

Mind Matters



Department of Psychiatry Newsletter
Calgary Zone
Volume XXIV/Issue 3



Message from the Department Head



Dr. Valerie Taylor



Welcome to Fall! The Department has had a very busy and exciting last few months, with one of our biggest accomplishments being the successful accreditation of our primary residency program and subspecialty programs. As always, the strength of our clinical teaching faculty was given special attention and deemed noteworthy. I echo that and a big shout out to all staff and trainees in help ensure we did so well. Clinically, we continue to see unprecedented capacity but some initiatives are rolling out to help support staff and residents and we can now welcome clinical assistants and nurse Practitioners to our complement of professionals working within our system. We hope that that, along with the confirmation of

an expanded 24/7 mental health nursing care model in the ED will help improve care and the on call experience. The clinical complement of our program has expanded and we have seen the ARCH program, Supervised Consumption Services, Safeworks and an expanded Narcotic Transition Serve program added to the Mental Health and Addictions portfolio. Integration is key and we hope we will be able to ensure continuity of care and community integration as we look at how these programs will be implemented. A continued focus on staff wellness is a priority and please, as always, support each other as you engage in the care of others. I hope reading about the amazing work of the Department in this Mind Matters issue helps contribute to your sense of well-being. We have much to celebrate.

Department of Psychiatry Announcements

Dr. Abdul Rahman is our new Section Chief Child & Adolescent Outpatients, effective August 1, 2022. Dr. Rahman has been Site Chief for Psychiatry at Alberta Children's Hospital since 2004 and Section Chief for Child and Adolescent Inpatient and Acute Care Psychiatry since 2014. In addition to the 4 inpatients units at ACH, FMC and SHC, his section portfolio also includes ACH Psychiatry Emergency Services, Consultation Liaison Psychiatry at ACH, Children's Day Treatment Program, Psychiatry Ambulatory Clinic, Community Psychiatry Unit at Woods, Personalized Care in the Community (PCC). Currently, he is also physician lead for two key CAAMHPP related outpatient specialized services, namely, Neuropsychiatry Service and Complex ADHD Clinic.

Dr. Yin Lawson is the successful candidate for the position of Clinical Medical Director of the Addiction Centre.

She brings years of experience in multiple concurrent disorder settings to the Centre and we look forward to her leadership of this excellent program.

I'd also like to take this opportunity to thank Dr. Stephen Amadala for being an outstanding director of the Centre, and am extremely grateful he will still work there in a clinical position.

Dr. Eric Fung will join the Unit 21 Inpatient Psychiatry team. Eric is well known in our department, having done his residency training and early career practice in Calgary. He brings a wealth of experience and knowledge from his previous diverse inpatient and outpatient work and will be an asset to our group.

Dr. Paul Ratti is our new CMD ECT, effective October 1, 2022.

Dr. Ratti is a passionate advocate for ensuring timely patient access to mental health services. ECT provision has always been an important part of his practice and he looks forward to providing direction and support to enhance and expand the program throughout the Calgary Zone. This is a new position and we will be learning how we can create a more robust and coordinated ECT service in Calgary. Please join me in welcoming Dr. Paul Ratti to his new role.

Dr. Ortega is our new Division Lead for Child & Adolescent Psychiatry, effective October 1, 2022. Dr. Ortega is an Associate Professor with the Department of Psychiatry; is the Research Coordinator, and Curriculum Chair for the Subspecialty in Child and Adolescent Psychiatry. She also performs as the Lead, Community Outreach and Education for The Mathison Centre for Mental Health Research & Education. As a clinician, she consults with the Mood Disorder Clinic at Foothills Medical Centre for the early intervention program, specialized services at Richmond Road Diagnostic and Treatment Centre and Youth Community Support Program with Woods Homes.

Dr Jennifer Day-Coupal has been appointed the new Psychiatry Primary Care Medical Director in the Calgary Zone.

Dr Day-Coupal has worked with the hospitalist program as a clinician and has been the medical lead at the South Health Campus for the Primary Psychiatry Care program since 2020. She has also had a leadership role for the Calgary Hospitalist Governance Association Community Program in conjunction with AgeCare Seton and prior to her medical career gained significant experience in management in the Oil and Gas Sector.

She is well respected amongst her peers and will be an asset to this new and developing role and act as an interface between the Department of Family Medicine and Department of Psychiatry.

On behalf of the department, I am excited to announce that we have hired two Clinical Assistant's and three Nurse Practitioners.

Dr. Umme Aimen Adnan (Preferred name: Aimen) is an International Medical Graduate from Pakistan and has been working with AHS for a year as a Clinical Assistant within General Internal Medicine teams at Rockyview General Hospital and South Health Campus. Aimen is transitioning into Psychiatry owing to her deep interest and passion to serve vulnerable populations with empathy and patience. She aims to explore the different aspects of this discipline and aims to do residency training in future. She will be dividing her time between the PLC and ACH.

Dr Obianuju Unaigwe is a Clinical assistant with the department of Psychiatry, Alberta Health Services. She covers the Regional Housing Program, including the Post

Discharge Transitional Housing Program (Robert & Hamilton Houses) as well as the Bridgeland/Ophelia Supported Housing (BOSH) Program. She is an international medical graduate who obtained her medical degree from the prestigious University of Jos in Nigeria and has over 5 year's postgraduate experience working in multicultural settings as a clinician. She is particularly keen on mental healthcare delivery and has worked in different capacities to ensure that patients and clients get the optimal care that is their due. She has been able to achieve this through her skills and continuous learning. She is a passionate about mental health and its influence on all other aspects of health. She is particularly interested in Addiction Psychiatry, and hopes to one day specialize in it, to become part of the solution needed. She is a calm force who uses her positive energy to motivate others.

We have also hired three new NP into the department. They are Darwin Lahue, Carly Clark, and Shyla Johnston. .

Mathison Centre

Dr. Paul Arnold, Josephine Adda

Celebrating the Mathison Centre's 10th anniversary – 2 symposia and a panel discussion



As part of activities to mark the Mathison Centre's 10th anniversary, join us for our two research symposia on October 14th (foothills campus) and October 28th (main campus).

Highlight - Don't miss the community panel discussion on October 28 on "Innovative partnerships between the academy and community in youth mental health research." Our expert community partners will present perspectives from the frontlines on innovations in youth mental health

October 14th: Theme - **The Cutting Edge of The Intersection of Neuroscience and Mental Health** featuring

- Michael D. Fox, MD, PhD, Director, Center for Brain Circuit Therapeutics, Harvard Medical School. Topic: *Identifying Brain Circuit Targets for Treating Neuropsychiatric Symptoms.*
- Ziva Cooper, PhD, Research Director, UCLA Cannabis Research Initiative.

Topic: *Cannabis, Cannabinoids & Mental Health: State of the field and research horizons.*

- Steve Mahler, PhD, Associate Professor of Neurobiology & Behavior, University of California, Irvine. Topic: *Developing Addiction: How sex, developmental experiences, and drug use may impact vulnerability to substance use disorders.*
Register

October 28th: Theme – **Youth Mental Health: Innovations in the Canadian & International Landscape** featuring.

- Michelle Munson, PhD., Professor, New York University's Silver School of Social Work. Topic: *Optimizing the transition to adulthood: Centering Youth and families in mental health services*
- Srividya Iyer, Ph.D., Associate Professor, Department of Psychiatry, McGill University. Topic: *(Re)imagining youth mental health: Looking back at Canadian and global innovations to move forward*
- Christopher Mushquash, PhD., Canada Research Chair in Indigenous Mental Health and Addiction and Professor, Department of Psychology, Lakehead University. Research Interests: *Indigenous mental health, substance misuse, addiction*
Register

Welcoming Canada's 1st Psychedelic Research Chair

The Mathison Centre, the Department of Psychiatry and the Hotchkiss Brain Institute (HBI) welcome Canada's first research chair in psychedelics – Dr. Leah Mayo. Dr. Mayo commenced her role on September 1st, 2022. Originally from Michigan, a descendent of the Keweenaw Bay Indian Community (Lake Superior Band of Chippewa Indians), she joins UCalgary from the Center for Social and Affective Neuroscience at Linköping University in Sweden, where she most recently held the position of assistant professor in the Department of Biomedical and Clinical Sciences. Read more about Dr. Mayo's research and the psydelics research chair.



Welcome Back Town Hall

All members, trainees and staff of the Mathison Centre within the University of Calgary and AHS are invited to our welcome back town hall. The event will:



- Provide an update on recent and upcoming developments.
- Showcase our 10th anniversary symposiums in fall.
- Serve as a networking opportunity to meet new members, trainees & staff.

Register to attend using this [link](#). Registration is required for catering purposes. **A photo booth will be available from**

12:30pm to 1pm to offer complimentary professional headshots to members of the Mathison Centre community.

The Mathison Centre & The Tourette OCD Alberta Network Showcase UCalgary's Mental Health Research Prowess at AACAP/CAPAP

The Mathison Centre and the Tourette OCD Alberta Network are partnering in an exhibition at the upcoming American Academy of Child and Adolescent Psychiatry (AACAP) and Canadian Academy of Child and Adolescent Psychiatry (CACAP) conference in Toronto to showcase the excellence of research happening at the University of Calgary.

After two years of virtual meetings, AACAP/CACAP are collaborating in the first post-COVID in-person conference from October 17 to 22, 2022. The conference is a gathering of child and adolescent psychiatrists in North America



Awards and Achievements

August 1, 2022 – Awarded status of Professor Emeritus, Department of Psychiatry, Cumming School of Medicine, University of Calgary Dr. Wilkes

July 29, 2022 – Awarded The Medal for Distinguished Service by The Alberta Medical Association. Dr. Wilkes was presented his medal at the Fall 2022 AMA Representative Forum during the Evening with the President on September 23, 2022 in Calgary with family and friends present.

Publications

- Dr. Daniel Okoro Canadian Health Network Doctor Daily newsletter July 2022:
COVID-19: The Case for Ongoing Masking
<https://www.canadianhealthcarenetwork.ca/covid-19-case-ongoing-masking>

Upcoming Events



CALGARY PSYCHODYNAMIC PSYCHOTHERAPY EDUCATION FOUNDATION



UNIVERSITY OF
CALGARY

Annual Psychodynamic Psychotherapy Day

10 am - 2 pm MST, Friday, November 18, 2022

Virtual
conference

Guest presenter
Dr. Diane Ehrensaft

Visit CPPEF.ca
to register



Dr. Diane Ehrensaft

PSYCHOANALYSIS MEETS TRANSGENDER

Gender Inclusivity, Mirroring, and the True Gender Self

Diane Ehrensaft, Ph.D., is a developmental and clinical psychologist, adjunct professor of Pediatrics at University of California San Francisco, and Director of Mental Health at the Child and Adolescent Gender Center, UCSF Benioff Children's Hospital.

She is co-editor with Dr. Colt Keo-Meier of The Gender Affirmative Model, and author of The Gender Creative Child and Gender Born, Gender Made.

At the end of this virtual conference, participants will be able to:

- Describe the Gender Web - a contemporary psychodynamic paradigm of gender.
- Define the concepts of true gender self, false gender self, gender creativity and gender expansiveness.
- Apply the gender affirmative model to their clinical practice.
- Recognize gender biases, psychological defenses, and countertransference related to gender expansiveness in their psychotherapeutic practice.

Prices
- Physicians \$150
- Allied healthcare workers \$125
- Students \$75

Schedule

| | |
|------------|--|
| 10:00 a.m. | Introductions |
| 10:10 a.m. | Part 1 - The Gender Web and Related Concepts Dr. Ehrensaft will describe and discuss a gender affirmative psychoanalytically informed model for clinical work with gender diverse/transgender individuals. |
| 11:15 a.m. | Q&A |
| 11:45 a.m. | Lunch Break |
| 12:05 p.m. | Welcome Back |
| 12:10 p.m. | Part 2 - General Principles of Applying The Gender Web to Psychodynamic Therapy Dr. Ehrensaft will present a case of a patient seen longitudinally that includes concepts of gender expansiveness, sexual identity, and psychological defenses. Further, she will address the challenges of microaggressions and the intense countertransference that can arise in therapy. |
| 1:30 p.m. | Q&A |
| 2:00 p.m. | End |

AMH PTC Registry: Department of Psychiatry Research Recruitment Arm

Jocelyn Nonog

The Access Mental Health Permission to Contact (AMH PTC) Registry is a research recruitment arm for potential study patients (children, minor/youths, or adults) to join the various research study activities in the Department of Psychiatry. The AMH PTC registry aims to assist Principal Investigators, Sub-Investigators, Study Research Coordinators and even Student Researchers to identify subjects from the pool of AMH clients who have indicated an interest to participate in clinical or non-clinical research study trials.

The registry pool of research participants starts from clients' intake made by the AMH clinicians within Calgary Zone. All those who have indicated willingness to participate in research study trials will be endorsed to the Research Administrative Assistant. The RAA will contact participants to obtain their consent to be part of the PTC registry, then filters the PTC list according to patient's current mental health diagnosis to be endorsed to study trials that matches the diagnosis criteria. Prescreening calls of these endorsed potential study participants will then be done by the specific Study Coordinators.

The AMH PTC registry is using REDCap database, with Dan Devoe as the Project Developer and is maintained by the RAA through study patient's PTC consenting, profile entry and updating, deleting profile of those who withdraw PTC consent, up to the point study patient joins a study trial. Study patient's profile in the registry is kept active as soon as consent to PTC is obtained to a time subject withdraws from PTC registry or has been successfully screened to join a research study trial, whichever comes first.

Principal Investigators with their Co or Sub Investigators can join the AMH PTC registry as a tool or arm in their recruitment activities by way of contacting the author through this email: MHresearch@ahs.ca or her AHS email.

Needed information to be part of the AMH PTC Registry are as follow:

Complete Study Title

Name/s of Principal Investigator/s, Co-I or Sub-I's

Name and contact information of Research Coordinator or Research Assistant

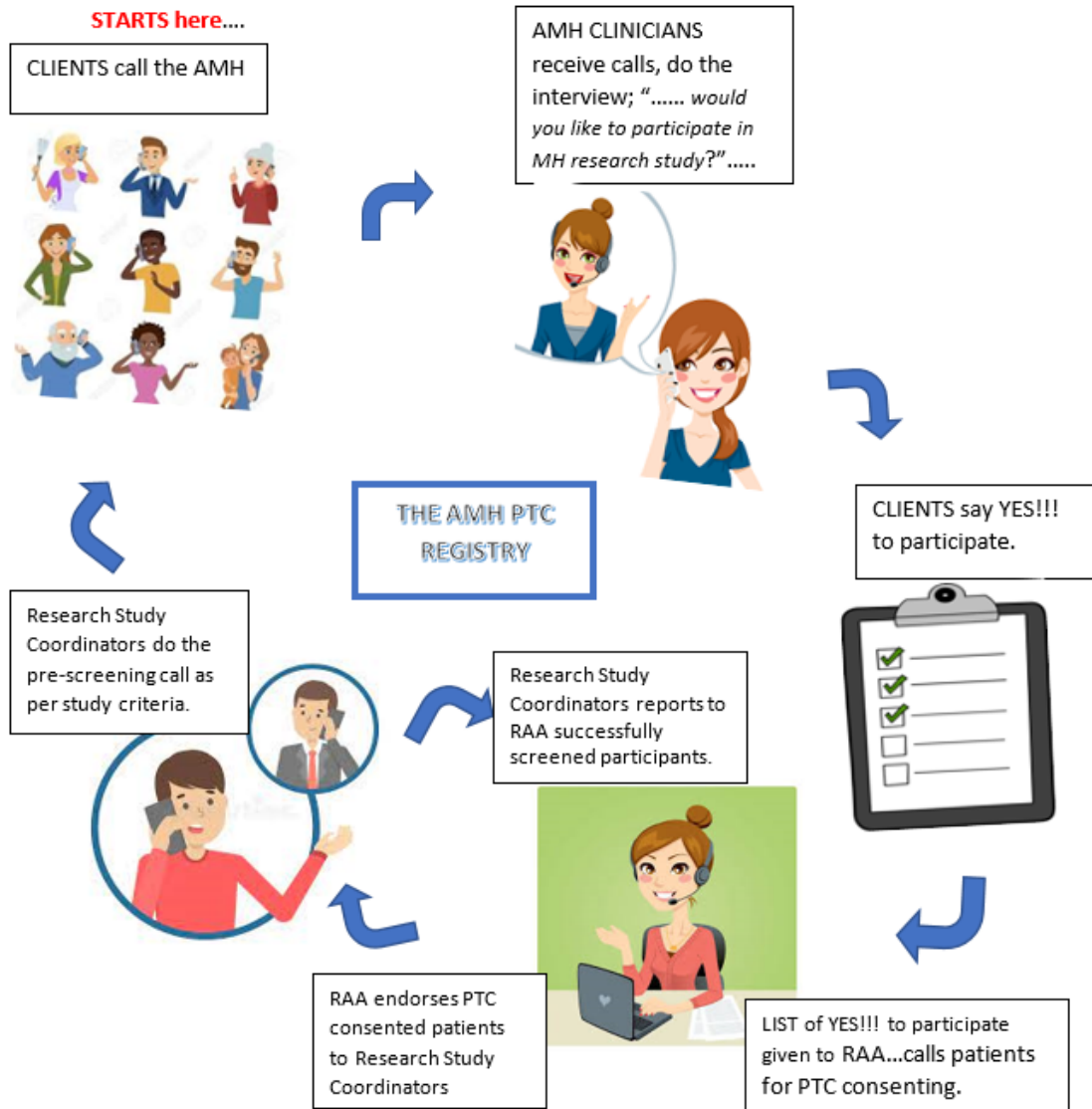
REB ID#

Study Inclusion and Exclusion Criteria

To date, several clinical or non-clinical studies on OCD, Anxiety, Depression, Schizophrenia, Dementia/Alzheimer, Psychosis, Addiction, ADHD, TICS , and one biobank are benefitting from said registry as arm in their recruitment activities.

Although every researcher has its own recruitment tool or way of identifying potential study patients and is doing great, you may want to consider PTC registry as recruitment arm, too. Hence, research enthusiasts in the department are invited to be part of this recruitment tool. Email the author for more information.

AMH PTC Registry, an illustration:





[The Best Homemade Pumpkin Spice Latte \(inspiredtaste.net\)](http://inspiredtaste.net)



THE MATHISON CENTRE
for MENTAL HEALTH RESEARCH & EDUCATION

Mind Matters is distributed to psychiatry medical staff and faculty, psychiatry residents, program directors and section chiefs, Alberta Health Services executives, and psychiatry support staff.

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