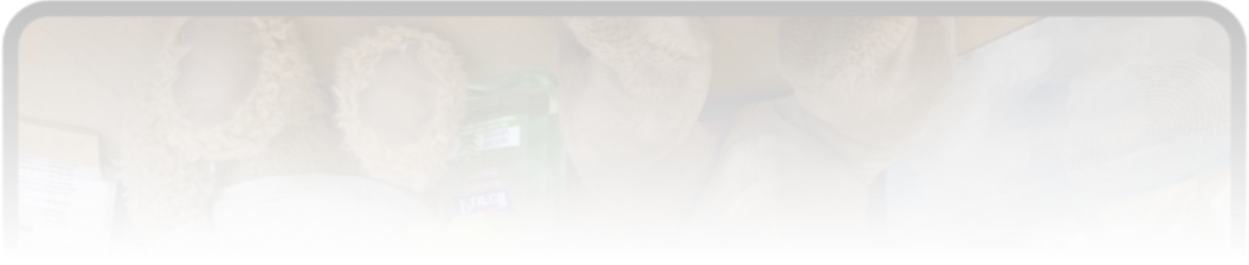


Department of Psychiatry

2020 Annual Report



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

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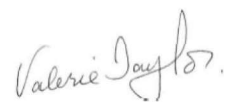
Message from the Department Head

Dr. Valerie Taylor, Department Head

I have never written a “year in review” piece while looking so forward to the next year before. The challenges we as a Department have experienced, against the backdrop of what many of us personally have experienced in the last 12 months, is surreal. But life moves forward, even in unusual times such as these, and so too did the Department. Programs were built, science, education, innovative and excellent clinical care happened, we came together in ways we had not before. We also lost great colleagues whom retired or have moved on to other opportunities and they will all surely be missed. We have also recruited a number of great people to the Department, both from within our own residency program and from all across Canada. Despite the challenges of 2020, this is still a very desirable place to work and live.

We sadly have not been able to celebrate or commiserate in person but I hope you are all able to take care of yourselves and those important to you. I hope you enjoy looking at the accomplishments of the last year in this report as much as I have.

Stay safe.



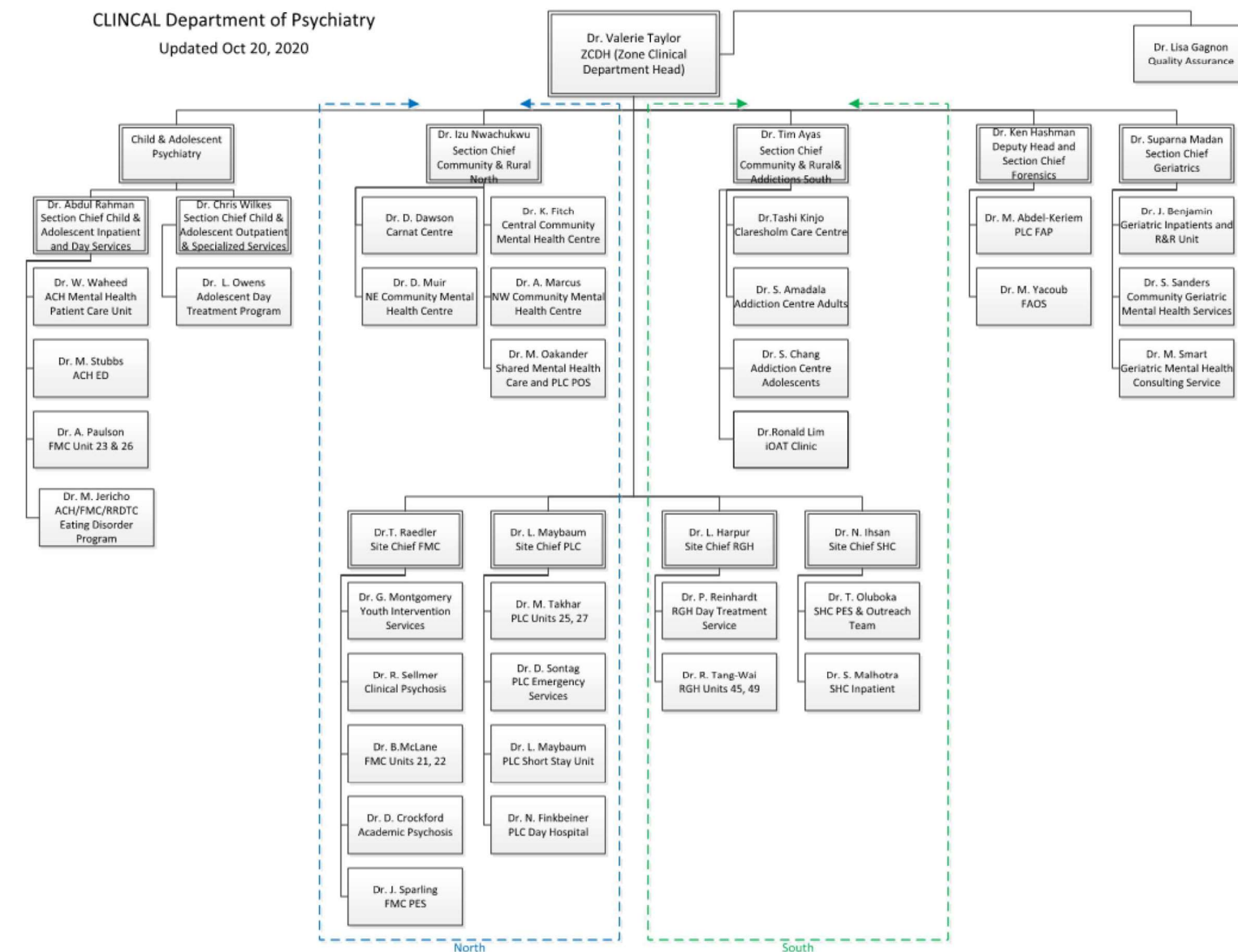
Dr. Valerie Taylor

Head, Department of Psychiatry



Dr. Valerie Taylor

Department Organizational Chart



Meet the New Psychiatry Team Members



Dr. Shola Oyetola

"Having completed the Child and Adolescent psychiatry fellowship at UBC, it has been such a fulfilling experience to be part of the MAPS and YSUMH team."

Dr. Jessica Sparling

Jessica joined the FMC group in January 2020, after completing her residency at the University of Ottawa. She moved to Calgary with her husband Benoit and two young kids, Jovita and Keene. She is thankful to be working alongside so many wonderful physician, nursing, and allied health colleagues in PES and on Unit 22.



Dr. Robert & Sylvia Basiriha

"We are originally from Uganda, also known as the pearl of Africa and have two adorable boys. We moved to Calgary two months ago from Grande Prairie, where we both worked as Consulting Psychiatrists for over six years. Prior to coming to Canada, we lived in England where we completed our psychiatric training. We currently practice out of Sunridge Community mental health clinic and look forward to contributing to the delivery and provision of mental health care in this community."

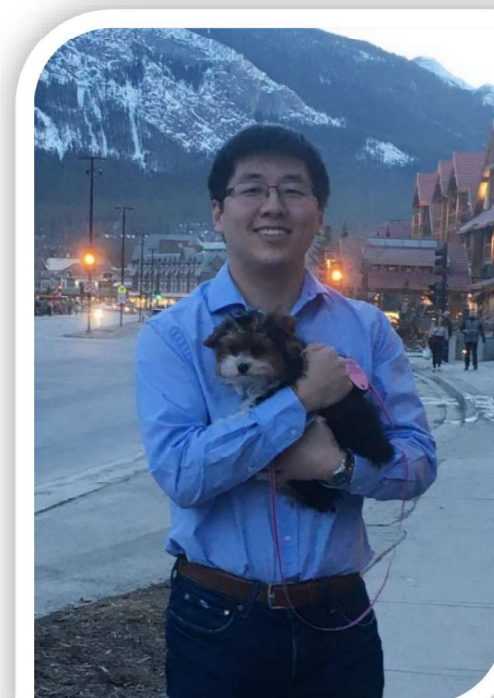


Dr. Krystyna Banas

Krystyna completed her general psychiatry residency at the University of Calgary in 2019, overlapping her final year of general residency with subspecialty training in Child and Adolescent Psychiatry. She is happy to join the team at the Arnika Centre to provide outpatient psychiatric care for people with developmental disabilities.

Dr. Eric Chan

"I completed my residency training in Edmonton and have moved to Calgary to start working with Psychiatric Emergency Services and the Mood Disorders program at the Foothills Medical Centre. My primary interests are the assessment of suicidality, e-mental health and the diagnosis and management of mood disorders. I look forward to working with everyone and am very fortunate to have met so many welcoming people already."



Dr. Reji Thomas

"I am happy to be currently working with the teams on Unit 21 as an inpatient psychiatrist and Unit 24 in the Mood Disorders Program. In 2019, I completed my residency and MSc in Treatment Resistant Depression and Ketamine at the University of Alberta. I have a special interest in mood disorders and patient advocacy. After residency, I worked as an inpatient and outpatient psychiatrist at the Grey Nuns Community Hospital in Edmonton. I recently moved to Calgary, as my wife is in a pediatrics fellowship, and it has been a pleasure to meet everyone and be part of the Foothills team. Calgary is not the capital city, but it seems to have its perks."

**Dr. Beata Komierowski**

I'm super excited to have joined the wonderful team at PAS. I also devote one day a week to Shared Care. My professional interests are outpatient psychiatry and ISTDP. My passions outside of work include hanging out with my husband, three daughters and giant Bernese Mountain dog, skiing, trail running and globetrotting.

Dr. John D McLennan

John has returned to Calgary to work part-time at Arnika Centre, with the rest of his time spent pursuing mental health services research, and his broader interest in population health research. His free time is consumed by his interest in clinical and population health issues in Latin America and the Caribbean.

**Dr. Kevin McLeod**

I completed my residency in BC through the Fraser Track program. Family drew me back to Calgary. I have started working with outpatient services in Okotoks, High River and Black Diamond and am exploring additional opportunities. My interests include golfing, hiking and photography.



Child & Adolescent Psychiatry and CAAMHPP services

*Drs. Chris Wilkes & Abdul Rahman, Section Chiefs,
with dyad partners
Avril Deegan & Andrea Perri*

Overview of 2020

Despite the COVID pandemic the CAAMHPP services continues to provide services to about 13,000 children and adolescents and their families in a comprehensive, integrated and responsive service manner many now via zoom or phone consultations. Record number of ER consults and inpatient admissions continue. The outpatient services, day programs, specialized outpatient services continue to work with our partners in the community and schools, Children Services, Justice, FSCD and other NGO organizations such Hull Services and Woods Home. The Children's Hospital Foundation (ACHF) continues to make progress with sponsors in order to establish an additional walk in community child and adolescent center in the near future. This will include mental health research and family centered initiatives. Construction underway.

Highlights

Recruitment of 4 child and adolescent Psychiatrists to work in CAAMHPP.

Development of a hybrid mode of care was quickly developed as a result of the COVID pandemic. There

has been a seamless service delivery in the community involving virtual and in person sessions for CAAMHPP outpatients.



Dr. Abdul Rahman



Dr. Chris Wilkes

Development of an online orientation for families of scheduled services.

Recent data (June 2020) for the Youth Community Support Program (YCSP) indicates a 93% reduction in the number of days in hospital and 84% reduction in the number of ED presentations for the youth of YCSP when comparing 6 months pre- and post-program admission.

Acute At Home program was successfully created.

CAAMHPP has partnered with Dr. Carly McMorris, PhD, Assistant Professor, Werklund School of Education, University of Calgary and Dr. Susan Graham, Ph.D., R. Psych., Director, Owerko Centre, Alberta Children's Hospital Research Institute, Professor, Dept. of Psychology, University of Calgary to help answer the following questions: How can CAAMHPP continuum of services provide best possible care for youth with concurrent ASD and Mental Health diagnosis? How can we collectively improve the Calgary landscape of services where there seem to be an abundance of resources, yet parents report a paucity of resources? How can we

collectively enhance the body of knowledge on best practice for this population? We recently welcomed Dr. Kailyn Turner (Jones), Ph.D., R.Psych. (AB), Postdoctoral Associate, Alberta Children's Hospital Research Institute (ACHRI), Werklund School of Education, University of Calgary, to lead this work.

Alberta Mental Health Literacy worked to create COVID related resources to post on the www.teenmentalhealth.org website and collaborated with the 4 metro school boards to develop lessons related to stress for students returning to school in the fall. The MORE team were able to respond to an incredible surge in viewership in the early days of the COVID crisis and continue to produce and post relevant materials.

The School-Based Suicide Ideation Response Protocol was rolled out in partnership with a number of school divisions over the year to adopt a consistent and evidence-informed response.

Challenges

Bill 17 and changes in the mental act of Alberta as well as the COVID pandemic. Funding changes which resulted in the dissolution of RCSD has led to a significant decrease in AHS school-based mental health services.

Research and/or Education

The division has a new program director of training Dr Sterling Sparshu and we have now recruited another 3 residents to the training program and we have recently graduated two more child Psychiatrist, Dr Hirani and Dr Banas who are working across a variety of settings in our community services, especially with those who have intellectual disabilities and are in the emerging adult population.

At the annual virtual CACAP conference:

- Dr. Wilkes and Jenn Kuntz from CAAMHPP presented with Nicole Sherren at the annual virtual CACAP about the process of making Children's mental health services at AHS to be Trauma informed.
- Dr. Wilkes, Dr. Ortega, Rhonda Kent, Amanda Starchuk, and Susan Ponting presented on "An Innovative Cross-Ministry Mental Health Treatment for High Risk Youth (YCSP)."
- Dr. Michael Stubbs, Dr. Qasim Hirani and Amanda Richardson, Clinical Supervisor at

Specialized Services all presented on "What do We Know Anyway? Lessons from Emerging Adults to share some of the learnings from over 10 years of work at the Emerging Adult Treatment Clinic."

CAAMHPP teams have been involved with:

- The impact of COVID-19 delivery of youth mental health services: A Preliminary Examination of the Experiences of Mental Health Providers in Alberta. Principal Investigators, Gina Dimitropoulos, D.B. Nicholas (PI), M. Belletrutti, S. Katz, A. Rapaport, S. Urschel, L.J. West, L. Zwaigenbaum A.
- Impact of Child Maltreatment: Identifying Biological and Psychosocial Predictors of Risk, Resilience and Response to Interventions: Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. CASTOFF-YYC (Coronavirus Anxiety and Stress Therapy Online for Families Youth, Young adults and Care providers) Principal Investigators: Dr. Gina Dimitropoulos and Dr. Paul Arnold; Emerging Adult & Early Childhood and Perinatal Populations
- Impacts of Shared Parenting on Women and Young Children: The Importance of Differentiating Families Experiencing Domestic Violence and Families Engaged in High Conflict lead by Beth Archer-Kuhn.

Dr. David Cawthorpe is involved with the following:

- The Economics of Children's Mental Health Care in Alberta: Based on Elements of Performance III: Profiling Clinical Outcomes and Treatment Pathways between Childhood and Adulthood. [Title Modified to Elements of Performance III: Clinical Pathways across the Lifespan and the Impact of Comorbidity]. Ethics REB15-1057 MOD1 Ethics ID-21695/REB15-1057. Ongoing.
- McCaffrey ESN (2020). "Managing Patient Anxiety and Mental Health Decompensation during COVID-19". Continuing Medical Education. University of Calgary: Cumming School of Medicine.

Awards, Grants Publications

Dr. Banas did publish in the Journal of the Canadian Academy of Child and Adolescent Psychiatry "Clonidine as a treatment of behavioral disturbances

in autism spectrum disorder: a systematic literature review".

In the area of emerging adult mental health services Dr. Wilkes and Dr. McMaster and others published results in the International review of Psychiatry from a survey on medical student stress and recommended interventions for individual, organizational, and cultural changes in Medical school.

Future Plans

Continued work on ALOS:ELOS ratio.

Development of an online orientation for youth.

A new clinical position was funded through Calgary City Police to hire a mental health clinician for their ReDirect program that serves young people 13-28 who are involved in radicalization and hate crimes. That position will begin this fall.



Forensic Psychiatry

Dr. Kenneth Hashman, Section Chief

with dyad partner

*Beverley Thompson, Director Forensics, Urban Addictions,
A&MH*

Overview of 2020

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

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

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

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

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



Dr. Kenneth Hashman

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.

Highlights

Dr. Tano has taken over from Dr. Morrison as the Forensic Psychiatry Subspecialty Program Director. Thank you to Dr. Morrison for all of his efforts in moving our training program forward.

The Forensic Psychiatry Subspecialty Program at the University of Calgary has been approved by the Royal College.

The next step for our newly accredited program will be to incorporate an update including Competency by Design.

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

Challenges

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

Research and/or Education

In January 2020, the Forensic Section completed a 2-day training session/workshop on the HCR-20v3 the most recent version of this Structured Professional Judgement risk assessment instrument. Training costs were covered by AHS and the Department of Psychiatry.

The Forensic Psychiatry Section remains active in teaching of medical students and residents.

Didactic teaching continues at the medical school as part of the MIND course and to both junior and senior psychiatry residents.

Clinical training experiences are available for medical students, residents and sub-specialty training.

Future Plans

Funding for a 3rd rehabilitation home for individuals found NCRMD has been approved and it is hoped that a site will be identified in the near future to enhance our community capacity and flow through of patients awaiting community placement.

Since the Southern Alberta Forensic Psychiatry Centre opened in 2005 plans have been forwarded to open a total of 72 beds including 29 acute/assessment beds, 29 rehabilitation beds and 12 youth beds. We are currently in the process of updating a briefing note for ongoing consideration of enhanced capacity of our facility.



Geriatric Psychiatry

*Dr. Suparna Madan, Section Chief
with dyad partner*

Colleen Karran, Director Adult SW & Geriatric MH

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

Facilities and Services

Unit 48 at Rockyview General Hospital (RGH) is a multidisciplinary, 22 bed unit that is typically full to capacity. It the only designated acute-care geriatric psychiatry unit in southern Alberta.

The 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 people who do not require acute care or involuntary admission.

Overview of 2020

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



Dr. Suparna Madan

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).

Highlights

We are pleased to have our first Geriatric Psychiatry Resident start in July 2020. For the 2021-2022 academic year we will be interviewing 3 candidates.

Challenges

The COVID-19 pandemic has impacted our services over the last year. The need for virtual assessments has been a challenge as many of our clients are not technologically savvy or have sensory impairment. However, various programs are striving to find a balance between in person and virtual visits. Safety of our inpatients has also been paramount during the pandemic. The junior residency rotation has also been modified in recognition of the unexpected outbreaks in long-term care centers.

We have had 2 psychiatrists retire and 1 leaving our department from personal reasons in the last year. Another psychiatrist has been on Maternity leave in 2020 and one has had a LOA for illness. Although we are adding one GFT position, we hope to continue recruiting in the upcoming year with community, including rural work as recognized needs.

Research and/or Education

Dr. Ismail continues his research program focusing on 2 primary areas:

- 1) early detection of dementia with clinical, imaging, and biomarkers validations of Mild Behavioural Impairment (MBI) as a pre-dementia syndrome
- 2) assessment and management of agitation in dementia

Ongoing studies

- A 7 1/2 year study of cognitively older adults using MBI and biomarkers to predict and monitor cognitive decline
- PARADIGM - a 3-year study of neuroimaging and biomarkers of MBI
- COMPASS-ND - Canada's national brain aging observational cohort study
- S-CitAD - randomized double blind placebo-controlled trial of escitalopram versus placebo, in addition to a psychosocial intervention for agitation in AD
- StaN (systematic treatment algorithm for agitation in AD) which is a 12-week study validating an integrated care pathway for management of agitation, which includes extensive non-pharmacological interventions, measurement based care, and an a-priori pharmacological algorithm)
- A3C study - validating newer measurement approaches to agitation in AD, validating the new IPA agitation definition
- NAB-IT (nabilone for agitation in AD) - an RCT for a synthetic cannabinoid for agitation in AD - to start in the New Year

Funding for these and other studies has come from CIHR, NIA, Alzheimer's Drug Development Fund, Brain Canada, and CABHI. Additionally, Dr. Ismail participated in the development of the recently published IPA criteria for Psychosis in Neurocognitive Disorders, the ISTAART research and biomarker criteria for psychosis in AD, and the upcoming ISCTM-ISTAART criteria for apathy in neurocognitive disorders.

Dr. Ismail co-chairs the Canadian Consensus Conference on the Diagnosis and Treatment of Dementia, which has just published their most recent iteration of dementia clinical guidelines, and chairs

the Canadian Conference on Dementia which will be held in Calgary in November 2020.

Dr. Seitz continues his program of research related to geriatric mental health services, safety and efficacy of treatments for mental health disorders in older adults, and knowledge translation in geriatric mental health. He is currently completing studies related to creation of dementia risk prediction tools using administrative health care databases and studies on the related to use of multiple medications and adverse medical outcomes in older adults. He has research studies currently funded by the Canadian Institutes of Health Research as a team lead in the Canadian Consortium on Neurodegeneration in Aging. He was a principal applicant on a CIHR-funded project examining the impact of COVID-19 on older adults with dementia across 4 provinces in Canada and a co-applicant on a CIHR funded project examining telemedicine interventions for older adults with depression.

A 3rd GFT, Dr. Julia Kirkham joined our section in October 2020.



Dr. Julia Kirkham

"My research focuses on quality improvement in geriatric psychiatry including improving safety and access to care. My past projects have aimed to optimize antipsychotic prescribing in long-term care and examined whether substitution with other medications is happening alongside antipsychotic deprescribing. Recently, and spurred on by COVID-19, I am working to develop an online problem solving therapy program for older adults with depression."

Community and Rural North

Dr. Izu Nwachukwu, Section Chief

with dyad partner

Peter Czepuryk, Director, A&ME - NE

Overview of 2020

The year 2020 will be best remembered for the crippling COVID-19 pandemic and all the innovations, creativity and adaptations that became necessary in trying to ensure continued provision of essential mental health services in the community, while keeping staff and service users safe from a raging and largely unknown virus. The year began with a mixture of anxiety and excitement around the planned launch of the Outpatient Services Redesign Project that was scheduled for March 2020. Although the launch proceeded as planned, it is clear that the anticipated dividends from this broad-based quality improvement initiative will take longer to materialize.

Highlights

One of the major highlights of 2020 has been the rapid evolution of virtual approaches to patient care, as well as, all other adaptations in the delivery and administration of mental health services across all practice settings in the light of COVID-19 pandemic. Other notable developments that will impact how services are delivered in the foreseeable future include the phased roll out of *Connect Care* and LOCUS, as well as changes recently made to the Mental Health Act of Alberta.

Challenges



Dr. Izu Nwachukwu

There have been numerous significant challenges as well. The ongoing economic downturn has led to even more pressures on finite healthcare resources. Physician morale has suffered from difficult negotiations with the current provincial government on their compensation and the funding of clinical services, while clinical staff are also having to contend with fleeting adaptation to an unprecedented state of flux brought on by several different internal and external drivers for change. Perhaps the most significant challenge remains uncertainties surrounding the unrelenting COVID-19 pandemic which is expected to ravage well into the next calendar year.

Opportunities

A Post Pandemic Strategic Planning Working Group was set up by A&MH Calgary Zone, overseen by a Steering Committee in preparation for the anticipated surge in mental health demands in the aftermath of the COVID-19 pandemic. This Group has established a research sub-group to explore global COVID-19 related research and literature, and to systematically evaluate what aspects of local practices during this pandemic that could be adapted to enhance service delivery in a post pandemic world.

Future Plans

Lessons learned from the experience of COVID-19 pandemic will make a significant difference in how

our services are planned and delivered in the future. In particular, virtual approaches to care will be leveraged to improve access to care and enhance overall capacity of services.

Efforts will continue towards systematic integration of functionally related programs in the community, and in so doing, increasing communication and efficiency across the system. This potential is most notably exemplified by the successful integration of the intake process to PACT and MRT, roll out of the MRT Consult line, as well as early signs of quality improvements arising from the newly reconfigured campus model in the NE quadrant of Calgary.

There are also early discussions on enhancing concurrent capabilities at our community clinics by providing education and resources for the recognition and treatment of mild to moderate addictions. Co-morbidity with Alcohol, Cannabis and Meth addiction, amongst others, have become highly prevalent and commonplace in our community with huge implications for how patients comply with their care plan, respond to treatment, engage in dangerous behaviors, require hospital admission and how long they stay in hospital when admitted.

Finally, it is expected that the iterative roll out of *Connect Care* will continue in the coming year, as AHS evolves towards one of the largest integrated electronic medical records platforms globally. This will coincide, in part, with the introduction of LOCUS, a clinical decision support tool that provides a structured and systematic approach to making decisions on appropriate levels of care for patients.

Conclusion

2020 has been a challenging year on many fronts. While the COVID-19 virus may infect a few people in relative terms, the mental health challenges from the pandemic have or will affect every one of us ultimately. We are grateful to our patients and their families who patiently endure with us as we strive to figure out our way through a completely novel set of circumstances. On behalf of our patients and the Executive Management Team, I also wish to say thank you to our community psychiatrists and staff who have excelled in being adaptable, flexible and resilient through the changes and uncertainties of this COVID-19 era, while also positioning us for continued successes beyond this pandemic.

Community, Addictions, and Rural South

Dr. Tim Ayas, Section Chief

with dyad partner

Halina Bowers, Director, Adult SE, A&MH

Overview of 2020

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 2020. The paucity of Child/Adolescent access in rural south has improved dramatically with the addition of Dr. Qasim Hirani who has now been covering Vulcan, Okotoks, and Claresholm outpatient mental health clinics. Dr. Sterling Sparshu has also been assisting in Okotoks. Dr. Paul Cameron has finally decided to take down his shingle, after serving the rural communities of Okotoks, High River, Nanton, Black Diamond, and Turner Valley for over 20 years of exceptional care. We were fortunate to recruit Dr. Kevin MacLeod, an enthusiastic recent graduate from UBC, to now cover this extensive portfolio.

The Claresholm Centre has been blessed to add Dr. Qasim Hirani to assist with the emerging adult population. Dr. Yin Fong will be on a maternity leave, but Dr. Karen Duncalf has graciously agreed to cover for her extremely robust case load. Dr. Shirley Semaka has also retired as our primary hospitalist after almost ten years, and we have now hired two separate hospitalists Dr. Trevor Cooke and Dr. Regan Taylor to assist with the increased complexity of the medical comorbidities referred to the Centre.



Dr. Tim Ayas

We've had a number of improvements to how Addiction Services are delivered in the Calgary zone. We have opened the first Rapid Access Addiction Medicine clinic in Alberta with the cooperation of Adult Addiction Services, facilitated by the assistance of Beverly Thompson and Drs. Rob Tanguay and Monty Ghosh. The Alex has also opened an additional RAAM clinic as well. This will hopefully mimic the impact of the Ontario model of reducing demand on emergency and inpatient services. South Health Campus has now officially joined the Addiction Network, with the

addition of Dr. Elma Raissi and Dr.

Meera Grover to assist with the initiation of an opiate agonist treatment service in conjunction with Dr. Sonya Malhotra's existing Consultation Liaison/Addictions multidisciplinary team. Due to duplication of services, there will be an amalgamation of Youth Addiction Services at AAS with the Addiction Centre Adolescent Program.

Challenges

As per the provincial government's decision, funding for the iOAT (Injectable Opiate Agonist Therapy) program will shortly be discontinued. Dr. Ronald Lim and his operational cohort Stacy Whitman has been actively attempting to transition many of these patients to oral OAT with a transition of these patients hopefully within the Opiate Dependence Program.

We have lost a major pillar of Addiction Psychiatry in Dr. William White moving to Vancouver Island,

I'd like to thank him for his many years of exceptional service and wish him the best in the future. Dr. Sara Meunier had decided to move on to Williams Lake, British Columbia to assist with the evolution of the addiction psychiatry services in that area.

Due to the increased capacity pressure from the pandemic, the ALC Transition unit has been receiving more referrals once again. That being said, due to the increase in end point sites (such as St. Theresa's, Skypointe, etc), the capacity has not been utilized efficiently in years. Hence, we are considering a number of different options for these existing beds to improve utilization at a localized and regional level.

Research and/or Education

Dr. David Crockford has constructed a robust Addiction Psychiatry fellowship at the Addiction Centre, and we were fortunate to recruit Dr. Anees Bahji into this program with the assistance of an award from the Research in Addiction Medicine Scholars Program from Boston University School of Medicine.

Dr. Alvis Yu and Dr. Lydia Vezina have been overseeing the Addictions Medicine fellowship which recently graduated Dr. Elma Raissi and Dr. Meera Grover.

Grants

- 2020-2021 Behaviour management strategies to aid self-isolation for unwilling and unable individuals during the COVID-19 pandemic: a systematic review. Crockford D Co-Investigator Funding Source: American Psychiatric Association
- 2019-2020 M294_SUAP Cannabis Related Psychosis Order Set. Crockford D Co-Investigator (PI: Tibbo P) Health Canada Substance Use & Addictions Program
- 2016-ongoing Optimizing patient centered-care: a pragmatic randomized controlled trial comparing models of care in the management of prescription opioid misuse (Optima) Role: Lim R Regional Principal Investigator (PI: Wood E)

Funding Source: Canadian Research Initiative in Substance Misuse (CRISM) initiative of CIHR

- 2016-ongoing The effect of regular naltrexone dosing on disordered gamblers: An examination of neural activation, gambling urges, and gambling behavior. Crockford D and Lim R Co-Investigators (PI: Christensen D) Alberta Gambling Research Institute
- 2016-ongoing A pilot study using low dose buprenorphine patches for initiation of buprenorphine/naloxone sublingual tablets as opioid agonist treatment. Lim R, Evans L, Ghosh M, Christensen D Principal Investigators Alberta Health Services

Publications

- Tibbo P, McKee K, Myer J, Crocker CE, Aitcheson KJ, Lam RW, Crockford D. Canadian Psychiatric Association (CPA) Position Statement – Potential Therapeutic Benefits of Cannabinoid Products in Mental Illness. Can J Psychiatry, in press, available online 11 Sept 2020
<https://doi.org/10.1177/0706743720945525>
- Bahji A, Danilewitz M, Crockford D. Response to Canadian Psychiatric Association Opioid Use Disorder Position Statement: More than Just Collaborators in Care. Can J Psychiatry 2020, in press, available online 25 Aug 2020.
<https://doi.org/10.1177/0706743720953028>.
- Crockford D. The COVID-19 Pandemic and Its Impact on Addiction Treatment. Can J Addict 2020;11(2):7-8.
- Crockford D, Meunier S, Ghosh SM. Methamphetamine Induced Psychosis: A Clinicians Guide. Can J Addict 2019;10(4):1-6
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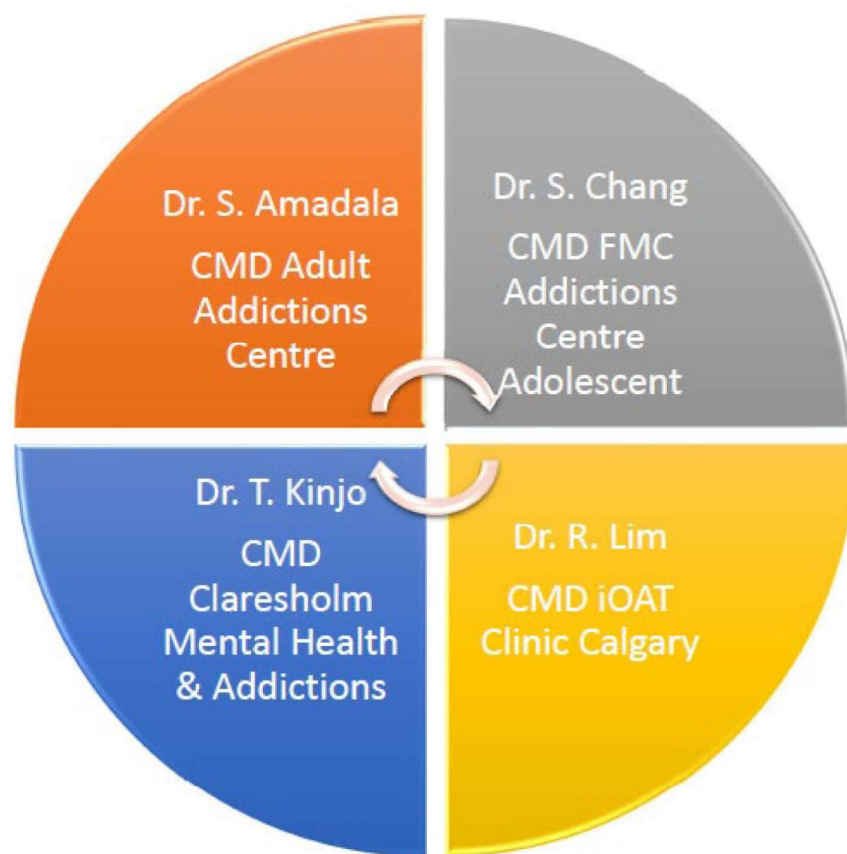
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Future Plans

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

As mentioned prior in this report, there is the potential for reconfiguration the ALC/Transition beds at the Claresholm Centre to improve future utilization.

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



South Health Campus

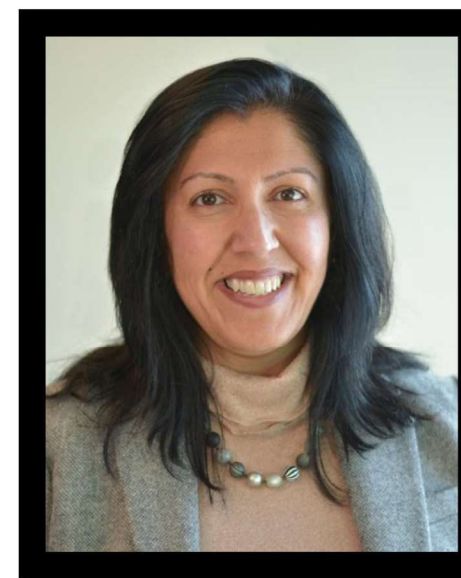
Dr. Novin Ihsan, Site Chief

with dyad partner

Halina Bowers, Director, Adult SE, A&MH

As most will agree, 2020 has been a challenging and unprecedented year for many. We had started the year with successfully co-managing psychiatry/medicine patients on a limited number of medical units. No sooner had we done this that we found ourselves in the midst of a pandemic. With SHC being built as a site suited to handle a pandemic, we were tasked with making our adolescent and adult mental health inpatient units as designated COVID-19 units. After robust orientation to PPE and IP&C protocols, we were ready to take care of COVID-19 positive patients both in our ER and on our inpatient units. Our Outpatient and Day Hospital services moved to virtual care and the staff promptly adapted to the quick changes coming our way. I am proud of the dedication and adaptability our teams have shown this year. Without their hard work, commitment and care for our patients and families, we would not have achieved what we have accomplished this year.

With hardship comes reward. Thank you to the Psychiatry Primary Care Leadership group in conjunction with Dr. Lisa Gagnon, we now have regular Psychiatry Primary Care coverage on our inpatient mental health units. Dr. Aleena Shariff has joined our CL, PES and Outpatient Psychiatry team at SHC. We are grateful to Dr. Qasim Hirani and to Dr. Darby Ewashina for doing call with us at SHC. We are proud to have Dr. Elma Raissi and Dr. Meera Grover join our SHC addictions and CL team to offer their addictions medicine expertise on site.



Dr. Novin Ihsan

Our outpatient and day hospital services are gradually returning to face-to-face appointments with virtual care also continuing in parallel. We have been part of the Outpatient redesign program and our outpatient wait times have decreased from where they were pre- COVID-19. Our PORT team continues to support our ER and Inpatient teams as needed. Our Urgent Psychiatric Consult team has seen an increase in referrals post COVID-19 shut down. Our Day Hospital continues to divert traffic away from the ER by taking referrals from PES, Inpatients, Outpatients and from other mental health units across the city.

The challenge that lies ahead of us is to stay strong and well as we continue to deal with the COVID-19 pandemic. The wait times in ER for patients requiring high observation rooms has increased across the city. Managing these particular high-demand beds will be a challenge we would want to find solutions for. With the sequelae of a pandemic and a slow economy, we predict higher demand for mental health and addictions services and our challenge will be to stay abreast of the needs in our communities. However, given how we have handled a pandemic this year, I am confident that our SHC mental health and addictions team has the strength, agility and solidarity needed to successfully deal with any challenges that come our way. As a team, our hard work has paid dividends and I am very proud to be a part of the SHC family.

Foothills Medical Centre

*Dr. Thomas J Raedler, Site Chief
with dyad partner*

Shawn Currie, PhD Director, Adult NW, A&MH

Overview of 2020

On January 1, 2020, Dr. Thomas Raedler became the new Site Chief for the Department of Psychiatry at Foothills Medical Centre. Please join us in thanking Dr. Lauren Zanussi for many years of service as Site Chief.

Like all other departments, the Department of Psychiatry at Foothills Medical Centre has been going through an unprecedented year. COVID-19 has been posing multiple challenges that have affected the Foothills Medical Centre. Thanks to the dedication and special efforts from all staff and physicians, we have been able to overcome these challenges. The Unit 24 staff were acknowledged for all their efforts during the height of the pandemic in one of the AHS CEO Verna Yiu's daily email messages to staff.

Highlights

We were able to recruit four psychiatrists in 2020, who are providing inpatient, outpatient and emergency services (Dr. Eric Chan, Dr. Beata Komierowski, Dr. Jessica Sparling, Dr. Rejish Thomas).

In cooperation with the Department of Emergency Medicine we are improving the care of psychiatric patients in the Emergency Room by eliminating administrative and clinical barriers (Dr. Rachel Grimminck, Dr. Jennifer Nicol, Kathy South). We saw an unprecedented surge in mental health patients coming to the ER in July and August following an initial pandemic-related reduction in demand. It was not uncommon to have 25 to 30 patients awaiting admission across the different Calgary sites. Both the PES and PAS services responded to this



Dr. Thomas J Raedler

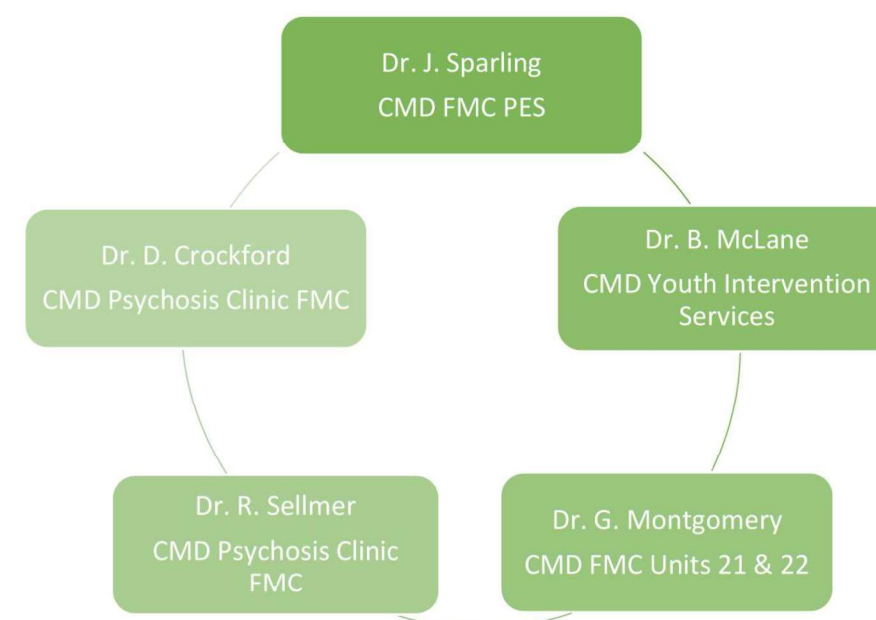
challenge with innovation and enthusiasm. A PAS Urgent Stream was created to avoid admissions and connect patients with a psychiatrist virtually. Several psychiatrists offered their services to help reduce demand on the ER resources.

We implemented a clinical rTMS program on Unit 24. This outpatient treatment provides an additional treatment option for patients suffering from severe depression. In early 2020, the clinic was opened fully to referrals from psychiatrists and primary care clinicians. Information on the treatment, screening criteria and educational resources for both physicians and patients were put on the

Specialist Link and Alberta Referral Directory websites (Rietta Hahn, Dr. Alex McGirr, and Dr. Scott Patten).

Our outpatient department on Unit 24 has been undergoing changes as part of the outpatient clinic redesign with the goal of improving wait-times for psychiatric outpatient care as well as optimizing the use of these highly specialized outpatient services (Shawn Currie, Rietta Hahn, Kathy South). The clinics have worked hard at transitioning many long-stay patients to other services in order to accommodate new patients. Management has worked tirelessly with the team to ensure that staff are fully trained in the areas needed for their expanded roles. Most of the education has been delivered internally by Unit 24 staff and psychiatrists. Training sessions included: CBT for Psychosis; DBT Skills; Motivational Interviewing; Recovery Star and WRAP as tools to encourage recovery-focused care; Group Facilitation Skills; Smoking Cessation Workshop; Gender Identity

Awareness; Family therapy training for case managers.



Our Day Hospital is participating in the zone-wide standardization initiative to harmonize services across sites. Changes include the switch to a 4-week program, a common process and criteria for step-up (ED and outpatient services) and step-down (inpatient) referrals, and standardized group programming. Our Day Hospital was the first program in Alberta to offer virtual services during the lockdown due to COVID. We were able to resume services after one week (Shawn Currie, Dr. Rory Seller, Kathy South).

Following the lock-down due to the pandemic, all outpatient programs are looking into resuming normal services with an increased number of face-to-face services. Unfortunately, the recent increase in COVID-19 infections has been slowing down this process.

Challenges

The unprecedented situation of facing a pandemic has created numerous challenges to our programs. In addition, recent administrative and legal changes have resulted in increased stress levels for members of the Department of Psychiatry at Foothills Medical Centre.

Due to COVID-19 pandemic and the difficult economic situation in Alberta, we are expecting a further increase in demand for our psychiatric inpatient and outpatient services. Our Inpatient units continue to be overwhelmed with the demand for psychiatric inpatient admissions. This has resulted in increased wait-times in the Emergency Room.

Several psychiatrists have decided to leave Foothills Medical Centre. We also lost one senior administrator. We will miss them and wish them all the best. We are currently trying to fill these positions with suitable candidates.

Research and/or Education

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

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

Future Plans

FMC is part of Wave 5 of the Connect Care roll-out which is scheduled for the fall of 2021. The new EHR will replace SCM, Clinibase, and most other patient information systems. Once fully implemented, Connect Care will have multiple features to improve services for our patients including a patient portal (features include reminders for appointments, secure messaging with programs and providers, ability to send /receive documents) and a primary care provider portal (also with secure messaging; faxing reports will become obsolete).

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

Peter Lougheed Centre

Dr. Lloyd Maybaum, Site Chief

with dyad partner

Peter Czepuryk, Director, A&ME – NE

Since our last report, our dedicated team in Mental Health and Addictions continues to do their utmost to deal with capacity pressures across the hospital including the inpatient units, med-psych unit, consultation liaison, outpatient programs and the emergency department. While balancing these pressures this team continues to strive towards optimal patient and family centered care. I would like to provide an update regarding some of our initiatives over the past year.



Dr. Lloyd Maybaum

The PLC Day Hospital continues to mature and increase its capacity. The program continues to accept referrals from inpatient units, consultation liaison and emergency, combining to reduce inpatient length of stay and avoid admissions. In addition, our trial of a new PES service delivery model for delivery of services was very successful and this year has been fully adopted.

Length of stay data continues to be a helpful feedback tool for our inpatient psychiatrists. Our psychiatrists continue to work, in sometimes challenging conditions, to provide quality care to patients and their families mindful that we are all stewards of the health care system. The following statistics demonstrate that we continue to need more environments of care for our AMH patients.

- Unit 37 SSU: 111% occupancy, 8 % recidivism rate within 30 days of discharge while staying to the 4-day average LOS

The staff members at the PLC exemplify collaborative work and do not hesitate to assist and to support one another. It continues to be a joy to

- Unit 27: 111% occupancy, 8.2 % recidivism rate within 30 days of discharge while staying to the 21-day average LOS
- Unit 25: 114% occupancy, 9.1 % recidivism rate within 30 days of discharge while staying to the 23-day average LOS

The importance of addiction and mental health continues to shine at PLC. We are looking forward to three new projects that show the importance of the work that is being done and the need to continue moving forward. Safety, dignity and a healthy environment for our patients

is a guiding principle as we begin to design the new SSU, Mental Health Unit within the Emergency Department Redesign, New psychiatric ICU and Outpatient ECT. These improvements will help support the ongoing need for addiction and mental health supports for our patients.

All these acute care areas continue to take the challenge on during these difficult pandemic times and do so while taking on integrated care and capacity improvement projects like CoACT and Connect Care. This commitment to their trade will not only improve care but allow for capacity improvements that are dearly needed for our patient population.

In terms of medical staff, we are pleased to announce that Dr. Daniel Sontag has assumed the role of Clinical Medical Director of Psychiatric Emergency Services.

work at the PLC and we are proud of our excellent teamwork and commitment.

Rockyview General Hospital

Dr. Lisa Harpur, Site Chief

with dyad partner

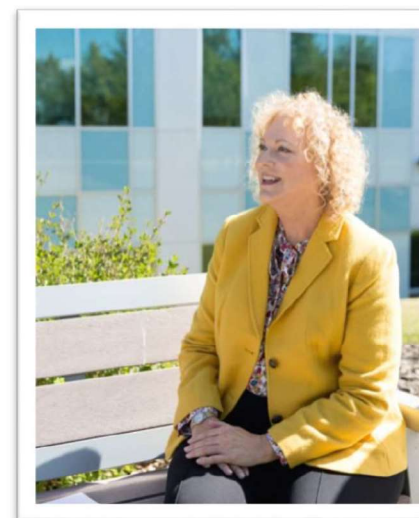
Colleen Karran

Overview of 2020

Overall, 2020 has focused primarily on Covid-19 readiness. The team at RGH worked together to create a plan that would serve the community should there be a requirement for large numbers of hospitalizations. Psychiatry contributed significantly by closing the CSU, which is housed within the Emergency Department, so it could be reverted back to ED space. The CSU eventually relocated into a makeshift unit within the Psychiatry Day Hospital with an emergency high observation bed available on Geriatric Unit 48. As well, the rTMS Clinic closed completely in order for Day Medicine to move into the space. RGH site provided us with a temporary space in May. In June, both units transitioned back to their spaces, knowing that we may have to close before the year end.

In Emergency Psychiatry and on the Inpatient Units, including Geriatric Psychiatry, everyone has pulled together to provide excellent patient care; despite increased admissions and severity of illness, much of it related to the sequela of Covid (isolation, job losses, financial and housing stressors, and inability to attend programming, which helps maintain many of our patients in the community). We continue to focus on providing patient and family centered care, while balancing the capacity pressures of the zone.

Day Hospital and the Urgent Psychiatric Consultation Clinic went through major adjustments in creating virtual clinics and programming. There were many growing pains, but it has worked well and



Dr. Lisa Harpur

we are learning so much about the various ways in which we can continue to provide good care.

We welcomed Dr. Rhea Balderston back from maternity leave and bid farewell to Drs. Hart and Haalboom on their maternity leave. Dr. Hyder will be taking a maternity leave in February 2021. We wish them all well.

Highlights

rTMS continues to expand as we had a record turnout of over 600 online viewers to an educational session on rTMS for Family Physicians in the North PCN. The session occurred just as we had to close down the rTMS Clinics,

but demand for treatment continues.

In addition, rTMS was highlighted in an interview with the Calgary Health Trust in September, and will be shown on Global TV.

Awards, Grants Publications

- Dr. Paul Reinhardt received a promotion to Clinical Assistant Professor.
- Dr. Lisa Harpur received a promotion to Clinical Associate Professor.

Future Plans

We are currently in the process of creating an Outpatient Transition Clinic, which will act as a bridge to support patients coming from any RGH Psychiatry Unit (Emergency, Inpatient, or Outpatient), and provide services until they are able to connect with their final outpatient program. In addition, we are organizing the Outpatient ECT patient files in this clinic, with the aim of having periodic patient consults to determine

appropriateness of ongoing ECT. Our unit will run on a shoestring budget and will be a Physician only clinic.

Our sincere gratitude goes out to all staff, managers, and physicians who worked tirelessly while maintaining their composure and focus on excellence in patient care amidst the multitude of changes with COVID-19.

Finally, the RGH group would like to acknowledge and thank the Psychiatry Residents, who come for rotations in Inpatient, Outpatient, Psychotherapy, Consultation Liaison, and Emergency Psychiatry. They are an integral part of the milieu at RGH. The presence of learners, including clinical clerks, inspires us to be better clinicians, thinkers, mentors, and leaders.



Undergraduate Medical Education (UME)

Dr. Nancy Brager, Director of Undergraduate Education

Overview 2020

The delivery of Undergraduate Medical Education was abruptly interrupted in March 2020 by COVID 19. Its impact has carried through throughout the remainder of the year in both preclinical years and clinical clerkships. The impact of this has been mitigated through the extraordinary efforts of students, faculty and administration. Dr. Christopher Naigler, Associate Dean of Undergraduate Education, Dr. Kevin Busche, Assistant Dean of Clerkship and Dr. Sarah Weeks, Assistant Dean of Pre-clerkship, have shown tireless leadership along with the staff of the UME Office to configure and re-configure educational delivery as the situations change moment to moment. Our Department's undergraduate faculty and administration have responded in a timely fashion in order to provide the educational requirements for our students. The students, themselves, have shown remarkable resilience and adaptability.

Highlights

Students were abruptly sent home in the spring to continue their education online. Clinical clerks were given the academic portion of their mandatory rotations online until they were able to return to some of the clinical settings to resume their clerkships. Clerkships were shortened in order to accommodate the tightened timelines. The Class of 2020's overall clerkship duration was shortened in order for them to graduate and commence their residency positions. The Class of 2021's clerkship was modified. In psychiatry, we were previously providing students four weeks of adult psychiatry and two weeks of



Dr. Nancy Brager

child and adolescent psychiatry. Students are now receiving three weeks of adult psychiatry and one week of child and adolescent. Examinations had to be revised and administered online and on different schedules.

Pre-clerkship was similarly affected. Instead of delivering Course 7 in December, it was delivered in August. Clinical correlations were reduced and, in some instances, not provided at all following the outbreak at Foothills Medical Centre.

The outbreaks continue to wreak havoc with placement of the students for both mandatory and elective clinical experiences.

Remarkably, education is still being provided, students are learning, and they will graduate.

Wholehearted appreciation goes out to our key faculty: Dr. Phil Stokes for Course 7; Dr. Tim Ayas for clerkship; Dr. Alex Di Ninno for Course 7 evaluations; Dr. Suneina Mohan for clerkship evaluations and Dr. Huntai Kim for child and adolescent psychiatry. The amazing preceptors, lecturers, administrators, residents and students have all pulled together to make this happen. There will be ongoing impact of COVID-19 for the next year at least. While there is uncertainty related to this virus, what is certain that the dedication, talent and stamina of all involved will continue to make education happen.

Postgraduate Medical Education (PGME)

Dr. Greg Montgomery, Program Director

Overview of 2020

Even with all the challenges over the last seven months, the residency program has continued to operate amazingly well in no small part due to the tenacity of our residents and faculty to provide the best possible experience amidst tumultuous circumstances.

As many of you are aware, RCPSC postponed certifying exams for the final year residents from the spring, re-instituting them in the summer. As of October 1, we are happy to report that all 10 examinees received the good news of their success. Our congratulations to them.



Our *Dr. Greg Montgomery*

Psychiatry across Canada launched Competency by Design (CBD) in July 2020. For our program, we created eight 2-week blocks of placements in areas that would allow PGY-1s to achieve objective for the Entrustable Professional Acts (EPAs) focusing on the basic skills of obtaining a psychiatric history and communicating clinical encounters. With a big thanks to Inpatients across all adult sites, Psychiatry Emergency at FMC, RGH and the CSU, all of our PGY-1s were successful in completing the first stage of CBD known as Transition to Discipline (TTD).

In terms of infrastructure for CPD, Dr. Selmer recruited Dr. Crockford to chair the Competence Committee, consisting of Drs. Beck, Birkett, deGroot, Mohan, Ortega and Raiche. Members provided a review of each PGY-1s Workplace Based Assessments (WBAs) that lead to meeting the requirements of the two EPAs. The second "team" in CBD is the group of academic advisors who meet regularly with their designated resident to review progress in achieving EPAs as they move through

training. This is a vital and welcomed addition that supports the residents on a one-to-one basis. We welcome and thank the following eight staff who have taken on this role; Drs. Finkbeiner, Jalali, Mackie, McLane, Ratti, Scott, Tan and Weatherbee.

To address the lost time in the early stages of the pandemic, in preparing for the certifying STACERs, we are happy to report that Dr. Philp Stokes will join Dr. Ursula Hines in working with our PGY-4s starting in January. This ongoing support in honing the interview skills over the

last decade have been extremely invaluable and we truly appreciate all the work Dr. Hines and formerly Dr. Fawcett have devoted to this effort.

In order to provide residents with a broader understanding of cultural psychiatry and its implications on patient care, this fall, all PGY-2-5s have completed a half-day workshop created and hosted by Dr. Rachel Grimminck and PGY-4 Dr. Harry Zhou. This was an extensive undertaking and we want to thank them for all the behind the scenes work that these workshops entailed.

Nationally, CaRMS interviews will be held virtually March 8-28, 2021. In order to provide applicants with opportunities to interact and learn about our program, the residents created an excellent video highlighting the program: a link can be found on the department website. In addition, residents are hosting at least 4 different Zoom sessions for interested students across Canada to "meet" residents and ask questions. A very big thanks to Taka Hoy, Hilary Aadland and Jian Choo for the work in creating the video, as well as, organizing the town hall sessions.

Click the following link to watch this recruitment video our amazing residents did as a response to a virtual Carms process this year.

<https://cumming.ucalgary.ca/departments/psychiatry/education/post-graduate-residency-program>

As you can surmise, the residency program has not been slowed down by the pandemic. There were resident redeployments but all changes to affected residents did not hamper meeting core training requirements. A big thank you to all who had to pivot in order to make the changes work; resourcefulness is a valuable quality.

Highlights

In regard to outgoing and incoming residents in the recent academic year, all ten residents were successful at their 2020 certifying exams and eight have remained in Calgary to practice or for further subspecialty training. Of the incoming PGY-1s in July 2020, two residents came from Ontario medical schools and two from the U of A in addition to the four local successful applicants. The continuing strong external numbers (five of eight PGY-1s in July 2019 were also external applicants) reflects well on the program's standing across Canada, of which the support from the department's teaching faculty has had a definite influence. With the lack of external electives nationally during the pandemic, this may have an effect on the CaRMS match.

Challenges

The understatement of the year is that we continue to face significant amounts of flux and uncertainty in many levels of our system. Understandably it can be challenging to plan the ongoing unveiling of Competence by Design in concert with addressing a number of pressure points from a resource allocation perspective. Certainly, we are very grateful to our resilient and adaptive resident body and faculty as we look to continue to evolve our training program even amidst so much uncertainty and complexity. This includes some key faculty moving on from Alberta and our looking to support new faculty stepping into important educational roles.

Research and/or Education

Residents are expected to present a formal research project by the time they complete their training; this is a requirement of the Royal College Specialty Committee in Psychiatry. The program has worked with the research director to create comprehensive guidelines on achieving this requirement and have provided a handbook to all residents replete with expectations and timelines. Dr. Alex McGirr assumed the research director role in September 2019.

Awards, Grants Publications

In her PGY-1, Dr. Harleen Hehar received an Emerging Leaders in Health Promotion grant sponsored by the AMA and CMA for her proposal to train young adults as mental health ambassadors in the South Asian community.

We are also proud of Dr. Rachel Grimminck being awarded the 2020 Royal College Early Career Leadership in Medical Education in part for innovations in using simulations for residency training across all years of training.

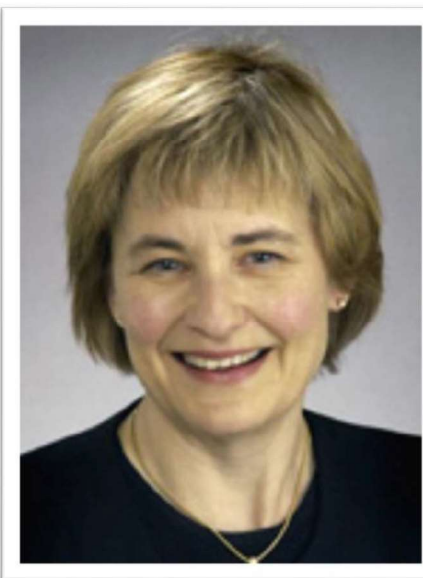


Future Plans

We tremendously value innovation in our program and we continue to explore ways to bolster the training experience. During 2020 our simulation program expanded further to include a number of important training scenarios including an indigenous mental health simulation. Similarly, a key area of curriculum focus is on cultural psychiatry and themes around systemic racism and implicit bias. These important areas will be ongoing points of emphasis in the upcoming academic year.

Fellowship Training

*Dr. Cindy Beck MD MASc MSc (Epidemiology) FRCPC
Fellowship Director*



Dr. Cindy Beck

Fellowships provide an opportunity for qualified physicians to further develop their clinical, teaching, and research skills in a specific area of psychiatry. We have a broad range of fellowship opportunities in the Department, with some examples being Addiction Psychiatry, Mood Disorders, and Psycho-oncology. Most recently, Dr. Aaron Mackie working with interdisciplinary colleagues to create an exciting new fellowship program in Neuropsychiatry. They have also submitted an application for accreditation in Behavioral Neurology and Neuropsychiatry to the United Council for Neurologic Subspecialties.

This year we are pleased to have two fellows who come to us with very strong backgrounds in their fields of interest. Dr. Anees Bahji has joined us for a fellowship in Addictions with Dr. David Crockford, after completing his psychiatry residency and graduate studies in Epidemiology at Queen's University. Dr. Kimberly

Williams is our inaugural fellow in the new Neuropsychiatry fellowship and is working with Dr. Mackie. She completed her psychiatry residency here in Calgary with a focus on neuropsychiatry and has a background and graduate training in global and public health. Earlier this year, Dr. Yvonne Donoso successfully completed a one-year fellowship in Mood Disorders with Drs. Glenda MacQueen and Valerie Taylor.

In addition to fellowships, the Department currently offers Royal College accredited subspecialty training in Child and Adolescent Psychiatry (up to 3 residents per year) and Geriatric Psychiatry (1 resident per year). Our Forensic Psychiatry subspecialty training is projected to be available in 2022.

Subspecialty Programs

Child and Adolescent Psychiatry Subspecialty

*Dr. Sterling Sparshu,
Program Director*



Dr. Sterling Sparshu

Overview of 2020

We were pleased to expand our program from two spots to three for the match in July and managed to fill them all. We welcomed Drs. Wauldron Afflick, Vincent Lee and Dean Mrozowich, while also promoting Drs. Andrew Dutcher and Ashley Pauls to PGY-6. Our previous PGY-6s, Drs. Krystyna Banas and Qasim Hirani have successfully graduated and have both begun work in the Calgary zone.

Highlights

We managed to celebrate our graduates despite the restrictions of the pandemic by using physical distancing, limited attendance, individually packaged food, masking and hand hygiene. Thank you to all those who helped make this unique challenge into such a great success!

Challenges

We have successfully deferred an internal review for the time being, but it remains to be clarified when our next one will take place. We continue to work on adapting the program to the new CanERA accreditation standards.

We are working on recruitment and training of our CBME team and preceptors in preparation for the CBD launch in 2021. This will present some unique challenges for us, given that the first year of training in CAP overlaps with the final year of general psychiatry, who is still using a conventional training model for their senior residents. We will need to coordinate meeting the existing requirements with

new Entrustable Professional Activities (EPAs) and Required Training Experiences (RTEs).

Research and/or Education

We would like to give a special thanks to our Psychotherapy Coordinator (Dr. Cherelyn Lakusta), Research Coordinator (Iliana Ortega) and Curriculum Coordinator (Dr. Chris Wilkes) for being so adaptive during COVID19 and ensuring our residents continue to get the education they need to advance in their training.

CAP-COPE has started to host a series of national Child and Adolescent Psychiatry talks aimed at ensuring consistent foundational knowledge across all programs. Our residents are encouraged to attend.

Awards, Grants Publications

Dr. Krystyna Banas. Clonidine as a treatment of behavioural disturbances in autism spectrum disorder: a systematic literature review. Published: In press for 2020 - Journal of the Canadian Academy of Child and Adolescent Psychiatry.

Dr. Ashley Pauls Dec 30-March 1 with Dr. Gina Dimitropolis. Psychological Characteristics of Adolescents with Typical Versus Atypical Anorexia Nervosa Submitting for publication to Eating Disorders Journal of Treatment and Prevention.

Future Plans

We have recently completed our interviews and again hope to fill all three training spots with excellent candidates soon. This will be our first cohort to begin their training in a CBME framework but we feel this is a positive move in medical education and look forward to embracing the change.

Continued on page 36

Geriatric Subspecialty

Dr. Darrin Leung, Program Director

Overview of 2020

2020 was the year we received Royal College accreditation for our subspecialty program. We have been able to begin accepting PGY4 and up residents for further training in geriatric psychiatry. We currently have funding for one position per year.



Dr. Darrin Leung

Highlights

In our first year of being an accredited program we have accepted Dr. Ehsan Dorri from the University of Alberta to begin his subspecialty training. We have matched Dr. Harry Zhou from the University of Calgary general psychiatry program to begin his training in July 2021.

Challenges

We continue to do our best to maintain the quality of training and teaching through the COVID 19 pandemic. Our outpatient rotations including nursing home consultations have been impacted but we will continue to adapt with virtual and telephone modalities.

Future Plans

We continue to encourage and build interest among the general psychiatry residents for a future career in geriatric psychiatry. We plan on building further capacity for our outpatient rotations in conjunction with the primary care networks. In the future we hope to also increase the number of training positions we can offer each year.

Forensic Subspecialty

Dr. David Tano, Program Director

Hello to all, 2020 has truly been the year of changes. Although there have been so many stresses with respect to the pandemic, I am happy and pleased to report that after years and years of hard work and persistence by Drs. Morrison and Waheed the Forensic Subspecialty Program for the University of Calgary has finally been approved by the Royal College of Physicians and Surgeons of Canada. I would truly like to think all their efforts as well as the efforts of the education committee and the support of the Department of Psychiatry and the Section Chief Dr. Hashman for making this all happened.

I would also like to thank Dr. Morrison for his dedication and persistence during this time. Where he was considered the Forensic Subspecialty Program Director and guided us along until our approval. Starting this year, I have the privilege of continuing his work in moving the Forensic Subspecialty Psychiatry Program forward into the future. We will be embarking on re-creating the curriculum to be compliant with the new Competency by Design medical education format as outlined by the Royal College. We have also had the privilege of now being part of the Forensic Subspecialty Royal College Committee and now are in communications with other Forensic Subspecialty Programs across the country.

Continued on page 36



Dr. David Tano

Department of Psychiatry Research

Dr. Scott B. Patten, Research Director

Overview of 2020

The 2020 search confirms that the Department of Psychiatry's research productivity continues to increase. Since 2014, each consecutive year has been the most productive year in the history of the Department. The current search suggests a continuation of this trend. Cumulative citations depict a growing impact of the Department's research output in the scientific literature, and the international nature of this contribution. Graphical displays of the data may be found in the "highlights" section, below.

Methods Note

The goal of this report is to provide metrics for the Department of Psychiatry's overall academic productivity. The report is based on publication and citation data available in public indices. The data contained in the report are based on a set of search criteria that, for reasons of consistency, have been repeatedly employed in previous annual reports. The search was implemented in the Web of Science, a Clarivate Analytics platform. This covers a Web of Science Core Collection, but also Biosis Previews, Korean Journal Database, Medline, the Russian Science Citation Index and the ScIELO Citation Index.

There were two components to the search. The first identified papers with "psychiatry" under "Research Area" or "Topic" if the word "Calgary" appeared in the title or address fields. 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).

Psychiatry publications from the University of Calgary



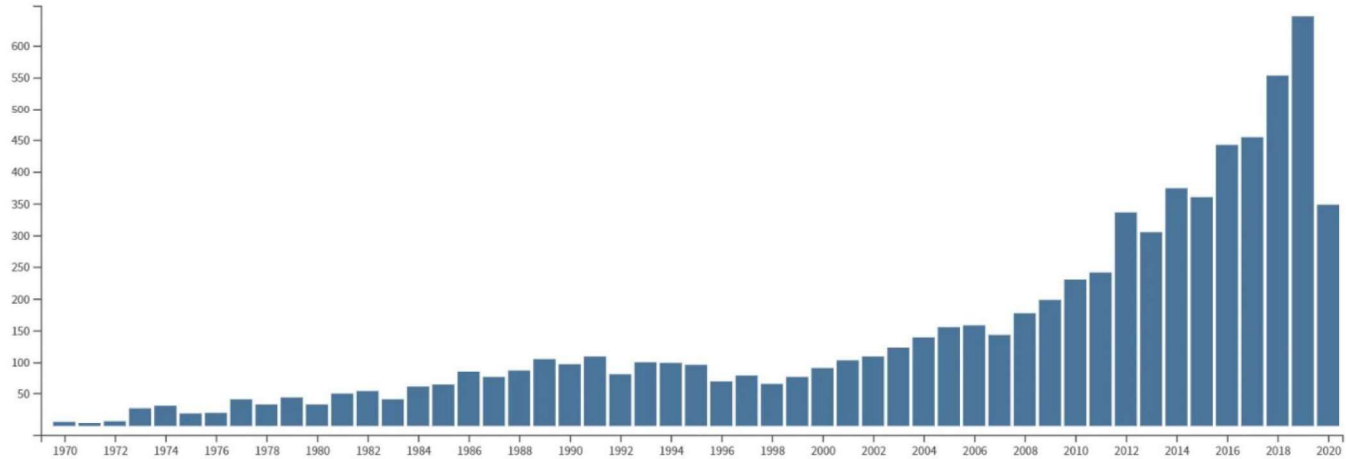
Dr. Scott B. Patten

A second search was carried out in order to track the emergence of the Mathison Centre for Mental Health Research & Education as a major national and international research centre. This search included papers with "Mathis*" and "Calgary" in their address field. Many papers fell into both categories and the presentation of metrics from the searches were not combined to avoid double counting. The search as performed on September 17, 2020. While the graphics presented below depict 2020 publications to this date, it should be noted that the final number for 2020 will not be available until 2021 – these 2020 publications essentially represent productivity in the first half of 2020. This limitation of the metrics has been applied to each annual report in recent years, and so does not interfere with the ability to identify trends.

Highlights

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

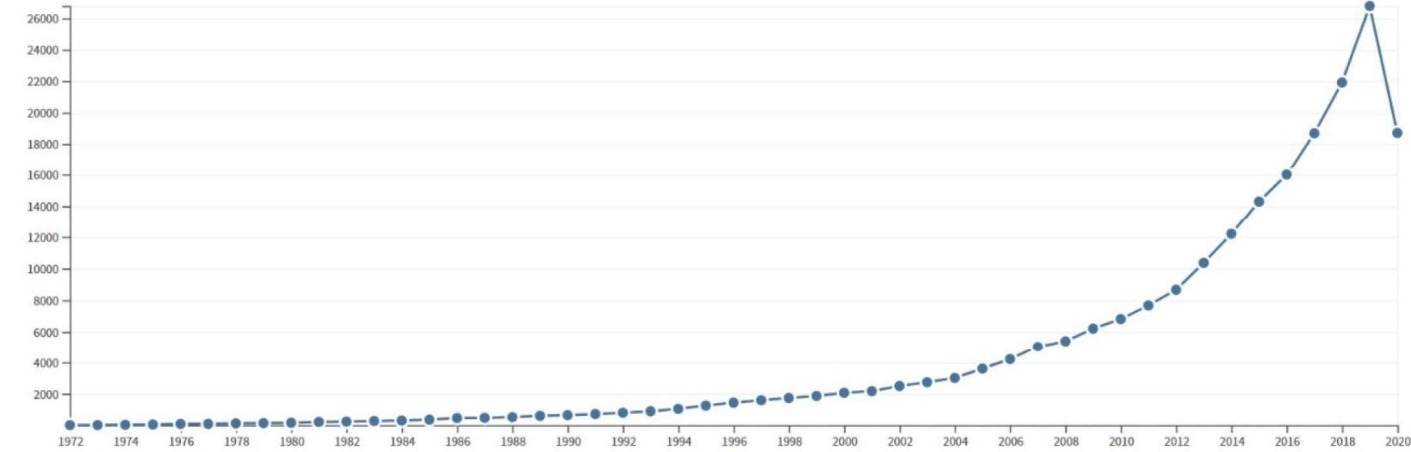
Total Publications
7,419 [Analyze](#)



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.

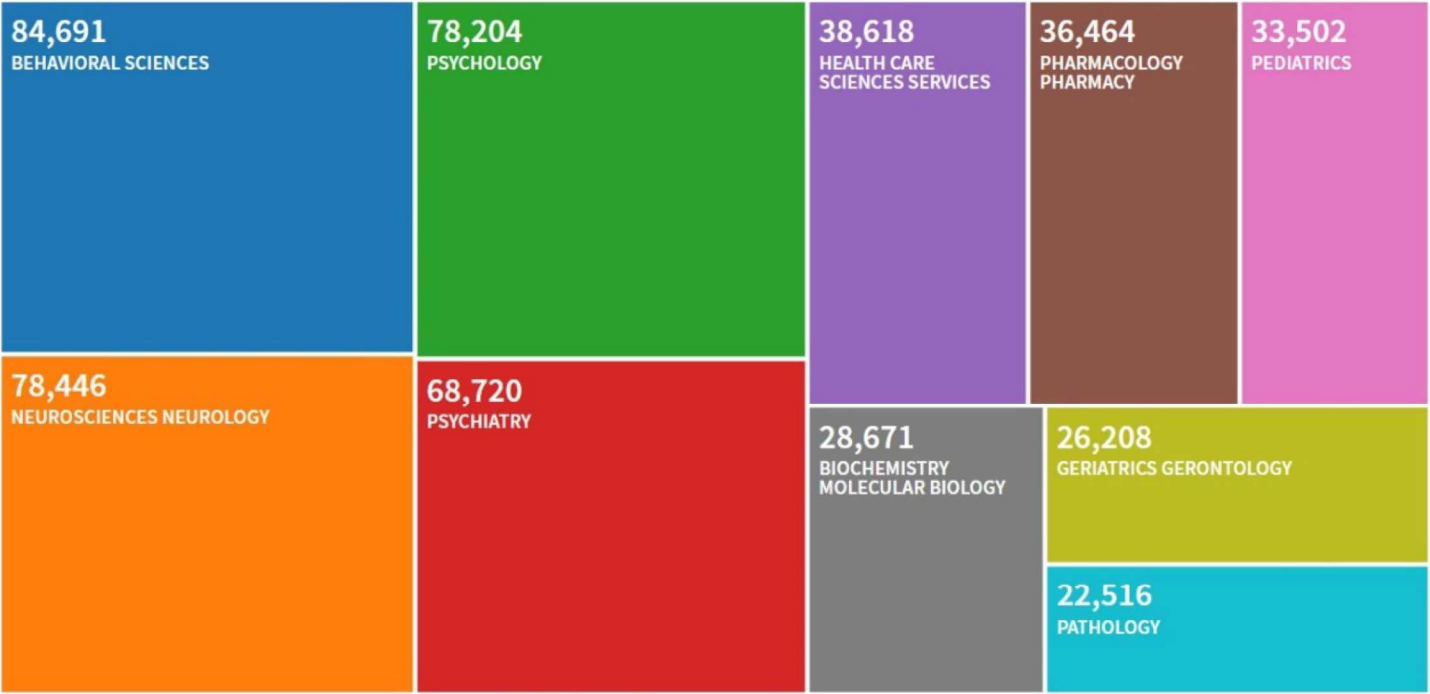
Citations to psychiatry publications from the University of Calgary

Sum of Times Cited per Year

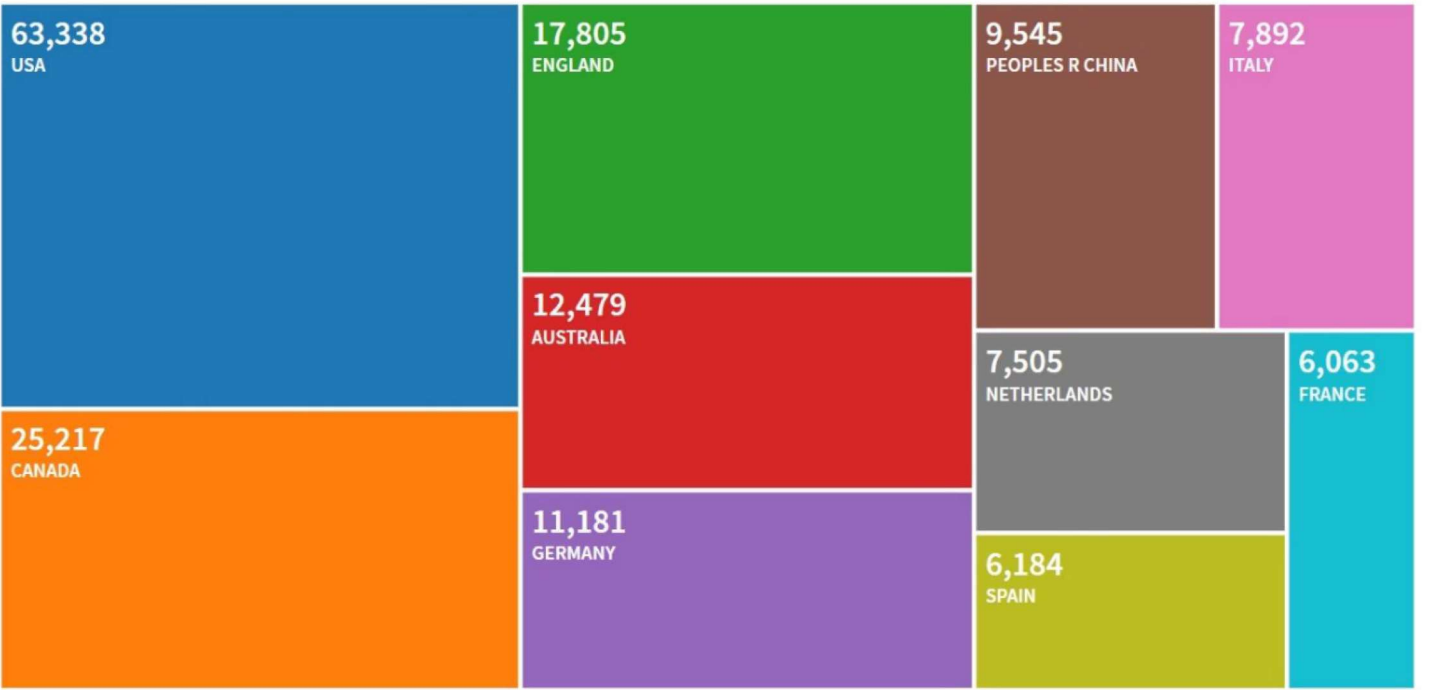


The topics covered by these contributions, and the locations of the citing articles, point to a broad range of contributions and to their international scope, please see the treemaps.

Treemap 1: Top 10 topics covered by citing articles

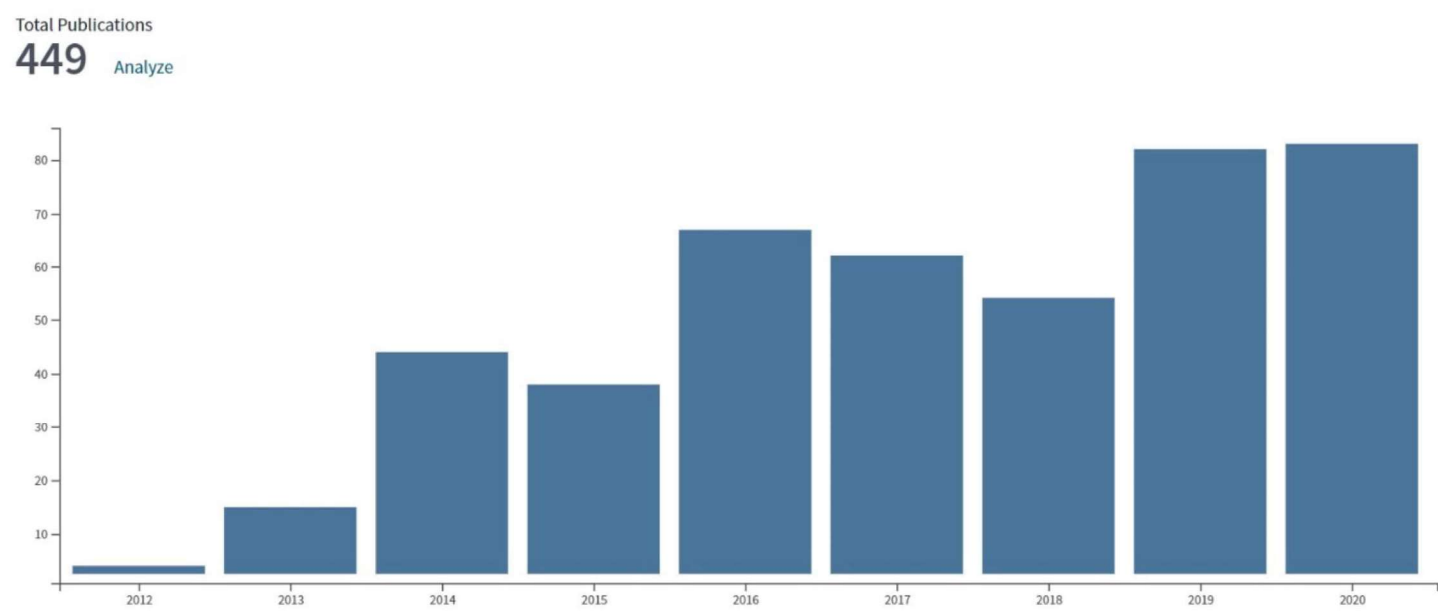


Treemap 2: Top 10 countries of citing publications.

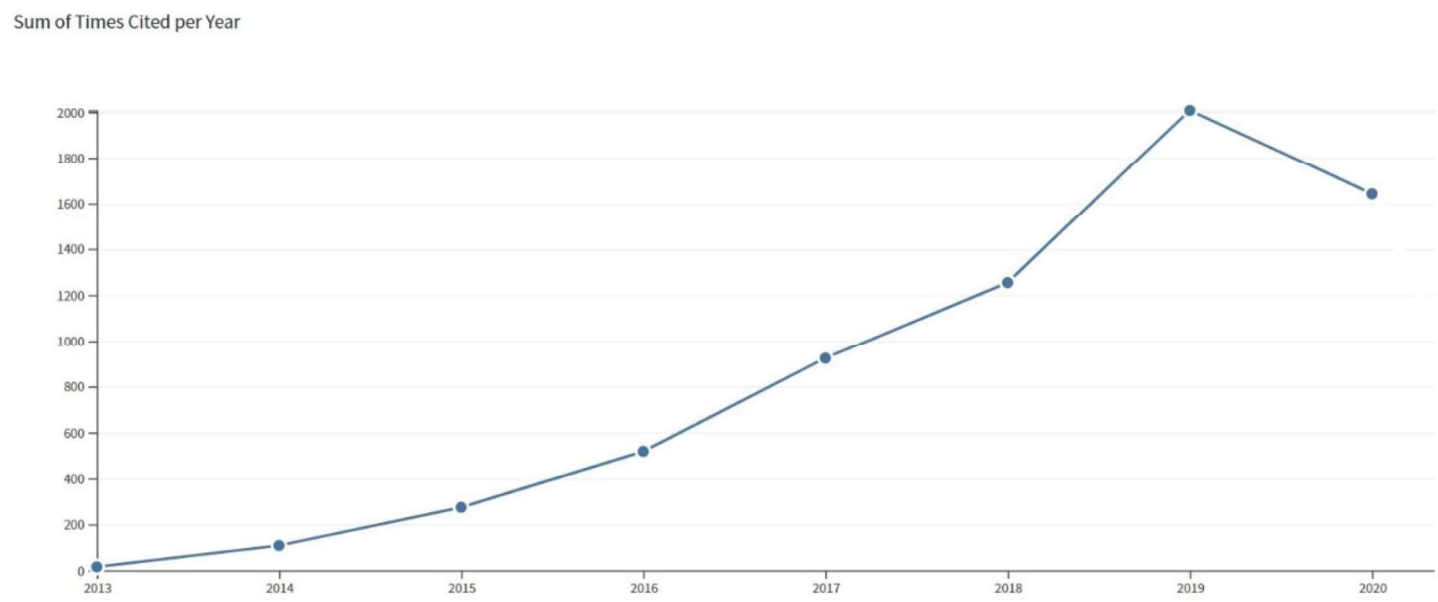


The second category of the search (ad=mathis* and ci=calgary) is of inherent value since it shows the number of papers attributed to the Mathison Centre for Mental Health Research & Education. There have now been 346 papers which specify an affiliation with the Centre. Publications and citation counts attributed to the Centre are depicted in the following two Figures.

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



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

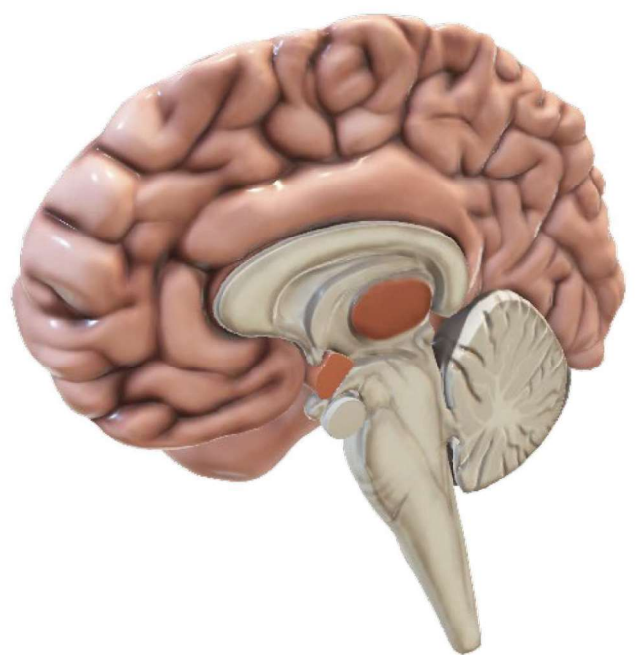


Challenges

COVID-19 was the major challenge of 2020. The pandemic resulted in the closing down of research laboratories and other University facilities. Upstream funding mechanisms have also been affected. This will cause a slow-down in productivity that may persist for several years.

Future Plans

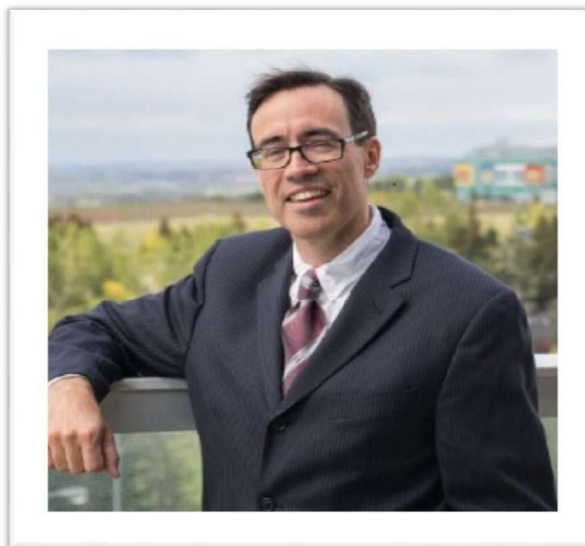
The process of clinical-research integration continues to advance with the development and growth of clinical registries. Methods of electronic data entry are being developed, which will facilitate the growth of these registries. Also, the process of clinical-research integration has been advanced by placement of a research coordinator within Access Mental Health. This will allow the earlier identification and consent-for-contact of patients eligible for participation in research.



The Mathison Centre for Mental Health Research & Education

*Dr. Paul Arnold, Director of Mathison Centre for Mental Health
Research & Education*

The Mathison Centre is the leading centre for mental health research at the University of Calgary. With membership growth to 85 (up from 71 in Fall 2019), the Centre's researchers remain at the forefront of impactful research with opportunities for direct knowledge translation and clinical application.



Dr. Paul Arnold

- The Mathison Centre together with the Owerko Centre received funding of over \$5m from the Alberta Children's Hospital Foundation to further a comprehensive program of research in the new Calgary Centre for Child and Adolescent Mental Health.
- Since fall 2019, individual researchers have garnered over \$5.7 million in research funding to advance various aspects of mental health research.

Highlights

Deep Brain Stimulation (DBS) experts psychiatrist Dr. Raj Ramasubbu and neurosurgeon Dr. Zelma Kiss have reported compelling results of a randomized, double-blinded crossover trial in which they demonstrated the safety, efficacy and ideal stimulation parameters in a group of patients as young as 20 years-old who suffer from severe depression who had not responded to other treatments (Ramasubbu et al., 2020). The team found significantly improved depression symptoms, with some patients with severe patients having substantial

recoveries and dramatic improvements in day-to-day life.

A study by Mathison Centre members Drs. Jean Addington, Signe Bray, Catherine Lebel and Glenda MacQueen has delineated personality factors that may indicate vulnerability to the development of serious mental illness in youth. Findings will be useful in identifying early personality factors that may predict a particular vulnerability to develop mental illness.

A research hub co-led by Drs. Zelma Kiss and Bev Adams, is one of only two centres in Canada testing a ground-breaking intervention, MRI-guided Focused Ultrasound (mrFUS). This intervention uses ultrasound to target a specific focal region of the brain known to be involved in the genesis of OCD symptoms, and magnetic resonance imaging to precisely guide treatment.

In response to the COVID-19 pandemic, our researchers have embarked on a wide range of projects to advance insights on relevant mental health impacts. Members have secured funding to advance a number of these projects, including investigations of the impact of the pandemic during pregnancy, virtual care solutions for youth and families, and a knowledge synthesis of assessment of school-based suicide risk using eHealth tools.

A recent search of publications attributable to Mathison Centre researchers indicated an increase to 449 publications over one year, up from 346 publications in 2019.

Challenges

Graduate Scholarships

Due to funding limitations, the Centre was not able to offer funding for graduate trainee scholarship for the 2020/2021 academic year. Typically, the Centre offers \$90K in graduate trainee funding yearly. Through a competitive process managed by the HBI, trainee funding goes to support post-doctoral fellowships and graduate scholarships.

Research and/or Education

- A team of Mathison Centre researchers led by Dr. Kelly Schwartz have launched a year-long study to understand how school-aged children are dealing with the COVID-19 pandemic. A survey has been launched to ask 3,000 students ages 12 to 18 in Calgary and Edmonton how they're coping with the ongoing crisis, investigating everything from their resiliency to their mental health.
- Our researchers are testing novel interventions for Emerging Adults (age 16-24). Interventions being tested are 1) Transdiagnostic Cognitive Behavioural Therapy (CBT), which will equip front-line practitioners with the skills to treat anxiety and depression; 2) intervention for emerging adults at Clinical High Risk for psychosis, which will prevent later developments needing treatment, and; 3) Neurostimulation (including both repetitive transcranial magnetic stimulation and transcranial direct current stimulation).
- An on-going scoping review by Mathison Centre researchers Deinera Exner (PI), Drs. Paul Arnold and Kelly Schwartz are seeking to understand the use of eHealth tools in assessing suicide risk in school environments.
- In a partnership with Hull Service, Mathison Centre researchers are testing a novel form of cognitive-behavioural therapy in children and adolescents who have a history of trauma in a school setting. The children from this study will also be included our existing Alberta Longitudinal Study of Child Abuse and Resilience (ALLCARE) in which we are examining the influence of genetic and neuroimaging markers on mental health outcomes.

- A research team led by Dr. Catherine Lebel is conducting a Canada-wide study to assess stress, social isolation and mental health in pregnant women during the COVID-19 pandemic. Their short-term goals are to assess the birth outcomes for women with greater COVID-19-related stress, anxiety and social isolation. The team's longer-term goals are to assess the effects of stress on child development, including behaviour and brain. More information about the study can be found at www.pregnancyduringthepandemic.com
- A team led by Dr. Tamara Pringsheim, Deputy Director, Clinical Research at the Mathison Centre, has pioneered a provincial network to support research and treatment for Tourette Syndrome (TS) and Obsessive-Compulsive Disorder (OCD) in Alberta. The network is funded by Alberta Health and made up of health-care professionals, researchers, educators and people with lived experience with TS and OCD.
- Virtual care solutions particularly for youth and their families have become pertinent in the light of limitations posed by the COVID-19 pandemic. Dr. Kathryn Birnie (PI) and team Drs. Paul Arnold and Melanie Noel are developing a gap map of virtual care solutions for youth and families to mitigate the impact of the COVID-19 pandemic on pain, mental health and substance use.
- Dr. Gina Dimitropoulos and team are investigating the spike in emotional distress among university students during the COVID-19 pandemic. The team is assessing the feasibility, acceptability and tolerability of the UP intervention delivered through telehealth by the mental health team of the Student Wellness Services at the University of Calgary.
- Mathison Centre researchers have taken on important roles in a number of national research projects as partners, leads and provincial leads. Among these, a group of our researchers are key members of a Canadian Consortium study on child trauma and trauma-informed care; Dr. Catherine Lebel is leading a national study on the impact of COVID-19 in pregnancy and Dr. Gina Dimitropoulos is provincial lead on a pan-Canadian initiative to build the capacity of frontline workers to support victims of family violence, as well as a national project to design and implement a common evaluation framework for the mental health of youth in Canada.

Grants and Major Awards to Members & Trainees

Members of the Mathison Centre obtained over \$5.7m in research grants as principal investigators (\$5,742,459).

Grants – as Principal Investigator or Co-Principal Investigator only (\$5,742,459)

- Dr. Matthew Hill (PI), Canadian Institutes of Health Research, Project Grant, Fall 2019, \$875,925. Endocannabinoid Regulation of Stress Responsive Neural Circuits.
- Dr. Noel, M (PI), Canadian Institutes of Health Research, Project Grant, Fall 2019, \$661,725. Elucidating the Role of Memory in the Transition from Acute to Chronic Pediatric Pain.
- Dr. Quan Long, Canadian Pain Society/Pfizer Canada Early Career Investigator Pain Research Grant \$150,000, Computational tools for viral pathogenesis and epidemiology using third-generation sequencing
- Dr. Jillian Miller, Canadian Pain Society/Pfizer Canada Early Career Investigator Pain Research Grant \$50,000, Evaluation of pain in youth exposed to traumatic experiences
- Dr. Kelly Schwartz (PI), CIHR Team Grant – Mental Wellness in Public Safety \$974,897. Before Operational Stress: Evaluating Novel Psychosocial Interventions for Public Safety Personnel (PSP) and their Families
- Dr. Kirsten Fiest (PI), CIHR Catalyst Grant – Patient Oriented Research \$99,889. Moving Engagement Beyond the Bedside: Family-Partnered Delirium Prevention, Detection and Management in the Critically Ill
- Dr. Matthew Hill (PI), CIHR Team Grant competition on Cannabis, \$631,667. Adolescent Cannabis Exposure, Brain Development and Cognitive Emotional Outcomes
- Dr. Alexander McGirr (PI), NSERC - 2020 Discovery Grants Competition, \$150,000. Modules of spontaneous cortical activity in mouse cortex during quiet wakefulness: key nodes and shaping by neuromodulators
- Dr. Quan Long, Operating Grant: COVID-19 Rapid Research Funding Opportunity - Clinical Management and Health System Interventions

- \$99,000, Inferring undiagnosed sources of COVID-19 infections using viral genomes
- Dr. Andrea Protzner (PI), NSERC - 2020 Discovery Grants Competition, \$200,000. How does brain signal variability relate to plasticity during perceptual learning for younger, middle-aged, and older adults?
- Dr. Derya Sargin (PI), NSERC - 2020 Discovery Grants Competition, \$165,000. Neurobiology of Social Behaviour
- Dr. Daniel Kopala-Sibley (PI), NSERC - 2020 Discovery Grants Competition, \$140,000. The development of neural emotion and reward processing circuitry over adolescence and its relations to parenting
- Dr. Daniel Kopala-Sibley (PI), CIHR Early Career Investigators (ECIs) in Maternal, Reproductive, Child and Youth Health 2019, 103,794, Identifying premorbid environmental and neural markers of risk for first lifetime onsets of depressive and anxiety disorders in high-risk youth
- Dr. Kirsten Fiest (PI), CIHR & Alberta Innovates, COVID-19 Rapid Research Funding Opportunity \$298,769.
- Dr. Signe Bray (PI), SSHRC – Insight Development Grants, \$75,000
- Dr. Melanie Noel (PI), CIHR - Operating Grant: Knowledge Synthesis: COVID-19 in Mental Health & Substance Use Service Needs & Delivery, \$200,000
- Dr. Deineria Exner-Cortens (PI), CIHR - Operating Grant: Knowledge Synthesis: COVID-19 in Mental Health & Substance Use, \$43,774
- Dr. Zahra Goodarzi (PI), CIHR - Operating Grant: Knowledge Synthesis: COVID-19 in Mental Health & Substance Use, \$50,000
- Nicole Letourneau (PI), CIHR, Operating Grant: SPOR Innovative Clinical Trial Multi-Year Grant \$523,992.
- Dr. Kathryn Birnie (PI), CIHR - Operating Grant: Knowledge Synthesis: COVID-19 in Mental Health & Substance Use, \$49,940
- Dr. Kelly Schwartz (PI), CIHR - Operating Grant: COVID-19 MS & Substance Use - Matching Access to Service with Needs, \$199,087

Awards & Recognitions – Faculty (selected)

- Jean Addington, elected as one of the Royal Society of Canada's new Fellows for 2020
- Catherine Lebel, named to the College of New Scholars, Artists and Scientist
- Scott Patten, inducted into the Canadian Academy of Health Sciences
- David Hodgins, inducted into the Canadian Academy of Health Sciences
- Melanie Noel, Killam Emerging Research Leader Award

Awards – Trainees (\$375,000)

- Brooke Allemang (PhD): Supervisor: Gina Dimitropoulos - \$165,000. CIHR Patient Oriented Research Fellowships, Transition to Leadership Stream
- Brooke Allemang (PhD): Supervisor: Gina Dimitropoulos - \$105,000. Banting & Best Doctoral Scholarship
- Maria Pavlola (PhD): Supervisor: Melanie Noel - \$105,000. Banting & Best Doctoral Scholarship

Future Plans

The Mathison Centre will continue to seek new funding, leverage existing opportunities, and build local, national and international partnerships to advance mental health research at the University of Calgary.

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

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

The Centre will advance these themes in seeking international reputé as a leader in Mental Health research.

Continued from page 28

Child and Adolescent Psychiatry Subspecialty

Dr. Sterling Sparshu, Program Director

I am grateful for Kary Zamiski's ongoing support for the program, especially as she works to balance additional responsibilities with the geriatric and forensic subspecialties.

Although 2020 has brought its fair share of challenges to us all, I am thankful to be a part of this fabulous department and for all of my colleagues who continue to strive to provide top quality educational experiences and patient care.

Continued from page 29

Forensic Subspecialty

Dr. David Tano, Program Director

The year of 2021 will likely be a year of development and exploration. Our hopes are that we will have our first resident starting in 2022 and are excited to embark on this new journey.

Once again, I thank you all for your support and dedication throughout the years to make this program an official accredited Royal College subspecialty and will do my best to move this forward into the future

Reflecting on Quality within a Pandemic

Dr. Lisa Gagnon, Quality Assurance

Overview of 2020

It has been a challenging, interesting and unique year, due to COVID-19, changes to the Alberta Mental Health Act and ongoing quality work. We have done great things within our teams in a very short time frame.

Highlights

- 3 new physicians were hired into the Psychiatry Primary Care at the South Health Campus, which supports medical co-management of admitted patients.
- With the support of our leaders at the FMC site, a pilot “trauma stabilization group” for adult inpatients will launch within a month.
- A mental health “pandemic” is expected related to COVID-19, economic downturn and isolation. AMH Post Pandemic Committee has been created to address that.



Dr. Lisa Gagnon

- Adult inpatient capacity and flow is central to many initiatives within the Quality Assurance role.

Challenges

COVID-19 forced a closure on non-urgent services almost overnight. We went into disaster planning mode, parking many initiatives for months. We have had limited funds and many priorities.

Future Plans

- We plan to evaluate the trauma stabilization group pilot for research and quality improvement purposes. If it is a success, we will explore spreading it to other sites.
- The Psychiatry Primary Care will be evaluated and updated, as needed.
 - Further treatment interventions for patients with trauma at the core of their symptomatology, especially on inpatients, will be explored and delivered.
- A&MH and its community partners will have a strategy and will implement that to manage the mental health “pandemic.”

Continuing Professional Development (CPD)

Dr. Thomas J Raedler, MD, Director

Like most other programs, our CPD-activities in 2020 were significantly disrupted by COVID-19. Our regular activities came to a grinding halt in March 2020 after the pandemic was declared. All of a sudden, our previous model of offering face-to-face and large-group CPD-activities was no longer feasible.

We were able to take advantage of modern technology and resumed our activities through Zoom in April 2020. Thanks to the ongoing help and administrative support from Anne Enders, the transition to the virtual CPD-activities has been seamless. We are currently planning to offer all our CPD-activities entirely through Zoom until at least the end of June 2021.

Continuing Professional Development Committee (CPD-Committee)

The CPD-Committee implements a series of regularly scheduled educational activities and events that fulfil the requirements of the Royal College of Physicians and Surgeons of Canada. These educational events are based on the identified needs of the Department of Psychiatry. Committee membership is multi-disciplinary and includes the director of Continuing Professional Development as chair, representatives from Alberta Children’s Hospital, Foothills Medical Centre, Peter Lougheed Centre, Rockyview General Hospital and South Health Campus, the four academic divisions and the Mathison Centre. In addition, psychiatrists with an interest in CPD, non-psychiatrist educational coordinators as well as representatives from psychology and nursing are part of the multi-disciplinary CPD-Committee and help coordinate event schedules and develop needs assessments.

Activities and Events

The CPD-Committee supports a range of activities:

Grand Rounds

Our region-wide departmental Grand Rounds are being held on Tuesdays from 12 noon until 1 pm. Grand Rounds were initially available by teleconference to 17 sites across Calgary and southern Alberta as well as via Adobe Connect. Our last ‘regular Grand Rounds’ occurred on March 17, 2020. We resumed Grand Rounds via Zoom on April 14, 2020 with a focus on presentations related to COVID-19.

On September 8, 2020, we resumed the Fall 2020 Grand Rounds semester via Zoom with a Grand Rounds presentation dedicated to the memory of Dr. Glenda MacQueen. Our last Grand Rounds presentation for 2020 will occur on December 15, 2020.

Despite all disruptions, we had over 80 psychiatrists and residents participate in our Spring 2020 Grand Rounds semester. From January 2020 until June 2020 we hosted 20 Grand Rounds sessions. Based on an online evaluation of Grand Rounds we awarded 452 CME-credits for this period. The Fall 2020 Grand Rounds semester includes 15 Grand Rounds sessions. Our most successful Grand Rounds presentation on recent changes to the Mental Health Act drew almost 300 participants from all across Alberta.

Grand Rounds are multi-disciplinary and cover a wide range of topics in psychiatry. The schedule is determined by the CPD-committee and is based on suggestions and requests from attendees. Speakers include local, national and international speakers.

Psychiatry Online Literature Review Course - POLRC

This online education program is aimed at urban and rural psychiatrists from across western Canada. In 2020, we reviewed 12 top publications from 2019 from the areas of General Psychiatry, Child & Adolescent Psychiatry, Geriatric Psychiatry and Psychotherapy. In 2020, 44 psychiatrists participated in this program.

Psychiatry Quarterly Updates (PQU)

We started this new format of educational activities in 2019. PQU are three-hour sessions that are held on Friday afternoons and that focus on a single topic. In 2019, we held PQUs on Alcohol Use Disorder, Psychosis, Trauma and Women's Mental Health.

In 2020, we held PQUs on Anxiety Disorders (March 2020) and OCD (September 2020). We have one more session scheduled for December 4, 2020 on Neuropsychiatry. Our PQU sessions were attended by 100 – 150 participants. We are able to offer Section 3 CME-credits for these events.

Continuing medical education in other departments and groups, supported by individual psychiatrists and psychologists:

- Community Mental Health Rounds that are held four times per year
- Site-based and division-based education programs, including journal clubs and lunch-and-learn rounds

We continue to work with the CME/PD-office of the Cumming School of Medicine and also participate in special events through the Department of Psychiatry, including Sebastian K. Littmann Research Day, Susan Carpenter Day and Psychotherapy -Day.

Looking ahead

Due to COVID-related changes in the Office of Continuing Medical Education & Professional Development of the Cumming School of Medicine, we have had to put several of our activities, including PQU and POLRC on hold for 2021.

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

The Mental Health Clinical Trials Unit (MHCTU)

Dr. Thomas J Raedler, Medical Director

We are in the midst of a pandemic. We are all hoping that Health Canada will soon approve a safe and effective vaccine to bring this devastating viral infection under control. Around the world, numerous pharmaceutical companies are conducting clinical trials to find a cure for the pandemic. All compounds have to go through a rigorous process, called clinical trials. All new compounds have to undergo Phase 1, Phase 2 and Phase 3 clinical trials.

Phase 1, a compound is used for the first time in humans (usually healthy volunteers).

Phase 2, a compound is used for the first time in a specific disease.

Phase 3 studies are large clinical trials (usually several thousand participants) which may lead to approval of this compound by the regulatory authorities.

Phase 4 studies are conducted after a compound has been approved by the regulatory authorities.

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 2, phase 3 and phase 4 studies. Our current clinical trials cover the areas of schizophrenia, attenuated psychosis syndrome (prodromal psychosis) and ADHD. Participating in clinical trials offers the opportunity of receiving treatment with novel pharmaceutical compounds that are not yet commercially available as well as frequent assessments and oversight of care. Please be aware that many participants experience an improvement in their symptoms while participating in a clinical trial.

Like many other programs, our activities were significantly impacted by COVID-19. All clinical

trials were closed for further recruitment. We were able to use online assessments for subjects who were already enrolled in our clinical trials. We recently received permission to re-open our clinical trials to recruitment and screening and resume activities in keeping with the COVID-19 safety parameters.

During the pandemic we were informed that the **BI relapse prevention in schizophrenia study (NCT03351244)** was terminated prematurely by the sponsor. Earlier this year, we were also informed by the sponsor that our site was not activated for the **TEVA TV46000 Clinical Trial (NCT03893825)**.

The MHCTU is currently participating in the following clinical trials:

BI 1346-0038 (NCT03859973):

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.

BI Attenuated Psychosis Syndrome study (NCT03230097):

BI 403906 is a Phosphodiesterase-9 Inhibitor. This phase II clinical trial assesses if BI 409306 can prevent subjects, who are at high risk of developing psychosis, from becoming worse.

NaBen Studies:

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.

NaBen Adolescent Schizophrenia Study (NCT01908192):

This phase 2/phase 3 clinical trial assesses the effects of add-on treatment with sodium benzoate to ongoing antipsychotic treatment in adolescents with schizophrenia between the ages of 12 and 17.

NaBen Adult Schizophrenia study (NCT02261519):

This phase 2/phase 3 clinical trial assesses the effects of add-on treatment with sodium benzoate in adults with schizophrenia, who continue to struggle with psychotic symptoms despite ongoing antipsychotic treatment.

NaBen Clozapine study (NCT03094429):

This phase 2/phase 3 clinical trial assesses the effects of add-on treatment with sodium benzoate in subjects who failed to experience sufficient benefits from treatment with clozapine.

Real World Evidence of the Efficacy and Safety of FOQUEST (reFOQus) (NCT04152629):

This Phase IV open-label clinical trial compares the efficacy and safety of methylphenidate (Foquest®)

and lisdexamfetamine (Vyvanse®). Dr. Ortega serves as Principal Investigator for this clinical trial.

I am very grateful for the ongoing support from Geri Anderson, RPN, Mental Health Clinical Trials Unit Coordinator, and Jeff Cheng, RN, Clinical Research Nurse/Study Coordinator. Without their help, our clinical trials unit would not be able to function. I would also like to thank Dr. Bev Adams, Dr. Sara Binder, Dr. Sam Chang, Dr. David Crockford, Dr. Iliana Ortega and Dr. Rory Sellmer, who serve as co-investigators in our clinical trials.

We continue to rely on your support for our clinical trials program. You can obtain additional information on our current studies by accessing our web-site. Please feel free to contact myself (Thomas.raedler@ahs.ca), Geri Anderson (phone 403 210-6903 or email Geri.Anderson@ahs.ca) or Jeff Cheng (phone 403 210-8679 or email cfj.cheng@ucalgary.ca) if you wish to have more information about one of these clinical trials, or if you wish to refer a patient for possible participation.



Addiction & Mental Health Strategic Clinical Network

Frank P. MacMaster, PhD

Katherine Rittenbach, PhD, Scientific Director

Overview of 2020

Our mandate is to bring evidence to practice improving the lives of Albertans suffering from mental illnesses and/or addictions. We have done this by increasing research capacity, leading key projects, and collaborating with investigators. Details are below.



Dr. Frank MacMaster

Highlights

- The Repetitive Transcranial Magnetic Stimulation (rTMS) program has continued. Data from the first 133 completers has shown significant reductions in depression severity and increases in quality of life.
- The Virtual Overdose Response (VOR) study (~\$1M) supported by the previous round of Partnership for Research and Innovation in the Health System (PRIHS) grants has begun.
- The Canadian Research and Education for the Advancement of Child Health (CanREACH) program (~\$2M) is an innovative solution to build the needed intellectual and educational capacity in primary care providers through the delivery of an evidence-based 6-month mini-fellowship training program in pediatric mental health. To date, 5 cohorts have taken place (N = 158 participants), over 30% from rural zones. 6 virtual cohorts planned for 2021. Primary care networks are also funding some cohorts now.
- We have two projects advancing to stage 2 under the current Partnership for Research and Innovation in the Health System (PRIHS) initiative. Only 10 total projects have advanced to this stage.

- The eMental Health project (~\$4M) has started with 10 communities involved. The use of eMental Health services to youth and young adults with mental health and addiction issues will be implemented and evaluated.

Challenges

We are merging with the provincial addictions and mental health team. Our goal is to create even more opportunities to bring evidence to practice to improve the lives of Albertans.

Grants Related to The AMH SCN (2020)

- Grant Title: Evaluating the impact of recreational cannabis legalization on acute care outcomes, Funder: CIHR, Amount: \$225,675 (NPA: Antony Chum, my role is Co-Principal Investigator)
- Grant Title: Traumatic stress and Mental Health Impacts of the COVID-19 Pandemic on Front-Line Workers in Homeless Services, Funder: CIHR, Amount: \$187,556 (NPA: Jeannette Waegemakers Schiff, my role is Co-Investigator)
- Grant Title: Bridging the gap: Veterans and recreational cannabis use, Funder: Canadian Centre on Substance Use and Addiction, Amount: \$100,000 (NPA: Suzette Brémault-Phillips, my role is collaborator)

Papers Related to The AMH SCN (2020)

MacMaster FP, Mitchell N, Bichel A, Bercov M, Suen VYM, Strilchuk A, Rittenbach K. Crossing Death Valley: Bringing neurotechnology to psychiatric clinics in Alberta, Canada. *Frontiers in Psychiatry* (2020) 11: 135.

Future Plans

Supporting the two PRIHS projects through stage 2. Continue with the integration with the provincial team.

Connect Care Update

Dr. David Tano, Area Trainer and MIL (Medical Informatics Lead) for Addictions and Mental Health

Hello to you all, 2020 has truly been an epic year for change. There has been many ups and downs and as you are well aware, when we started off this year we were embarking on a process of having the entire province on one electronic medical record system known as connect care. I'm sure you have been receiving many emails about same from the Alberta Health Services and our department. At the beginning of this year we were starting to ramp up various training and engagement meetings in preparation for launch. Though some of the Edmonton Zone specifically, the University of Alberta Hospital, and several other outpatient clinics have now gone live with Connect Care, with the shutting down of the province in the March 13, 2020 secondary to COVID, many of the further implementations were delayed.

Although, I recognize that the pandemic surges on, the Connect Care project is also moving forward. It is going to be both an exciting time as well as a stressful time as we here in Calgary Zone are well aware as we have undergone similar types of transitions when we went from paper charts to Sunrise. This time, all of our clinics including ambulatory clinics, laboratory, radiology, etc. will all be going onto one system with the hopes of in the future that this will improve patient care, communication, and continuity. I would like to emphasize that over the next year or two I recognize that there will be great stressors with respect to moving to these new systems and we, as a department, will try to provide as much support as we can during these transitions. I have had the opportunity to train on the system, and though there are certain processes that continue to require ongoing follow-up, overall there are also very exciting features of this program which will open up doors in communication and care. As an example, there are apps that can be utilized through iPhones and iPads allowing for access to charts, as well as

the ability to document directly into your phone. Alberta Health Services has negotiated and obtained licenses for Dragon Speak which is also embedded within the program itself to allow for dictation to occur directly into the connect care program.

Though timelines are continually changing due to the pandemic, at this time the following is the planned schedule for the next three waves of implementation.

Wave 3 will launch on **February 27, 2021**, at 5 a.m. Teams are heavily involved in training and preparation for that launch, which will take place at 38 locations, including acute and combined acute/long-term care sites across the Calgary and North Zones, and urgent care sites in Calgary Zone. This wave also includes related pharmacy and diagnostic imaging services, and Alberta Precision Labs (North Zone sites only) associated with these programs and services. The details of which sites are launching in Wave 3 can be found [here](#).

Recently, the Connect Care Executive Committee approved the launch timing for Waves 4 and 5, as follows:

Wave 4 will launch **Saturday, June 5, 2021**, at 5 a.m. in Calgary and Edmonton Zones, including:

- the Alberta Children's Hospital, Peter Lougheed Hospital, Glenrose Rehabilitation Hospital, Lois Hole Hospital for Women, Royal Alexandra Hospital and many Addiction and Mental Health programs and services in the Edmonton Zone.
- It incorporates related clinical support programs, including pharmacy, diagnostic imaging services, Alberta Precision Labs associated with these programs and services (Edmonton Zone sites only, plus genetics labs at Alberta Children's Hospital), Health Information

Management, Nutrition and Food Services, and other support areas.

Wave 5 will launch **Sunday, November 7, 2021**, at 4 a.m. in various locations in all five zones. Major sites include:

- Foothills Medical Centre, Richmond Road Diagnostic and Treatment Centre, acute and combined acute/long-term care sites in Central Zone, the Centennial Centre for Mental Health and Brain Injury in Ponoka, Sylvan Lake Advanced Ambulatory Care Centre, Cancer Care, Screen Test and Alberta Kidney Care (Central, Calgary and South zones).
- It also incorporates all of the related clinical support programs, including pharmacy, diagnostic imaging services, and Alberta Precision Labs (Central Zone sites only) associated with some of these programs and services, Health Information Management, Nutrition and Food Services, and other programs.

Specifically, prior to your site going live, you will be receiving emails suggesting you complete various online courses outlined in the Alberta health services insight page under my learning link. Please ensure that you have completed the necessary courses prior to any training sessions.



Of note, I know there were some questions regarding whether there were sessionals available for training of connect care and to my understanding, there are no sessionals for this training available. Having said this, I believe, you can make these as your own learning projects for Mocomp for your Royal College CME requirements.

Finally, if you wish to follow-up and need any information regarding connect care, there are extensive documentations within the website at the following link:

<https://manual.connect-care.ca/home>

On this website you will find most recent connect care updates, physician information, information regarding training etc.

Finally, though I too am learning the system as we proceed forward, I will be hopefully helping you all implement and transition over to this new system over the next couple years. Please feel free to contact me via my email: david.tano@hs.ca if you have any further questions and I will try to answer them for you or find somebody who can answer them.

Department of Psychiatry 2020 Events

Sebastian K. Littmann

Research Day

Dr. Scott B. Patten

Overview of 2020

The event was held on March 6, 2020 and was attended by 121 attendees.

Highlights

The Keynote speaker was Dr. Nicole Kozloff, from CAMH/University of Toronto: "If you build it, will they come? Optimizing service delivery for youth and emerging adults with serious mental illness".

There was also a special presentation by Prof. Frank Stahnisch: "Contextualizing Dr. Sebastian Klaus Littmann's (1931-1986) Career within Psychiatry's Community-Based Transitions".

Research and/or Education

The program included 14 poster presentations and 13 oral presentations.

The abstracts are archived on the University of Calgary PRISM archive, and are available at:
<https://prism.ucalgary.ca/handle/1880/111725>

Awards, Grants Publications (as appropriate)

- Best Presentation by a Graduate Student: Brooke Allemang. Youth engagement in research: Benefits, challenges & strategies.
- Most Innovative Presentation by a Graduate Student: Stephana Cherak. Comparison of Modeled Delirium Incidence Based on Prediction Models Specific to Intensive Care Unit Admission Type to Delirium Standardized Incidence Ratio.
- Best Presentation by a Resident Dr. Erin Girard. Perinatal DBT Skills Group: Findings from a Pilot Project in Primary Care.

Future Plans

Due to the pandemic, we are planning an abbreviated online version of the research day for 2021.

Virtual Success! LOVEYOU Run for Women

Dr. Lisa Gagnon

Overview of 2020

Almost \$200,000 was raised to support the Women's Mental Health Clinic.



Highlights

There were 1562 virtual participants in Calgary and 26,432 nationally. Walkers and runners to could complete their event anytime between September 17 and 27, with a virtual presentation on September 27, 2020. This event was AMAZING. It raised awareness, reduced stigma and raised nearly 3 million dollars across the country for women's mental health!!!

Challenges

COVID-19 and the economic downturn in Calgary related to the oil prices made this year's event,

especially challenging. The run went virtual and we needed to engage everyone in a whole new way. BUT with the support of our partners at the Calgary Health Trust, the Running Room and Shoppers Drug Mart it was a SUCCESS!

Research and/or Education

See Calgary Health Trust for Krystin's story, as well as many other stories around perinatal mental health.

Awards, Grants Publications

Jago, C.A., Crawford, S., Gill, S.J. & Gagnon, L. Mental Health and Maternal Mortality - when new life doesn't bring joy. Journal of Obstetrics and Gynaecology Canada. JOGC1519 PII S17012163(20)30532-6, (In press)

Future Plans

Bigger and better next year!

Susan Carpenter Education Day

Dr. Jennifer Hibbard

The second annual Dr. Susan Carpenter Education day for Developmental disabilities mental health will be held as two online webinars, scheduled for November 20 and 27. Our keynote speaker will be Dr. Yona Lunsky from CAMH, who will report on disparities in physical health for patients with developmental disabilities.

We are also looking forward to presentations from Dr. John McLennan, Dr. Shaily Singh, Dr. Chad Bousman and Dr. Carly McMorris. The program is accredited for category 1 continuing medical education credits. The educational program is supported by an unrestricted educational grant from Tadeka pharmaceuticals, and the webinars are offered free of charge.

The registration link is

https://albertahealthservices.zoom.us/webinar/register/WN_4psVaP1fQqC9LtnHwQsRjg

Grand Rounds Schedule 2020

JANUARY

- Darby Ewashina, MD, BSc (CMMB) | *Darby Ewashina, MD, BSc (CMMB)*
- Mental Health Clinical Trials Unit – An Update | *Thomas Raedler, MD*
- Pathways to Housing: Providing housing and mental health supports to those experiencing homelessness with mental health diagnosis | *Kim Sikora, Program Lead, Pathways to Housing and Steve Gaspar, Associate Director of Housing First Programs at The Alex*
- Methamphetamine Associated Psychosis, Diagnostic Considerations and Clinical Management | *Sara Meunier, MD*

FEBURARY

- OEDIPUS REVISITED Men and Women = Equal but Different And the #METOO movement | *T.C.R (Chris Wilkes, B.Sc., M.B., ChB., M. Phil. D.C.H., F.R.C.P. (Edin), F.R.C. Psych., F.R.C.P.(C), D.L.F.A.P.A., I.A.A.P*
- Cultural Psychiatry: Historical Perspectives and the Need for Curriculum enhancement in Modern Psychiatry teaching | *Daniel Okoro, MD, DABPN, DPM, FAPA, FRCPC, LMCC*
- The best-laid plans...quality improvement and unintended consequences | *Julia Kirkham, MD, FRCPC*
- The Microbiome and Mental Health | *Valerie Taylor, MD, LMCC, FRCPC*

MARCH

- Why Physician Wellness Matters | *Jane Lemaire, MD*
- Delayed post-hypoxic leukoencephalopathy (DPHL) case presentation | *Brienne McLane MD, BSc, FRCPC and Jihane Henni, MD*
- Physician Improvement (PPI) – the CPSA Perspective | *Shelley Howk, BSc, MD ,CCFP, FCFP*

APRIL

- COVID-19 Basics for ER and Adult Inpatient Unit | *Rachel Grimminck, MD, FRCPC, DABPN, CGP, Jennifer Nicol, MD, LMCC, FRCPC, Rejeev Sachdeva, MBBChBAO (Ireland 2009), LMCC, CCFP*
- Disaster Psychiatry: COVID 19 Pandemic and Implications for Psychiatry | *Rachel Grimminck, MD, FRCPC, DABPN, CGP*

MAY

- Getting the Psychiatrist to the Patient: Emergency Telepsychiatry and Beyond | *Jennifer Hensel, MD MSc FRCPC*
- Reducing Social Isolation Through Brief Psychiatric Interviews | *Abraham Nussbaum, MD*
- Ethical issues arising in the Pandemic | *Helgi Eyford, PhD*

JUN

- Individual differences in vulnerability to depression and anxiety following a natural disaster in adults and children | *Daniel Kopala Sibley, PhD*
- Impact of COVID19 for Developmental Disabilities Mental Health in Calgary Region – Adult Version | *Jennifer Hibbard, BSc, MD, FRCPC, James Weller, Manager, Arnika Centre and Raina Kangas, RN, MSN*
- Preparing for the "Next Wave" of the Pandemic: Mental Health Research and COVID19 | *Paul Arnold, MD, PhD, FRCPC*
- Substance use in the time of COVID-19 | *David Crockford, MD, FRCPC, DABPN, CCSAM, FAPA, FCPA*

SEPTEMBER

- Honouring Dr. Glenda MacQueen | *Sidney Kennedy, MD, FRCPC*
- Conduct Disorder/Oppositional Defiant Disorder | *Martin Vetter, MD, FRCPC*
- Are “New Standards” for Assessing and Managing Suicide Risk Needed in Canada? | *Paul Links, MD, FRCP(C)*
- A Top Hazard in AHS Calgary Zone: Medical Management of Mental Health Patients | *Lisa Gagnon, BSc, MD, MSc, FRCPC & Jim Eisner. MD, LMCC. CCFP*

OCTOBER

- Tardive syndromes: an update on phenomenology, screening and therapeutic interventions | *Davide Martino, MD, PhD*
- Deep Brain Stimulation for Treatment Resistant Depression: past, present and future | *Rajamannar Ramasubbu, MD, MRC Psych, FRCPC, MSc*
- Competence by Design: What is it and how will it affect your involvement in resident education? | *Greg Montgomery, MD, FRCPC & Rory Sellmer, BPE, MD, FRCPC*
- Why Psychiatrists must behave like Cardiologists when treating First Episode Schizophrenia | *Henry Nasrallah, MD*

NOVEMBER

- The Role of D2 Partial Agonists in MDD and Schizophrenia | *Philip Gorwood, MD, PhD*
- Questions as Interventions in Clinical Interviewing | *Karl Tomm, MD, CRCPC, FRCPC, LMCC*
- Ecotherapy: Effects of Nature-based Activities on Mental Health | *Dallas Seitz, MD, PhD*
- Emergency Psychiatry Initiatives and Update | *Rachel Grimminck, MD, FRCPC, DABPN & Jennifer Nicol, MD, MPH, FRCPC*

DECEMBER

- Antipsychotics - What’s New, What’s Different, Whats New?| *Leslie Citrome, MD, MPH*
- Department of Psychiatry Update | *Valerie Taylor, MD, LMCC, FRCPC*
- Christmas Rounds | *Residents*