

# MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume 11, Issue 3

Fall 2002

## From the Acting Department Head

Hopefully you have all enjoyed a restful summer and are sufficiently recharged to start yet another year. This fall will mark the start of Dr. Don Addington's second term as Regional Clinical Department Head of Psychiatry for the Calgary Health Region and Head of Psychiatry for the University of Calgary. He has been charging his energy by taking a three-month sabbatical this summer at the Mental Health Evaluation & Community Consultation Unit (Mheccu) at UBC. This has been a helpful experience in the development of a provincial Mental Health Services Research Unit here in Alberta.

I am happy to welcome back a few familiar faces to the Department. Dr. Janet Wright, who is completing her term as President of the Alberta College of Physicians and Surgeons, will be rejoining the Calgary Health Region to focus on eating disorders. We also welcome back Dr. Megan Rodway, who has rejoined the Division of Child & Adolescent Psychiatry at the Children's. She is in-

terested in particular in telepsychiatry and will be doing consultation in an outreach capacity. Two of our Residency Training Program graduates have joined the Department: welcome to Dr. Clint Hirst, who is working at the Carnat Centre and on Unit 25 at the Peter Lougheed, and to Dr. Lloyd Maybaum, who divides his time between the Short Stay Unit and Forensics. Dr. JianLi Wang was recruited from Dalhousie University to assume the position of Assistant Professor in the Departments of Psychiatry and Community Health Sciences. He graduated from the PhD Epidemiology program in Calgary under the supervision of Dr. Scott Patten. Dr. Wang has an exceptionally rich personal background. He is originally from China, where he was trained as a lawyer and subsequently worked at the Harbin School of Public Health examining legal questions related to public health. When he came to Canada,

his original intention was to study some ethical questions related to mental health legislation, entering the PhD program at the University of Calgary under the super-

vision of

Dr. Arboleda-Florez.

When Dr. Arboleda-Florez left Calgary,

Dr. Wang decided to change thesis topics and stay in Calgary with Dr. Patten and Dr. Reg Sauve as his supervisors. Please join me in welcoming Dr. Wang.

Dr. Bev Adams hasn't been sitting still during the summer. Since assuming the role of Director of the Residency Training Program, she has been instrumental in strengthening the training in psychotherapy and emergency psychiatry. Keep up the good work!

The Region is actively pursuing solutions to the health care needs for Region 4. The master planning for all sites has continued through the summer. There has been a

delay in the construction of the Short Stay Unit at the Peter Lougheed Centre, as the Region has received the possibility of adding extra floors to the structure.

It is heartening to observe that each of the Medical Directors is taking a personal pride in their programs with a strong sense to move forward to provide exemplary care.

*David Miyauchi*

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## Residents' Corner

### Awards & Nominations

The psychiatry residents continue to bring in the awards and nominations!

Our current PGY-2s Carmen Ionescu, Jeremy Quickfall and Karin Kerfoot received awards at the June 2002 ceremony from Dr. David MacDonald for the following areas:

Carmen Ionescu- Exceptional Proficiency in Internal Medicine and Obstetrics and Gynecology, Jeremy Quickfall- E. R. Oscar award for Emergency Medicine, Karin Kerfoot- Cadger prize for Internal Medicine.

Jordan Cohen was nominated president for PARA, the provincial Medical Residents' organization.

Cindy Baxter was nominated for Director-In-Training, Prairies region, for the CPA. This is a two-year term.

Rup Pandya has been invited to

present at the CPA Annual Meeting. His topic will be "*Shock Therapy in Hollywood Films: From Cuckoo's Nest to A Beautiful Mind*".

### Psychotherapy

I would like to thank Dr. John Toews for organizing the visit of Dr. Priyanthy Weerasekera on September 19 and 20. The residents were provided with a mini-workshop on formulation and psychotherapy in general, as well as an opportunity for an open forum with Dr. Weerasekera. To date, July 2002 revisions to psychotherapy training are going well.

### Golf Tournament

Many thanks to all the participants in the golf tournament in June. Feedback from this new venture for the department has been extremely positive; Dr. Miyuchi rated it as a resounding success. The residents were the big winners (I won a crying towel!) - moneys raised from the tourna-

ment will provide starting capital for the new Residents Scholar Development Fund. Please note that the Fund is an ongoing opportunity to provide support to the residency program and individual resident scholarly activities. I would also remind those of you that have not sent in their pledges to do so, attention either Dr. Miyuchi or Mr. Brien Cushman in Psychiatry Administration at the Foothills.

### Practice Oral Examinations and Case Vignettes

Due to the expanded number of second year residents, it required extra effort to recruit thirty-eight examiners for late October and early November examinations. Teaching faculty from all four teaching sites and the community have responded to the residents' invitation to participate in examinations. The program appreciates your ongoing support in this area.

Bev Adams

## Undergraduate Education

An immense thank you to all the teaching faculty, residents and support staff for successfully completing another year of presenting the MIND course to our second

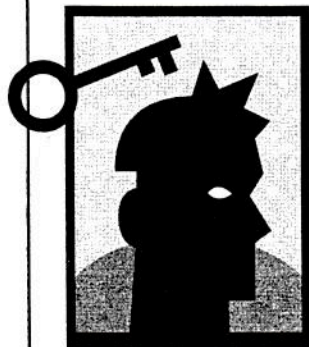
year medical school students. This year classes were scheduled in August, which required extra effort to recruit and organize. Six residents as-

sisted (most capably!) in the various areas of the MIND course- we have excellent up-and-coming teaching staff in our residency program. A special thanks to Gail Cooke and Pauline Burgess for their recruitment strategies!

We are halfway through the clerkship year with the increased numbers of clinical clerks to provide clinical exposure to our specialty. The Rockyview General Hospital and the Inpatient units at Foothills have been more than capable at accommodating the additional students.

On September 27, 2002, teachers from the community, the four teaching sites, and residents involved in the planning processes, have been invited to participate in an all day Undergraduate Retreat. We will be reviewing issues and strategies in all areas of Undergraduate Education. We had excellent constructive feedback from our last retreat and I am looking forward to new plans and ideas that will emerge from this retreat.

Nancy Brager



MIND Course

## **CAREER OPPORTUNITIES**

### **Opportunity for a Psychiatrist to Provide Clinical Supervision to the Mental Health Follow-up Clinic Team 8th & 8th**

The Mental Health Follow-up Clinic Team 8th & 8th consists of 3 Family Physicians and Mental Health Staff. It has an opportunity for a psychiatrist to provide clinical supervision for one afternoon per month (1300 - 1700 hours), currently Wednesday afternoon, but could be changed to another afternoon except Friday.

If you are interested and would like more information please contact:

Dr. John Tuttle  
Program Medical Director  
Adult Primary & Community Care  
Mental Health & Psychiatric Program  
Tel.: (403) 943-3808  
E-mail: [john.tuttle@calgaryhealthregion.ca](mailto:john.tuttle@calgaryhealthregion.ca)

### **Opportunity for a Psychiatrist to Provide Child & Adolescent Psychiatric Consultation to the two Rural AMHB Clinics in Region 4**

At Airdrie and Cochrane for half a day every two weeks (alternating sites). Conditions very flexible.

If you are interested and would like more information please contact:

Dr. Gerry McDougall  
Medical Director  
Calgary Region  
Alberta Mental Health Board  
Tel.: (403) 297-4520  
E-mail: [gerald.mcdougall@amhb.ab.ca](mailto:gerald.mcdougall@amhb.ab.ca)

or Dr. John Tuttle  
Program Medical Director  
Adult Primary & Community Care  
Mental Health & Psychiatric Program  
Tel.: (403) 943-3808  
E-mail: [john.tuttle@calgaryhealthregion.ca](mailto:john.tuttle@calgaryhealthregion.ca)

### **Opportunity in Consultation-Liaison Psychiatry**

Glamorgan Nursing Home is looking for a regular

#### **Visiting Psychiatrist**

Glamorgan Nursing Home (105 Galbraith Drive SW) has a number of clients in long-term care with non-Alzheimer's related behavioural disturbance, almost all with long-term psychiatric disorders. Approximately 15 are under age 65. It is anticipated at the present time that this would require 2-4 hours per month, and Community Psychiatry is in the process of hiring support staff to assist this work.

We believe this is an interesting and potentially gratifying C-L position in the community.

For further information please contact either Dr. Michael Trew at 944-2168 or Dr. John Tuttle at 259-8400.



# Update on the Mental Health Portfolio - AMHB/CHR

There are three primary activities that the Mental Health Portfolio has been focused on over the last 4 months.

## The nurturing and development of a Southern Alberta Mental Health Network

In the context of the Mazankowski Report and the challenges facing AMHB, Mr. Bruce Swan and myself undertook a road trip in April and May to the other 4 Southern Alberta Health Regions. We discovered an appetite for the discussion of networking and increased collaboration of mental health services in support of our patients' needs. Following this, there have been 3 meetings held at which we have developed principles and an issues list. These will provide direction for our improved collaboration and the development of a formal network/partnership as we move into a mental health environment where the provincial focus will be much diminished.

A secondary focus has been support for the **Transition Working Groups** that were organized under the auspices of the Mazankowski Report. There are 7 transition working groups and they have been meeting regularly since June. They are tasked to provide a plan dealing with issues of migrating AMHB services into the regions by October 31, 2002. Mr. Brian Spooner is the leader of this process and he will be provid-

ing an update to Calgary Mental Health leaders on the 25<sup>th</sup> of September at the Foothills - Coombs Lecture Theatre.

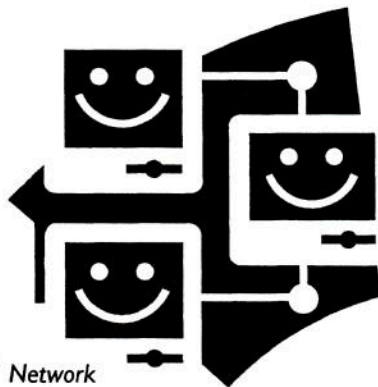
The third area concentrated over the summer has been the development of a **new service delivery framework** that will guide our clinical planning and development following March 31, 2003. Mr. Garth Michalcheon, Program Di-

rector, Adult Inpatient Program, has drafted a document and this will be shared with the clinic and service managers and the Clinical Medical Directors. The goal for this framework is to facilitate the development of an integrated Regional

Continuum of Care system for clinical services.

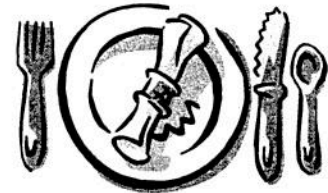
In the next 3 months we will be supporting these 3 projects. As well we are now moving into the budget review and development process and we will be seeking input regarding the development of next year's budget.

*Rollie Nichol*  
Medical Director  
Mental Health Portfolio  
AMHB/CHR



## Mark Your Calendar!

**Friday, October 18, 2002**  
**University of Calgary**  
**Department of Psychiatry**  
**FALL SOCIAL 2002**  
**MEET & GREET DINNER**



University of Calgary Faculty Club  
6:30 pm cocktails (cash bar)  
7:00 pm dinner

**Special Guest: Brian Keating**  
Education Coordinator, Calgary Zoo

Residents & New Faculty:  
no charge  
All other faculty & spouses:  
\$25 per person  
RSVP: 944-1296

**October 31-November 4, 2002**

**Annual Meeting**  
**CANADIAN**  
**PSYCHIATRIC**  
**ASSOCIATION &**  
**CANADIAN ACADEMY OF**  
**CHILD PSYCHIATRY**  
**Banff Springs Hotel**

**Friday, March 7, 2003**  
**LITTMAN RESEARCH DAY**  
**Village Park Inn**

**Monday, June 23, 2003**  
**2nd Annual Invitational**  
**GOLF TOURNAMENT**  
**Elbow Springs Golf Course**  
Proceeds to Residents Scholar  
Development Fund



# First Annual Invitational Golf Tournament

The First Annual Invitational Golf Tournament was held at Elbow Springs Golf Course on June 17, 2002. The purpose of the tournament was twofold. Firstly, it was a charitable fundraising event for the Residents Scholar Development Fund and secondly, it was an opportunity to get to know your colleagues. We have raised \$21,820, partly due to a generous anonymous donation of \$10,000, and thanks to participants' contributions. After ex-

penses, \$16,130 will be available for the Fund. There has been considerable support to organize this event again. Next year's tournament will be held on Monday, June 23, 2003 at the Elbow Springs Golf Course. We have booked for 60 golfers, however if there is commitment by all levels of golfers for 120 or more slots, a shotgun start can be organized.

*David Miyauchi*



## "What is Your Handicap?"

Dr. Miyauchi successfully launched a Golf Tournament to enrich the Residents Scholar Development Fund. This spring, I among others, not to be a spoilsport brazenly entered my name. Expecting to only leisurely come along, I found myself being asked an unusual question. Dr. Miyauchi ambushed me with an inquiry about my "handicap". Totally befuddled during a busy clinic morning, this sudden telephone interruption only produced one response in me. I faithfully admitted that the only handicap I knew about was to be working as a psychiatrist at the Rockyview. After it was explained to me that my golf score was the issue inquired upon and that this was needed to determine my placing on the team list, I could only reply that I did not have a clue. This answer probably placed me somewhere at the bottom and honestly, this was quite fine with me.



Prior to the event, I considered the question some more and I realized that it could only apply to one variable and that many others could be listed as well, leading to a formidable inter-participant variation too large to be contemplated. Being a newcomer to the sport, I realize that much age-related deterioration precludes the development of necessary skill. In my case, specifically cervical arthritis plays havoc with the upper trunk coordination, a very necessary and basic element. This "handicap" paradoxically serves me well, for the ball often doesn't go that far and that prevents me from losing the darn thing in the mists of early cataracts.

To muse on: I usually play Executive courses more suitable to my style of play. There I hanker to meet the insurance man who promises "freedom 55", to tell him that he has forgotten me. But I digress. The tournament was looming and I was developing performance anxiety.

The day itself proved to be a success. I was placed in a team of four: a mature experienced player, a young one (a resident), a drug rep, and I was the old codger. Our alpha male kept us together and kept track of the details. The drug rep contributed just the right amount of good plays without being too obvious, and he provided free drinks and apologies when needed. The resident was eager to learn. All protected the old man and he was not allowed to get lost in the sand traps. We were an integrated team and we moved along the course pleasantly and in good time. The wrap-up dinner was good and we shared some laughs.

The moral of this story is for all who have some trepidation about the hazards of golf, but who have the residents' education in mind: consider joining the event next year on June 23. Your "handicap" will not be noticed and it will be accommodated to.

*John de Vries*



# Retirement Dr. Malcolm West

Dr. Malcolm West's retirement from his position within the Department of Psychiatry is pending in the very near future. I have been asked by Dr. Wilkes to write a few words in honour of Dr. West.

In keeping with Dr. West's general desire of writing, I shall seek brevity. Dr. West holds his doctoral degree in clinical psychology, and has worked for at least the last 18 years charting the psychological territory we know as Attachment Theory. I was fortunate enough to have met Dr. West in 1989 and have him supervise, guide and mentor my doctoral work from 1993 to 1998.

Dr. West introduced me to the world of attachment theory: to borrow his words, attachment theory has provided us with an explanatory framework for understanding human psychosocial de-

velopment that is elegant in its simplicity. At the time of our meeting, Dr. West was well immersed in his work on Adult Attachment, which, to that time, was aptly summarized in his book titled "Patterns of Relating", published by Guilford Press. There have, before and since, been books, chapters, and papers too numerous to recount here.

Central to his writing has been a remarkable ability to integrate his attachment framework with other important areas, such as neuroscience, in describing the various modes of relational interaction that individuals develop as a function of their attachment experiences. Perhaps the most significant contribution Dr. West

*"In search of the  
perfect New  
Zealand swing"*

has made to the field of Attachment has been his development of the Adult Attachment Projective, which is fast becoming the standard mode of assessing attachment status in adults and is much closer to the realm of clinical application than methods used hitherto.

Dr. West has truly embraced the academic creed in his career and his contribution to this faculty. His work will serve as a standard for many years to come. I ask you all to join me in saluting Dr. Malcolm West. We anticipate in the near future yet another book, and a raconteur of the elusive perfect New Zealand swing.

*David Cawthorpe  
Regional Research &  
Evaluation Coordinator  
Child & Adolescent Mental  
Health & Psychiatric Program*

## Long service Awards



This fall, several members of our Department will be honoured for their long service with the Region during the annual Long Service Awards Dinner at the Best Western Hospitality Inn.

On October 22:

10 years: Dr. Stephen Boucher  
15 years: Drs. Nancy Brager, Patrick Coll,  
Nady el-Guebaly, John Tuttle and  
Janet Wright  
20 years: Dr. Michael Trew

On November 7:

30 years: Dr. Karl Tomm  
35 years: Drs. Raymond Farnalls and  
David Miyauchi

Congratulations and thanks to all for your many years of valuable contributions to the Department!

## Mind Matters

The Newsletter for the Regional Clinical Department of Psychiatry

is distributed quarterly to  
all psychiatry medical staff and faculty,  
psychiatry residents, Program Directors,  
CHR Medical and Executive Directors,  
CHR CMO and COO, Chair MAB,  
Mental Health Executive Director &  
Executive Medical Director,  
and psychiatry support staff.

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