Cannabinoids & Psychedelics
4. Intersection of Stress and Addiction

The Mathison Centre will continue to advance these themes and supporting a range of cutting-edge research with a goal of establishing the Centre as a leader in Mental Health research, with a particular focus on Children, Youth and Emerging Adults

Awards & Recognitions – Faculty

- 1) Abdul Rahman, Fellowship of the Royal College of Psychiatrists
- 2) Kirsten Fiest, 2021 Killam Emerging Research Leader
- 3) Nicole Letourneau, 2021 Killam Annual Professor
- 4) Jean Addington, Highly Cited Researchers 2021 – 7th consecutive year of recognition
- 5) Monty Ghosh, Top 40 under 40 honourees

- 6) Zahra Goodarzi, Top 40 under 40 honourees
- 7) Alex McGirr, Top 40 under 40 honourees
- 8) David Nicholas, Killam Annual Professorship
- 9) Carly McMorris, Kids Brain Health Network, Early Career Investigators, 2021 Cohort
- 10) Kathryn Birnie, 2022 Early Career Award, Canadian Pain Society
- 11) Alex McGirr, CCNP Young Investigator Award
- 12) Gina Dimitropoulos, Government of Alberta's Inspiration Awards 2022
- 13) Pamela Roach, Canada Research Chair Tier 2
- 14) Sheri Madigan, Chaim and Bela Danieli Young Professional Award, International Society for Traumatic Stress Studies
- 15) Sheri Madigan, Royal Mach Gaensslen Prize for Mental Health Research, 2022

Grants

Grants and Major Awards to Members & Trainees
Members of the Mathison Centre obtained over \$17.3m in research grants as investigators from CIHR only (\$17,370,000).

CIHR Grants Awards to Members & Trainees of The Mathison Centre

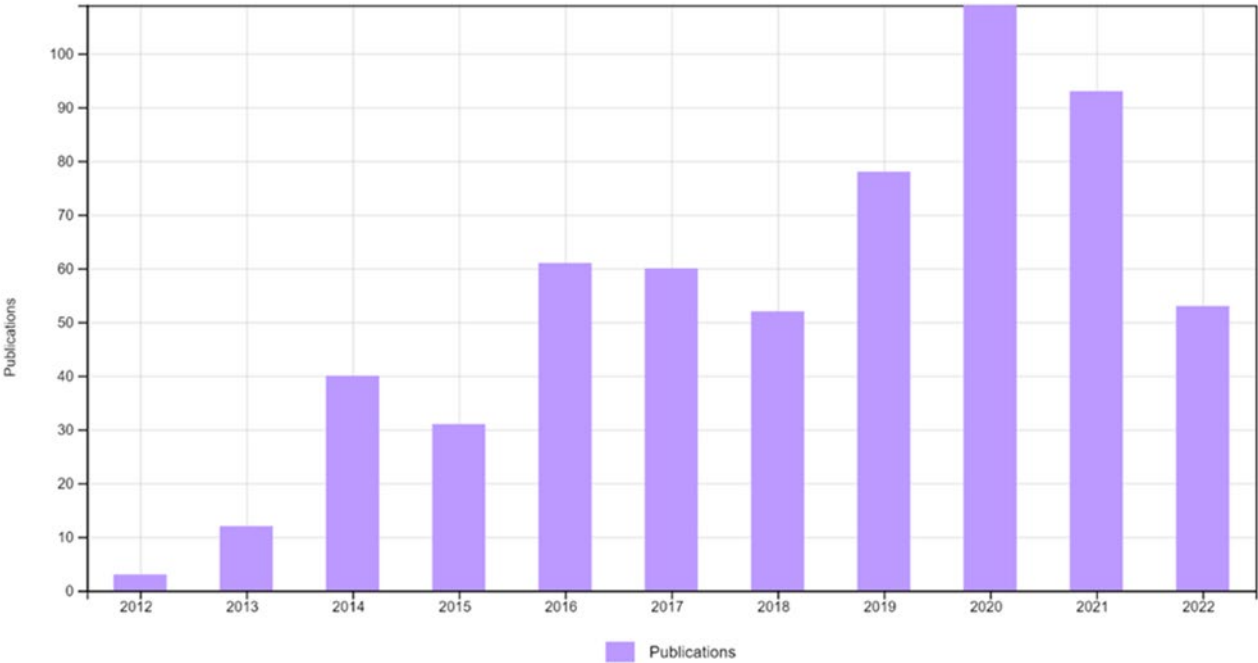
Grants – as Principal and Co-Principal Investigator (\$17,370,000)

- Paul Arnold (Co-PI), Gina Dimitropoulos (Co-PI), Frank MacMaster (Co-I), CIHR, Project Grant \$1,392,300
- Paul Arnold (Co-PI), Jaideep Bains (Co-I), CIHR, Project Grant \$1,078,652
- Gina Dimitropoulos (PI), TransitionED: Co-Designing and Implementing Canadian Practice Guidelines for Transitions for Youth with Eating Disorders, 959,725
- Dr. Alex McGirr (PI), CIHR project grant, \$952,425
- Dr. Chantel Debert (Co-PI), CIHR project grant, \$608,175
- Kirsten Fiest (Co-PI), CIHR, COVID-19 research gaps and priorities \$251,232
- Catherine Lebel (PI), Frank MacMaster (Co-PI), CIHR, impact of COVID-19 on children, youth & families \$150,000
- Melanie Noel (Co-PI), CIHR, impact of COVID-19 on children, youth & families \$149,999
- Sheri Madigan (PI), CIHR, impact of COVID-19 on children, youth & families \$149,993
- 2 David Nicholas (PI), CIHR, impact of COVID-19 on children, youth & families \$149,991
- Gina Dimitropoulos (Co-PI), CIHR, impact of COVID-19 on children, youth & families \$149,965
- Nicole Letourneau (PI), CIHR, impact of COVID-19 on children, youth & families \$149,761
- Kirsten Fiest (Co-PI), CIHR, impact of COVID-19 on children, youth & families \$144,756
- Hodgins David (PI) Team Grant \$2,395,000
- Jaideep Bains (PI), Project Grant \$1,051,876
- Jaideep Bains (PI), Project Grant \$1,040,400
- Sheri Madigan (PI), Project Grant \$956,252
- Gerald Giesbrecht (PI), Project grant, \$895,050
- Derya Sargin (PI), Project grant, \$753,526
- Pamela Roach (PI), Project grant, \$627,300
- Daniel Kopala-Sibley (PI), Project grant, \$566,100
- Kathleen Chaput (PI), Project grant, \$499,956
- Gerald Giesbrecht (PI), Project grant, \$247,310
- Nicole Letourneau (PI), Project grant, \$150,000
- Sheri Madigan (PI), Project Grant \$100,000
- Nicole Letourneau (PI), CIHR, Health Research Training Platform (H RTP) \$2.4m

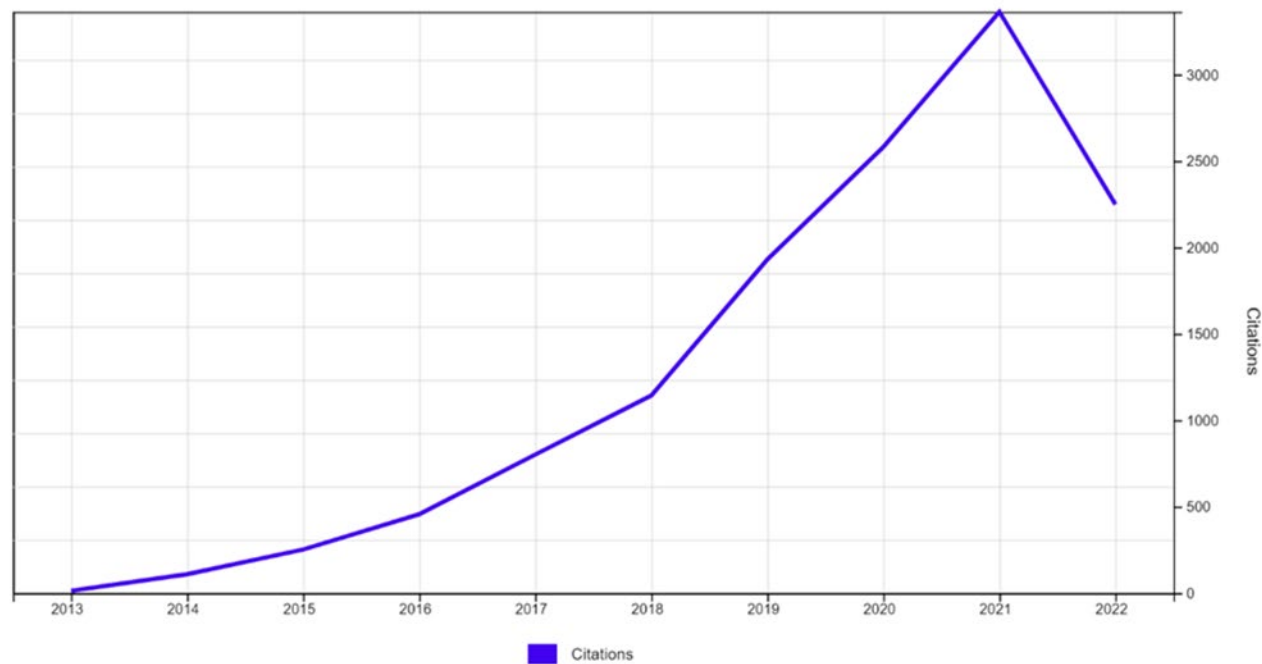
Publications & Citations

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.

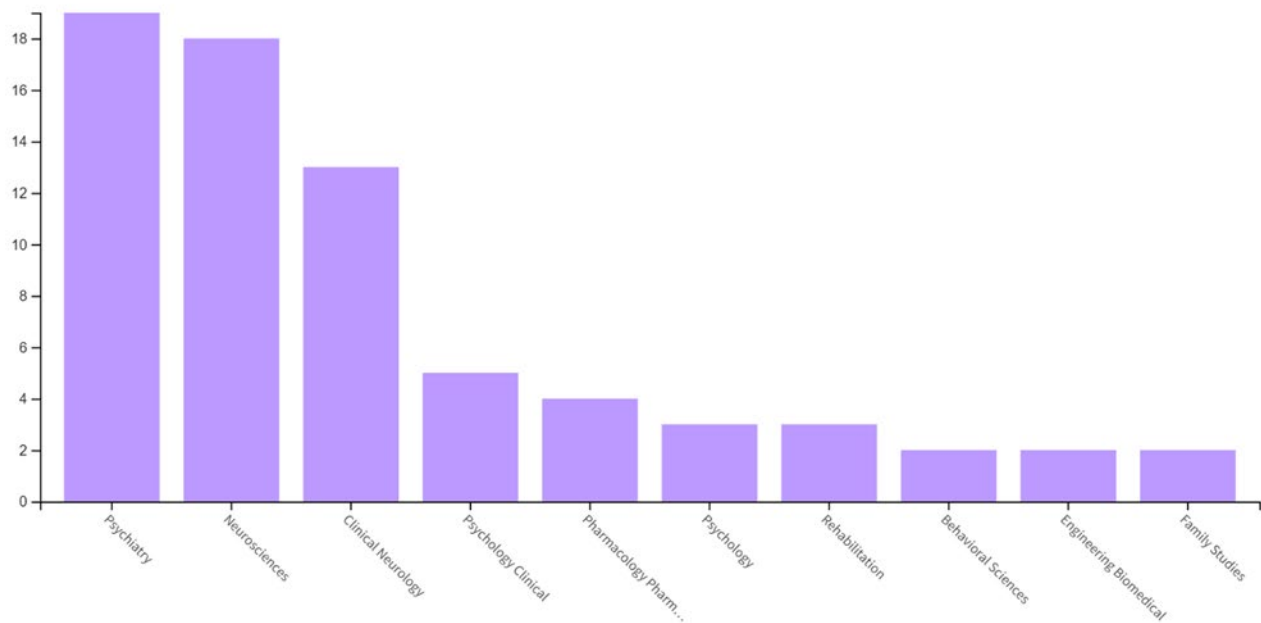


Publications connected to the Mathison Centre for Mental Health Research & Education



Despite the dip in citations from 2021 to 2022, it is safe to assume that citations to the growing body of work of members will continue. The Mathison Centre is listed as an affiliation on 13 ISA “highly cited” papers.

Topics of 2022 Mathison Centre for Mental Health Research & Education-affiliated Publications



A topical breakdown of 2022 papers reflect the Centre’s multidisciplinary orientation.

Mathison Centre Celebrates 10 Years!



Department of Psychiatry Research

Dr. Scott Patten - Research Director

Bibliographic searches in past years have confirmed that the Department of Psychiatry's research productivity has generally continued to increase. Bibliographic analysis (described in more detail below) for 2022 indicates a slightly different pattern, with 2020 and 2021 declining slightly compared to 2019, something that has not been observed in the past. This is probably a reflection of the impact of the COVID-19 pandemic, which has been disruptive for many ongoing projects. Citations, however, continue to 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 identical to that of last year. 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). While the search strategy has changed slightly from earlier reports, 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



Dr. Scott Patten

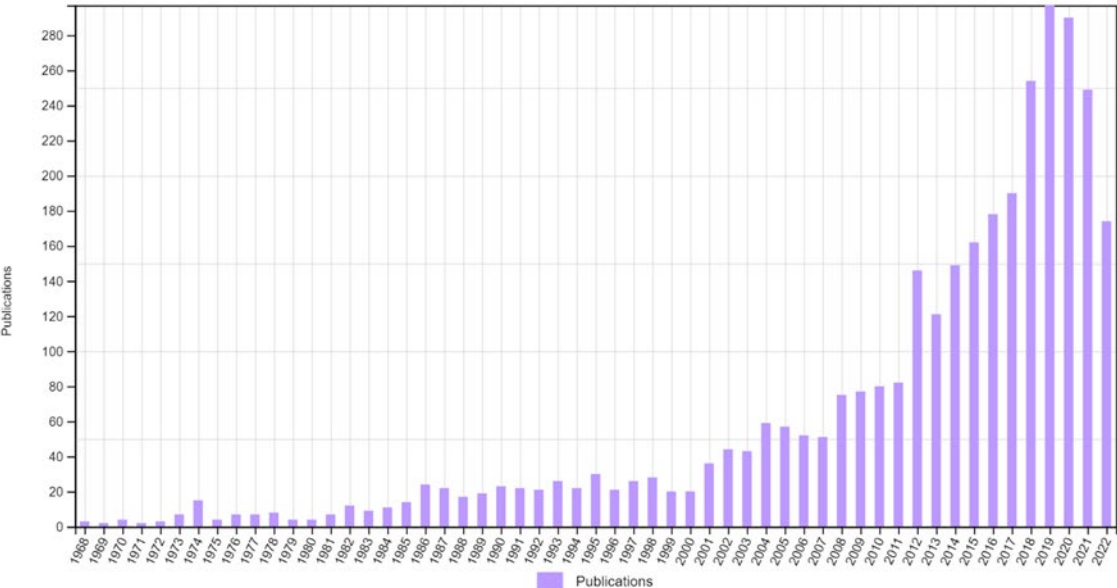
Science category of the same name if the word "Calgary" also appeared in the "affiliation" field. The intention of this search was to provide a high level overview of relevant output at the University of Calgary, recognizing that the Departments contributions may be direct (e.g. publications produced by Department members) or indirect (e.g. related to initiatives in which the Department participates or its members collaborate).

A second search was carried out in order to track the continued emergence of the Mathison Centre for Mental Health Research & Education as a national and international Centre for mental health research. As the Centre is not yet indexed as a formal "affiliation" in the Web of Science, the search was based on "Mathis*" but also required "Calgary" in the address or city fields. The search as performed on October 17, 2022. While the graphics presented below depict 2022 publications to this date, it should be noted that the final number for 2022 will not be available until 2023.

Highlights

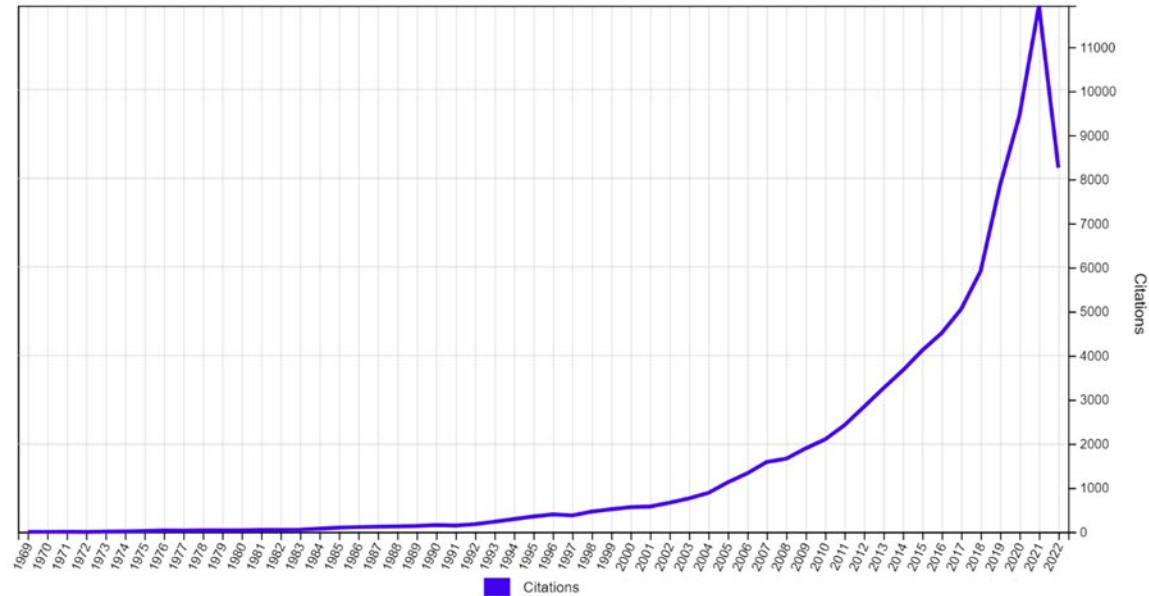
The academic output of the department, measured here using publication counts, has continued to increase, although disruptions of the trajectory presumably secondary to the pandemic, are evident.

Psychiatry publications from the University of Calgary



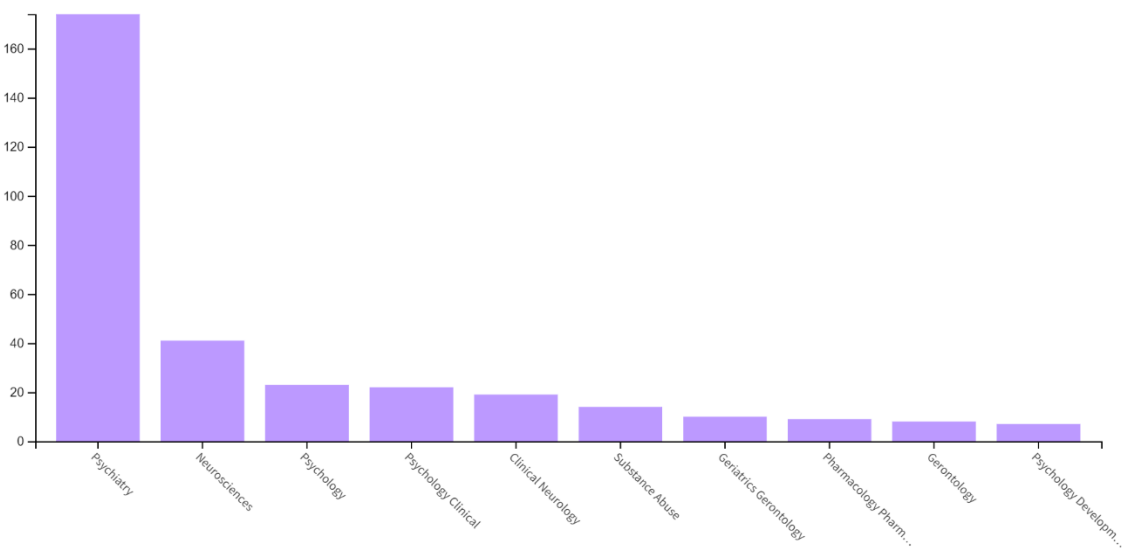
The scientific impact of research within the Department, measured here using counts of citations to the growing set of publications listed above, is depicted below.

Citations to psychiatry publications from the University of Calgary

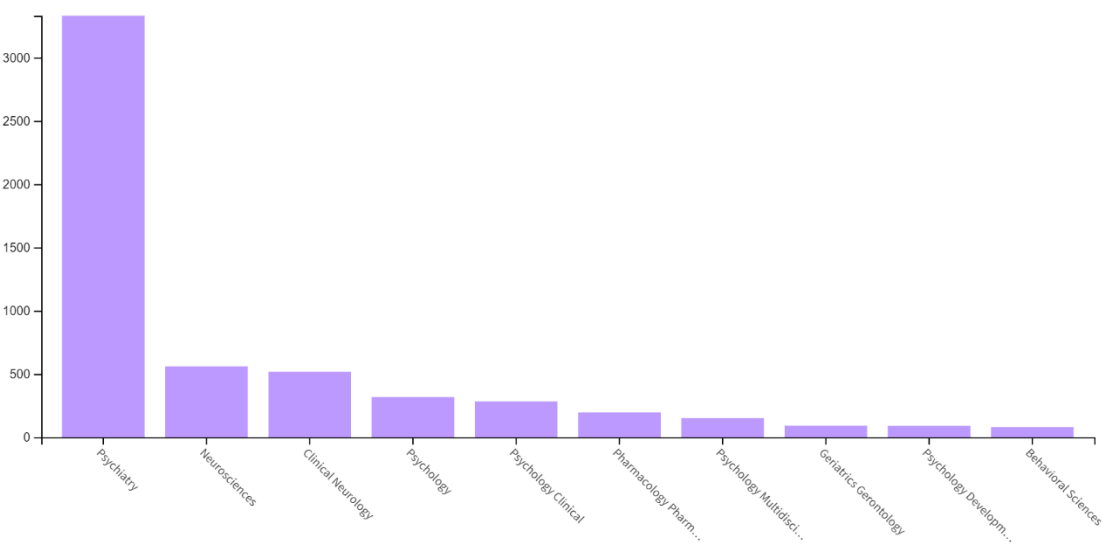


The topics covered by these contributions, and the locations of the citing articles, point to a broad range of contributions and to their international scope, please see the treemaps on the next page.

Topical Areas of Department of Psychiatry Publications in 2022

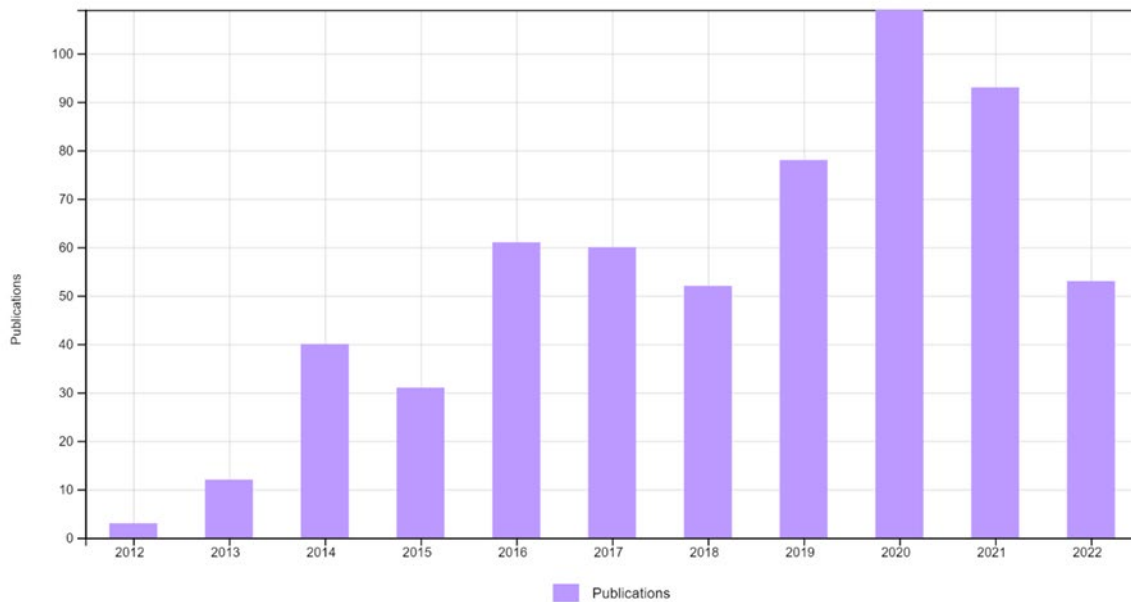


When compared to the historical pattern (see below), there is an increase in productivity evident in the WoS categories of neuroscience and substance abuse.



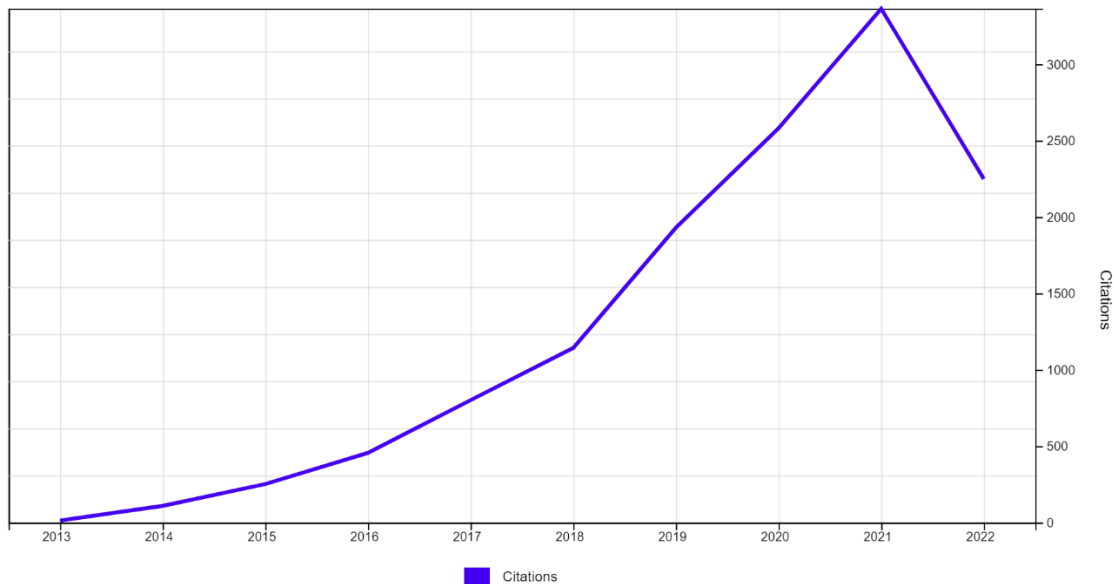
Results of the search for the Mathison Centre for Mental Health Research & Education are presented below. There are now 592 published papers with an identified affiliation to the Centre, with a progressively increasing number over time. In the most recent full year of data, 53 papers were affiliated with the Centre. There is some evidence suggesting a decrease in the annual number of publications in 2021, with the final status of 2022 being as yet undetermined.

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



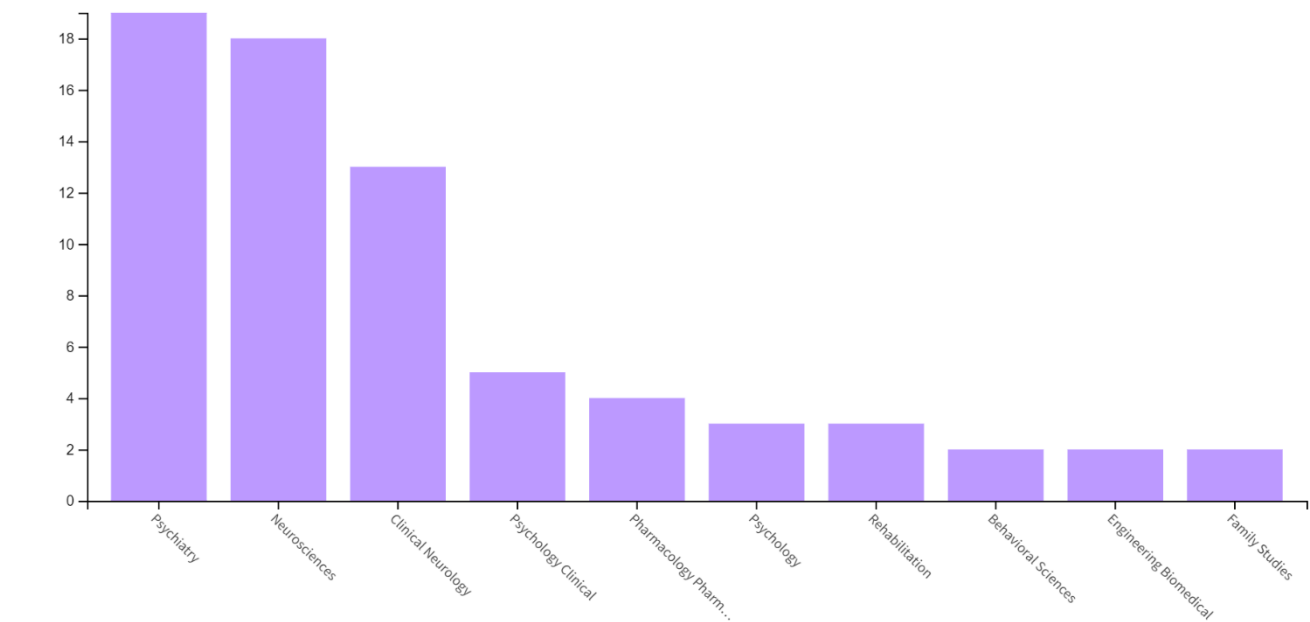
Mathison Centre citations are increasing rapidly over time, with > 2500 citations per year in recent years. The “downturn” between 2021 and 2022 is an artifact of timing of the bibliographic search – it is safe to assume that citations to this growing body of work will continue. Dr. Jean Addington was the lead author in 2022 of a methods paper from NAPLS 3 which is “highly cited” and has already been referenced > 40 times despite a publication date in May 2022. The Mathison Centre is listed as an affiliation on 13 ISA “highly cited” papers.

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



A topical breakdown of 2022 papers arising from the Centre reflect its multidisciplinary orientation, but also a more pronounced emphasis on the ISI topical category of neurosciences and clinical neurology.

Topics of 2022 Mathison Centre for Mental Health Research & Education-affiliated Publications



Events

Sebastian K. Littmann Day

Dr. Scott Patten

The 35th Annual Sebastian K. Littmann Research Day was held on March 4, 2022, by Zoom. The event had > 120 registrants and featured a keynote presentation by Dr. Simone Vigod (University of Toronto), as well as >20 research abstracts and posters from University of Calgary Researchers.

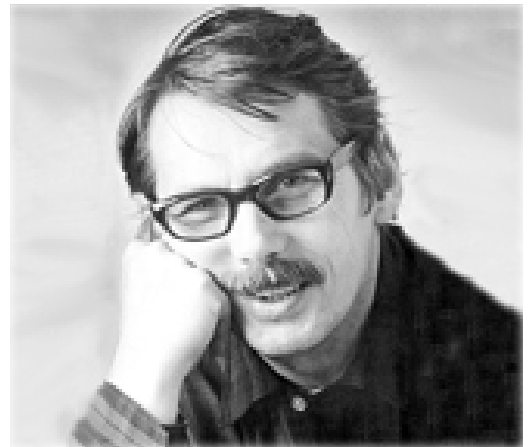
<https://people.ucalgary.ca/~patten/archives.html>

Highlights

Best Presentation by a Graduate Student: Daniella Vellone. MBI-apathy, ApoEε2, and risk for Alzheimer disease dementia.

Best Presentation by a Resident: Dr. Howie Wu. Serotonin syndrome and catatonia in the absence of a serotonergic agent following abrupt withdrawal of clozapine.

Best Presentation by an Undergraduate Student Ana Ramirez. The Prevalence of Excessive Exercise in Individuals with Eating Disorders: A Systematic Review and Meta-analysis.



Dr. Sebastian K. Littmann

Challenges

The COVID-19 pandemic meant that the Research Day needed to be delivered online again. We expect this to be the last time, and planning for the 2023 Research Day is being conducted for an in-person event.

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.

Awards

The event is supported by an endowment generously provided by Dr. Littmann's estate.

Future Plans

We are hopeful that the 2023 even will be held in person. Updated information will be made available at: www.psychiatryresearchday.ca

Women's Run

Dr. Lisa Gagnon

It was so great to be back in person!

Highlights

- Calgary had a total of 1,524 registrants.
- Nationally participation decreased 11.3% and we were up. Great job Calgary!
- Online fundraising was up 18% in Calgary too!
- 22,523 runners nationally.
- Almost \$1,000,000 raised nationally and over \$170,000 in Calgary.
- Thanks to Krystin Buffam our patient who shared her story, the Calgary Health Foundation (Valerie Ball below) and the local Shoppers Drug Mart committee for their ongoing support!



Future Plans

BIGGER and BETTER!

