

MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume III, Issue 4

Winter 2003

From the Department Head

Over the fall, we have seen a welcome expansion of clinical services with the opening of the new Nursing Unit 45 at the Rockyview General Hospital. The Psychogeriatric Rehabilitation Unit has also opened at the Glennview Nursing Home. Although these initiatives have involved many people in the Department of Psychiatry and the Mental Health Program, a few key individuals have persisted in championing these two programs over several years and over changes in administrative structures. At the Rockyview site, first John deVries and then John Tuttle have been persistent advocates and defenders of these projects. At the program level, David Miyauchi for the Inpatient Program and Stuart Sanders for the Geriatric Mental Health Program kept the project moving ahead and worked to resolve hurdles and diversions. Administration does not always provide the relatively quick gratification of clinical

care. The role of an individual in any one accomplishment is not clear-cut. It is important to acknowledge these achievements when they occur. These programs come about through our involvement in the Mental Health Program and the broader Calgary Health Region planning process.

Continuing on a theme of administration, there is another restructuring underway within the Calgary Health Region. This is a logical development from the devolution of the Mental Health Board services to the Region and of the expansion of the Region. There are both potential risks and benefits to this restructuring. The benefit is that we are considered to be an integral part of the Calgary Health Region and deal

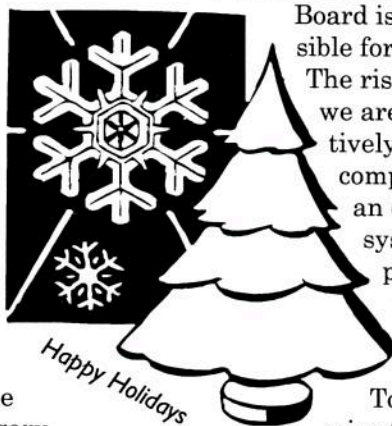
only with the Calgary Health Region. There is no ambiguity about whether the Region or the Mental Health

Board is responsible for services. The risk is that we are a relatively small component of an enormous system, a piece that can be overlooked.

To minimize that risk we need to be participating in the political process, maintaining alliances with the voluntary sector, and finally being recognized as effective service providers within the Calgary Health Region. The most important political process that we are engaged in at present is the Mental Health Program planning exercise. This process is likely to address larger system issues such as funding mechanisms, governance issues, accountability and inter-ministerial collaboration. It is

unlikely to come out with a clinical or organizational template for the delivery of mental health services. Those details are likely to be left to the Regions to implement if the Mental Health Program plan is approved.

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Residents' Corner

It seems like only yesterday that the fall 2003 Mind Matters rolled off the presses. Time flies faster every year - how does that happen??

Mark, set, go...

September started off in the traditional flurry of seminars and preparation for the semi-annual practice exams. This fall, 14 residents completed the exams, thanks to 28 examiners and 3 monitors of the PDMs (Phenomenology, Diagnosis and Management for those of you kept awake at night wondering about the acronym). Other than the usual minor glitches, the exams went well considering the volume of people involved. I thank the Fates for no ice storm this time and I thank the faculty for their assistance, particularly the community-based psychiatrists who are increasing their involvement in teaching.

People on podiums...

Four residents attended the CPA in Dalhousie this year, with Alana Holt Seitz walking away with the Best Resident Presentation for her research 'Resident Preparation for Royal College Exams.'

The rest of the awards received by residents this fall came from even further afield - from the other side of the 49th parallel. Rup Pandya has been selected as one of 10 GlaxoSmithKline 2-year fellows based on his record of research. He will be assigned to a committee of residents within the APA structure to contribute ideas that could enhance the Association's mandate. Rup will maintain this

position until May 2005 and attend the New York AGM.

Jordan Cohen was notified recently of his Laughlin fellowship from the other branch of American psychiatry. As one of 15 residents strong in their contributions to both academe and the medical community, Jordan will be attending the American College of Psychiatry AGM in Miami Beach in February.

Will White has been researching the effects of Gabapentin in smoking cessation for three years. The American Academy of Addiction Psychiatry has invited him to present in New Orleans in early December.

If you see these residents, be sure to shake their hands - congratulations to all of you!

In the world of workshops...

Reviewing feedback from previous years, we have several workshops in various stages of planning. Three of them will be completed before the newsletter goes out. In mid-November, first year and new residents will have spent one full day addressing issues in Bioethics, as per the mandate of the Postgraduate office.

In late November, all residents will have attended a 1-day event entitled 'Non Violence Crisis Intervention' (which is open to all CHR employees). I believe the introduction of a 4-week block dedicated to Emergency Psychiatry in the first year of training (following their 2-month core Inpatient rotation) as well as an annual day devoted to this topic, is

helping to address a nation-wide concern regarding education of residents in terms of safety in critical situations.

Psychotherapy training - the other challenge! - will also receive its share of attention this year. Dr. Howard Book, Director of the Brief Psychotherapy Service for the University of Toronto, recently presented a series of workshops and rounds on using the Core Conflict Relationship Theme method. My thanks to Dr. Yates, the CPD Committee and Pauline Burgess for organizing this opportunity for our faculty, our sister faculty (Psychology) and the residents.



Dr. Howard Book

The price of popularity...

The annual process of screening potential residents promises to be a different type of challenge. Record numbers of clerks from Calgary, Edmonton and Vancouver are expressing an interest in our program, which may require adding more file review and interview time. It is encouraging to know that there is such a strong message spreading across Canada in response to the improvements we have made in the program and ultimately in our department. Selecting only 6 new residents will make *Survivor* look like a cakewalk!

Bev Adams

Undergraduate Education

Happiness is... finishing the MIND Course with the second year medical students and seeing a poster in their hallway that says "The MIND Course rocks!" I wish I had a camera with me that day. To date, we have received very positive information regarding exam results - the average score was 82% and all the students successfully completed the unit. With the use of feedback from the previous year, we encouraged faculty to use a wider variety of teaching tools - movie clips, patient interviews and even movie nights - all with great success. It is also encouraging to note the participation of one-third of the residents in the small group teaching. On behalf of Lauren Zanussi (co-chair) and myself, a sincere thank you to faculty and residents for your support as we continue to improve this 'first glance' at psychiatry for the medical school students.

The clerkship program is going well. Currently we have a greater

number of students at FMC, but with the development of inpatient teaching units on the other two sites we hope to balance the numbers more equably in the future. Clerks have noted that call frequency varies between sites due to these numbers, so we will re-

Class of 2005 MIND Course

Gold Star Award Lecturers:

Drs. Lauren Zanussi & Philip Stokes

Gold Star Award Preceptors:

Drs. Jordan Cohen & Michael Trew

CMSA Letter of Excellence Lecturers:

Dr. Zahinoor Ismail

CMSA Letter of Excellence Preceptors:

Drs. Joann McIlwrick & Rup Pandya

view this issue as preceptors and venues become available. At an upcoming clerkship meeting at FMC on December 11, we will also begin to discuss the possibility of incorporating a greater involvement of the ACH staff.

In late November, a letter was sent out to all preceptors regarding imbalances in some of the clerks' experiences; if you did not receive this letter, please contact

the program office (4-1271) for a copy.

Clerkship electives will reach their peak between now and late January, with at least 11 electives confirmed. My heartfelt thanks to those of you that have agreed to juggle their clinical schedules with this very important and decision-making time in the students' lives. I don't envy the staff involved in making the decisions for who joins the residency program this year - there are many interested and qualified students, particularly in Calgary, Vancouver and Edmonton that are definitely looking at our postgraduate program for their residency training.

Congratulations go out to clerk Jessica Lyons for her recent award of a trip to the American schizophrenia conference, based on her research and involvement in schizophrenia.

Nancy Brager

2004 Sebastian K. Littmann Research Day

Please mark this date in your Calendar: March 5, 2004!

The Department of Psychiatry's 2004 Research Day will take place at the Village Park Inn on Friday March 5, 2004. The guest speaker will be **Dr. Paul Waraich** from the Department of Psychiatry at the University of British Columbia. Dr. Waraich is a clinical epidemiologist holding degrees from the University of Toronto, McMaster University and UBC. His background also includes participation in the Cochrane Collaboration in Europe (Oxford University

and the Spanish Cochrane Centre).

In accordance with tradition, the core of the Research Day will consist of presentations from members of the Department of Psychiatry. The 2004 edition will also offer methodological workshops on practical issues related to research (e.g. procedures related to the Centre for Advancement of Health and Ethics Review Boards), critical appraisal, and also technical issues such as sample-size calculation and literature searching.

A first call for abstracts was sent out early in December 2003. Please consider submitting an abstract. The Sebastian K. Littmann Research Day is a perfect opportunity to share research in progress, research results or just ideas with other members of the Department. If you are not planning to submit an abstract, please plan on attending the Research Day, it should be a very exciting and interesting day. For information, abstracts or to RSVP please contact Yvette.Kosidowski@CalgaryHealthRegion.ca.

Scott Patten

Child and Adolescent Psychiatry



The Region has just taken time to recognize Thanksgiving and Remembrance Day. It is now my pleasure and privilege to update our readers with the recent developments occurring in our dynamic group. We have much to remember and much more to be grateful for as the Division continues to grow.

Some of you will remember the difficulties the Children's Hospital had with the Psychiatry on call roster, resulting in Paediatrics and the Foothills Psychiatry group bravely standing in the breach until recruitment efforts complemented the hardworking few remaining Psychiatrists at ACH. Now Dr. Abdul Rahman, who is our new Site Co-ordinator, organizes Psychiatric Emergency coverage from the current team of Psychiatrists at the Children's Hospital. So a special thanks to all of our colleagues who assisted during that difficult transition.



Infant Psychiatry

Recruitment has made this possible, particularly the arrival of Dr. Muhammad Naseer last year who is also the Clinical Medical Director of the three urgent beds at the ACH W-cluster. We are also pleased to see Dr. Megan Rodway return to the ACH and continue her involvement with the MAD team. The most recent addition to the ACH is Dr. John McLennan, supported by two awards from the Alberta Heritage Foundation for Medical Research and the Canadian Institutes of Health Research. His current clinical interests include treatment algorithms for ADHD and he will be actively collaborating, during his one clinical day a week, with our Paediatric colleagues. So special thanks to Dr. Don Addington for his advocacy in this area.

Other developments at the ACH include Dr. Joan Besant's community leadership role in the south links shared care project in addition to her sterling work as the Clinical Medical Director of the ACH Day Program and W-cluster.

We are also very proud of Dr. Tim Yates receiving the Silver Couch Award for his teaching contributions in Psychotherapy and Child Psychiatry at this year's Meet and Greet evening at the Faculty Club.

Unfortunately Dr. Beryl Gardner, who has worked at the ACH and the community children's mental health clinics for many years, will be retiring next year in March 2004. She has made a tremendous contribution to children's mental health in Calgary and her equanimity and professionalism will be missed most keenly. We wish her well and lots of happiness in this

next developmental stage. Hopefully she will be a frequent visitor to the monthly Child Psychiatry CPD lectures, on the 2nd Thursday at noon of each month in the Solarium of the ACH.

On a more cheerful note it gives me great pleasure to announce that Dr. Carla Atkinson is joining the Healthy Minds and Healthy Children Capacity Building Project, to provide psychiatric consultation and leadership. She has been working at the PLC and has been the Clinical Medical Director of the Collaborative Care Project for children 0 to 5yrs for the last few years. She also has a special interest in Infant Psychiatry.

Now if we shift our focus to Adolescent Psychiatry there have been some very important and exciting developments here as well. First, we want to give a warm welcome to Dr. Shahid Hosain to the Adolescent service. He not only works on Unit 26, but consults to the community clinics at the North West and South West of Calgary in addition to providing a consultation service at the Jack Fair Clinic at Hull.

Secondly, we are very grateful to Dr. Wassim Soliman for his skill and leadership with the Adolescent Day Treatment Program at the Holy Cross Hospital, a much needed service which is well integrated with the existing service providers such as the community clinics and the independent funded agencies such as the Family Therapy Program. Dr. Karl Tomm is the founder and director of this contracted agency which is also at the Holy Cross Hospital and as some of you know may hopefully join the CHR in the



near future. Dr. Soliman also maintains active links with the hospital inpatient programs and the Mood Disorder Clinic at the Foothills Hospital.

Thirdly, Dr. Lori Hogg continues with her involvement with the Early Psychosis Treatment Program enhancing the treatment and research capacity for Adolescent services. She also provides consultation at the Jack Fair Centre at Hull and continues her interest in the dual diagnosis population working with Dr. Susan Carpenter in the new clinic recently opened in Calgary to serve this population, the Arnika Centre. Thank you Dr. Carpenter for your advocacy and leadership in this area.

Dr. Sam Chang has been very busy not only in the Addictions service but also in the ADHD research group, co-ordinating links with other centres and colleagues both in Calgary and across the Prairies, a very important development for future research in this area.

We are also very lucky to have Dr. Brian Cram as the Clinical Medical Director of the Eating Disorders Program based at the ACH. This has reduced dramatically the number of admissions of eating disordered patients to the Adolescent Program. His tireless and dedicated advocacy for this population has transformed the services here in Calgary.

In recognition of the common interests and shared labour with our Paediatric colleagues I am pleased to announce that Drs. Margaret Clarke, Geraldine Farrelly and Jean-François Lemay,

well known Paediatricians here in Calgary, now hold joint appointments with the Department of Psychiatry. Congratulations and welcome.

Finally, the Division has supported the development of a regional area intake system using the Western Canada Waitlist and the Brief Parent Child Telephone Interview from Ontario. This has



Adolescent Psychiatry

been supported by at least 11 programs in the Calgary region, shifting the emphasis from the isolated self interested intake systems of individual programs to the disinterested, impartial participation of a regional system addressing the disease burden in our community and the identification of the gaps in service provision. This allows a shift of focus from individual ideological treatment approaches to a more humanistic view with an emphasis on standards, obligations and community responsibilities. A special thanks to the hard work and support the regional intake system has received from Drs. Rahman and

Soliman. All this is in alignment with Dr. Addington's leadership and policies of service delivery being directed by sound epidemiological data addressing the disease burden in a community and requesting population based funding. This, of course, opens the possibilities for future discussions on services planning for acute adolescent emergencies, infant psychiatry and neuropsychiatric services for children and adolescents. This is clearly an exciting time for our specialty and augurs well for the future and should attract many more Child and Adolescent Psychiatrists to Calgary.

Chris Wilkes

Calgary Health Region & Canadian Mental Health Association Partner to Help Families

How does the mental illness of a patient impact the family? Literature states that mental illness affects the entire family and that the time of diagnosis is the most critical. We are most successful in our management if we provide support and education to the entire family, not just the individual experiencing the illness. Due to lack of resources and confidentiality issues, families are often unprepared to deal with their loved ones, especially once they return from the hospital.

The Canadian Mental Health Association (CMHA) had been seeking ways to better reach families and friends of those persons who are newly diagnosed in an acute care setting. Based on the results of a family needs survey, a number of questions were generated from the families identifying that more information regarding inpa-

tient treatment and mental health resources was required. A partnership was created between CHR & CMHA to address to needs of those families through bi-weekly orientation sessions.



CANADIAN MENTAL
HEALTH ASSOCIATION
L'ASSOCIATION CANADIENNE
POUR LA SANTÉ MENTALE



calgary health region

The orientation sessions include staff from both the CMHA and FMC - Inpatient Psychiatry. For example, the CMHA provides a group facilitator and a trained peer support volunteer and FMC - Inpatient Psychiatry provides a nurse and a social worker. The purpose of the orientation session

is to discuss such issues as:

1. The "Inpatient" experience i.e. confidentiality/family meetings/expectations/medication/diagnosis
2. Family questions and concerns (solution focused)
3. The resources available to families i.e. family support programs, Mental Health Link, financial support, guardianship/trustee information, housing, family caregiver info, etc.

For further information please contact Debbie Blacklock, CMHA @ 297-1704 or Suzanne Connelly, CHR @ 943-8514.

We Want Your Inpatients

The Care Glenmore Rehabilitation and Recovery Unit is looking forward to receiving your inpatients of the geriatric age group.

Our Unit has been designed to receive geriatric psychiatric patients who are not cognitively impaired, but who are significantly compromised with e.g. depressive or psychotic disorders, that they require a prolonged stay in hospital before they can successfully be returned to the community for independent living.

CHR statistics show that there

are numerous elderly folk of the above category lingering on the acute inpatient units and within Consultation Liaison Services. We aim to work with the patients for 1 - 3 months to improve their functioning, hoping to prevent through our efforts that these patients return prematurely to the ER Services.

So if you have knowledge of patients 65 and over as described above (60 and over can be accommodated, if they fit our parameters), then please refer them via your geriatric psychiatric service

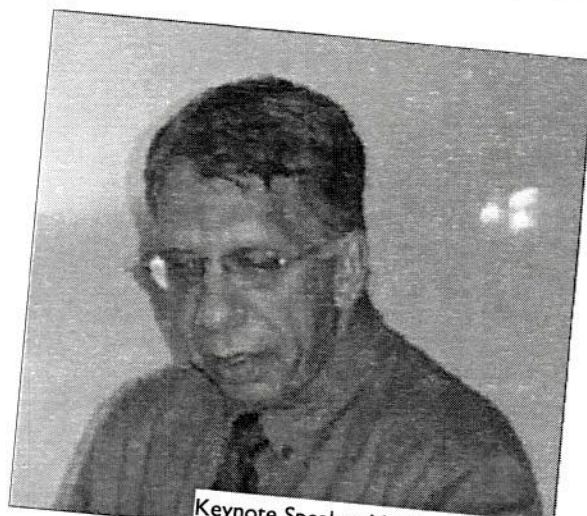
to our multidisciplinary team.

The Glenmore Rehab and Recovery Unit is situated next to the Rockyview General Hospital, and the view of the reservoir and the mountains makes for a pleasing environment. We have opened 10 beds and will expand to 20 beds early 2004. We can be reached at attention Ms. Kelly McDonald, Unit Leader at telephone 258-7672 or 258-7242, fax 258-7678.

John de Vries

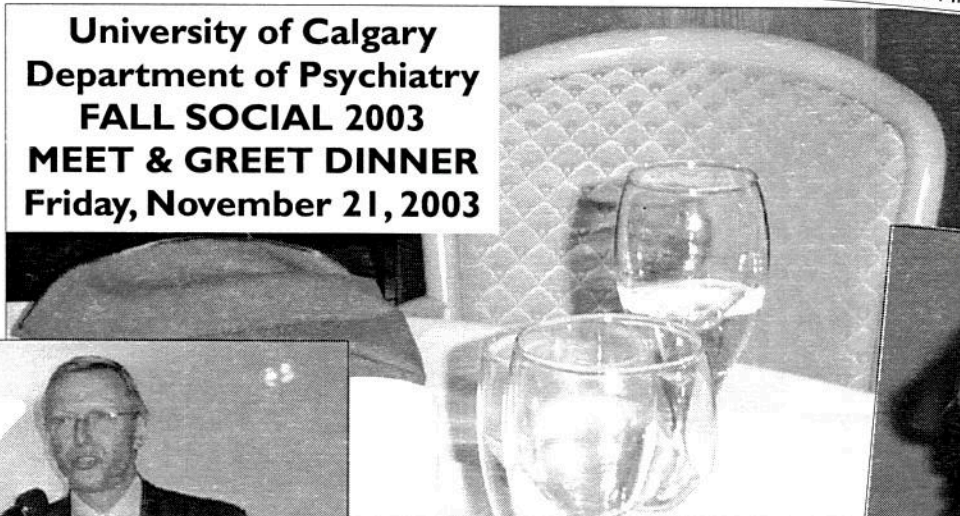


Dr. Bev Adams, Residency Training Director



Keynote Speaker Mr. Ernie Lakusta

**University of Calgary
Department of Psychiatry
FALL SOCIAL 2003
MEET & GREET DINNER
Friday, November 21, 2003**



Dr. Donald Addington, Department Head



Educational Program
Coordinator
Pauline Burgess



New Psychiatry Manager Mischelle van Thiel



PGY-5 Resident Dr. Cherelyn Lakusta presents the Silver Couch Award
to Dr. Tim Yates

In November, the Regional Clinical Department of Psychiatry approved a number of new appointments as Clinical Medical Director. It is exciting to see so many talented individuals coming forward to volunteer a leadership role for their clinical services. The new appointees include:

- Dr. David Gibbs, NU 25, PLC
- Dr. Salim Hamid, NE Mental Health Clinic
- Dr. Pamella Manning, NU 23,

FMC

- Dr. Adeyinka Marcus, NW Clinic Community Mental Health Services
- Dr. Lloyd Maybaum, Short Stay Unit, PLC
- Dr. John Kent Sargeant, NU 45, RGH
- Dr. Carlos Tesler-Mabe, NU 22, FMC

A retirement dinner was held in September to recognize Dr. Alan Weston. Thank you to Dr. George

Duska for organizing an excellent event. Regrettably, Alan Weston has had some serious health problems over the fall and at the time of writing is in Foothills Hospital.

I wish you all a Merry Christmas and a Happy New Year.

Don Addington

Welcome New Manager

Please welcome Mischelle van Thiel, who has joined us as the new Manager for the Department of Psychiatry. Mischelle comes to us with a wide range of experiences in private enterprise and in education. Most recently she was working as Registrar at Mount Royal College. Mischelle has been getting to know the two relatively large and complex systems in which she has to operate, the University of Calgary and the Calgary Health Region. She brings to the task energy, enthusiasm and a great deal of expertise. She is getting out to all of the site-based medical staff meetings. She and her staff work hard to support members of the Department of Psychiatry in being effective, both within the Region and the University.

Sharing the Care

Getting to know Shared Mental Health Care

January 6, 2004

Conservatory, Calgary Zoo
6:00 - 9:00 p.m.

Guest Speaker:

Brian Keating

RSVP: Nancy at 943-2478
Limited seating so call soon!

The Shared Mental Health Care Program was developed to support Primary Care Physicians' assessments and treatment of the mental health concerns of patients in their practice.

Shared Mental Health Care Career Opportunity

The Shared Mental Health Care Program is expanding and is presently seeking Psychiatrists to do shared care with Family Physicians in the community.

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

Dr. Jane McCrudden
943-5469

Congratulations

Dr. Roy Turner, who joined the department in July, was recently awarded the Most Promising Clinician Award by McGill University. Congratulations Dr. Turner!



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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