

# MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume IV, Issue III

Fall 2004

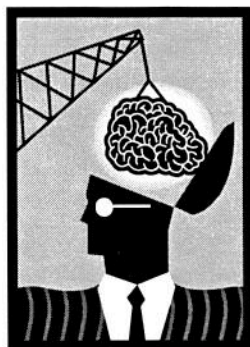
## From the Department Head

The Golf Tournament happened earlier in the summer on a beautiful sunny day. I'm not a golfer, but certainly enjoyed the tournament. I can also recommend, as a golf pro and golf trainer, Dr. Pat Coll. With his firm, clear directions I felt my golf game improved over the course of the afternoon. I even had one shot above the minimum count towards my team's total.

The number of psychiatrists in the Region now allows for people to take a vacation and not leave their colleagues too stretched. On the Inpatient side, we had a very unusual string of empty beds. No one has a good explanation for this, but it seems to have come to an end.

So far this year, the Region has accommodated eight new psychiatrists. I am very pleased that some office-based psychiatrists are taking the opportunity to provide consultations to rural clinics. Working in a ru-

ral clinic doesn't trigger on-call obligations and this works well for office-based psychiatrists. We are very pleased that we can provide increased psychiatry coverage to the rural clinics and it is valuable to



Calgary Brain Institute  
LAUNCH  
October 15, 2004  
Libin Theatre  
Health Sciences Centre  
1600-1900 hours  
RSVP: cbi@ucalgary.ca

have a formal connection with our office-based colleagues.

At the time of writing, we seem to be finding enough applicants for the very large expansion of mental health services. Electronic copies of a number of plans have been sent to every psychiatrist with an e-mail address. I hope that this form of communication works for you.

The CHR leadership has

changed at the senior level. Dr. Chris Eagle is now the Executive Vice-President and Chief Clinical Officer and will have a separate Chief Medical Officer reporting to him. The Region feels that it has made progress over the last several years in getting

regional business systems in place. The effort of the next few years will be to integrate

improved safety, improved quality and research into a sound business model of health care delivery.

The Calgary Brain Institute will be formally announced in October during the CPA meeting. The Institute is comprised of three basic neuroscience research groups and three clinical departments. The clinical departments include Psychiatry, Clinical Neurosciences and Diagnostic Imaging. The Calgary Brain Institute will

not be trying to organize clinical services. Within the Department of Psychiatry, the Psychosis Research Unit will be part of the Brain Institute, because it includes a basic research science

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# Residents' Corner

It seems like every autumn there are more changes in the wind for the residency program. This year is no different; changes will be occurring within the curriculum and the examination process for the final year residents.

In response to the proposed development of an academic stream and the ongoing needs of the residents, the Curriculum Committee met on September 11 (a Saturday - talk about commitment to the job!) to begin the revamping process to model the curriculum into a developmental format. When residents begin their core training in the second year, the seminar series will reflect the interplay between stages of development and psychiatry. Further lectures will correspond to the year of training, thereby discontinuing the two-year learning cycle for PGY 2s and 3s. The committee will continue to meet this fall to flesh out the format for this change.

In the summer 2004 edition of Mind Matters, I provided you with a brief outline of changes in the



Development of an Academic Stream

final year examinations. To help in standardizing the exam experience as much as possible, approximately twenty-four faculty attended an examiners workshop on September 17.

Residents will have the opportunity to schedule their two long interviews with faculty who have participated in this workshop. My thanks to all of you who have offered to help with this new responsibility for the training program.

I would also like to recognize the ongoing work by our fellows. Dr. Cindy Beck was recently awarded a CIHR fellowship for the balance of her PhD studies in the area of Community Health and Epidemiology. Dr. Cherelyn Lakusta began her fellowship in the Family Therapy Program and Adolescent Day Treatment Program this month with supervision by Dr. Karl Tomm and Dr. Wassim Soliman. Dr. Joann McIlwrick has begun work for a Master's degree in Medical Education, with her thesis focusing on education within Emergency Psychiatry. We would also like to welcome Joann to the Residency Training Committee.

Please note the residents will be on retreat September 23 & 24, returning to their clinical rotations on September 27. The post-retreat RTC, which all residents are expected to attend, will be on October 4, 0900-1100h.

I look forward to seeing you at the faculty Meet 'n Greet on October 1 and talking to you again later this year.

*Bev Adams*

## Seb. Littmann Research Day March 4, 2005



### Keynote Speaker: Dr. Colin Shapiro

We are pleased to announce Dr. Colin Shapiro as the keynote speaker on Seb. Littmann Research Day 2005. Dr. Shapiro is a Senior Scientist at the Division of Applied & Interventional Research at the Toronto Western Research Institute. He has a major interest in the basic physiological aspects of sleep, clinical aspects of sleep disorders, the use of sleep recordings for diagnostic purposes and the prospect of using sleep related measures in psychiatry. His interests include measurement in psychiatry and at present this is focused on the measurement of fatigue. Dr. Shapiro has an interest in chronobiology as it relates to psychiatry and pharmacology. Since undertaking the role of developing the Neuropsychiatric Services at the Toronto Hospital, Dr. Shapiro has shifted his research to include a large number of projects in the area of neuropsychiatry.

Mark your calendars for Friday, March 4, 2005!



## Undergraduate Education

It was not Hurricane Frances that made that loud whooshing noise on August 24. What you heard was a collective sigh of relief from forty-odd faculty and staff at the completion of the yearly MIND Course. This year had its own twists and turns, some instituted by the organizers and some by Fate. New this year was the opportunity for 26 of the 112 students to attend clinical correlation (6 hours of clinical learning) in either child and adolescent-based venues or adult community programs. Dr. Lauren Zanussi would like to thank the staff at the Adolescent Day Treatment Program, the Eating Disorders Program and Dr. Tim Yates for the many planning hours it took to arrange this new opportunity for the twelve students interested in a paediatric career. In the community programs, students toured the inner city mental health facilities - the Mustard Seed, the Centre of Hope, CUPS (Calgary Urban Project Society) and the Calgary Drop-In Centre - over three different days. Many thanks to

Dr. Joann McIlwrick, David Chakravorty, Dora Richardson and Cathy Grant who were instrumental in organizing these field trips for the 14 students who expressed a particular interest in our specialty. I was impressed to hear that after their field trip, these students planned a fundraiser with proceeds to go to the facilities they visited! Also new this year, for the sixteen days of the MIND Course, Dr. McIlwrick moderated a very active online discussion group within the Curriculum Information System (CIS) in which all the students were encouraged to participate. Dr. Zanussi would like to heartily thank Dr. McIlwrick for taking on this project and carrying it off so well. To date, feedback on the MIND Course has been very positive. Well done and many thanks to all of you behind the scenes!

The Clerkship Program has also seen changes. I would like to thank Dr. Yinka Marcus for taking over the role of Site Coordinator for the Foothills site. We are

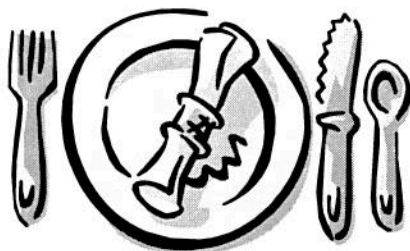
currently in search of a faculty member to assume the responsibility of teaching the Mood Disorders seminar to the clinical clerks at FMC for one hour every six weeks. Please contact Pauline (4-1271) if you are willing to assist with this lecture; ACCESS funds are available for teaching.

It is encouraging to note that our profile within the medical undergraduate programs is gaining attention throughout the three years of the medical school program. Summer block elections for students between first and second year have doubled this year. There has also been an increase in student numbers applying for their second year clinical electives in our specialty (Med 440). Last year, eight students applied and this year our numbers total thirteen. Many thanks to all of the physicians who have stepped up to meet the burgeoning demand!

*Nancy Brager*



**Keynote Speaker:  
Dr. Adam Moscovitch**



**FRIDAY, OCTOBER 1, 2004  
University of Calgary &  
Calgary Health Region  
Department of Psychiatry  
FALL SOCIAL 2004  
Meet & Greet Dinner**

***For last minute RSVP's:***

Tel. 944-1296  
Fax 270-3451  
janny.postema@  
calgaryhealthregion.ca



# Update in Child, Adolescent and Family Psychiatry

The good news for the Division has come in the form of dollars, this time through transitional funding from Alberta Health and Wellness. This has allowed the Region to provide more service with more resources, rather than the past standard of trying to do more with less. This funding clearly acknowledges the recent increase in Calgary's population and the demanding burden of mental illness, developmental and health problems in children and their families.

The first new initiative is the long awaited Adolescent Urgent Care Team. Eleven new positions are in the process of being filled, including a Team Leader. This service will be operational by October 2004 and will address some of the service needs of adolescent emergencies which have been a considerable burden for families and professionals alike.

The other new initiative includes a new partnership with Wood's Homes and the opening of three Exceptional Needs beds to be used

as an extension of the Young Adult Program for those adolescents who have complex needs and difficult placement issues, which often result in a long length of stay. This will free up the Young Adult Program to open up some urgent beds with a much shorter length of stay to be used in collaboration with the Adolescent Urgent Care Team.

Another important new initiative starting in January 2006 is the Collaborative Mental Health Care ARP funding for family physicians, paediatricians and psychiatrists. This will focus on the mental health needs of pre-school children and facilitate integrated mental health community care.

There is also good news for the Alberta Children's Hospital. The Multi Sectoral Liaison Service has been enhanced with two new positions to work closely with Child Welfare and help facilitate an extension of our Day Treatment expertise to their foster parents. Other supports include the Paediatric Pharmacist at the Children's Hospital to enhance paediatric mental health, and as well additional positions for our busy Consultation Liaison Service will come into effect with the opening of the new Children's Hospital. An expansion of our very successful Collaborative Care Team will also commence in 2005 with an additional three positions.

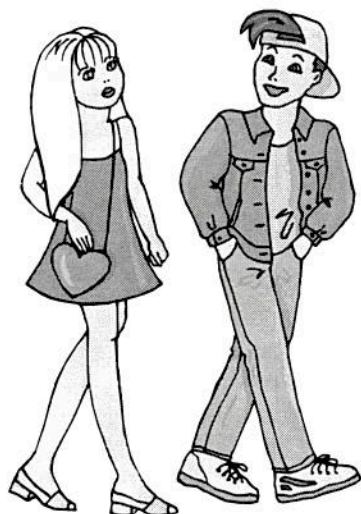
The new Children's Hospital has been surrounded by intense debate in the Division of Child, Adolescent and Family Psychiatry. The new hospital has an expanded capacity with three additional mental health beds and

there will be an additional four-day hospital desk as well. The specialized Mental Health Services currently at the Children's Hospital will remain at the "old" Children's Hospital site and be the anchor tenants for this site. A process is now underway to facilitate the adaptation of service delivery of the specialized mental health clinics in collaboration with developmental paediatrics and inpatient services.

Finally, the Reality Challenged Clinic at the Foothills Medical Centre has been funded for an ILS worker who has demonstrated success in a pilot project over the last six months.

All these initiatives required a great deal of discussion, collaboration and hard work, and many thanks are due to all the managers and physicians involved in this process.

Other new developments in our Division include the welcome addition of Dr. Maria Filyk at the Northeast FACS Clinic. She will also be involved in the Collaborative Care Program and provide on call services to the Children's Hospital. Dr. Carla Atkinson has returned to the call schedule at the Children's Hospital and continues in her role as the Medical Director of Collaborative Care. Dr. Muhammad Naseer has stepped down from the medical directorship of Consultation-Liaison at the Children's Hospital and now provides a consultation service at the Northwest and Northeast FACS Clinics. Dr. Joan Besant is now the Clinical Medical Director of C-L Services in addition to her role as Clinical Medical Director



Young Adults





## Farewell to Bruce Swan

of Inpatients and Day Patients at the Children's Hospital. She has taken a leading role in the Shared Care initiative and is currently coordinating with Jim Arthurs, Harold Lipton and Dr. Michael Enman a Conference Update in Childhood and Adolescent Mental Health and Psychiatry on Friday, October 29 in the Children's Hospital Solarium.

The Division would also like to welcome Dr. Cherelyn Lakusta, who has started a fellowship at the Adolescent Day Treatment Program and Family Therapy Program under the supervision of Dr. Karl Tomm. Unfortunately we will be losing Dr. Wassim Soliman who, for family reasons, is moving to London, Ontario and will work with inpatients and outpatients, as well as their mood disorders clinic. We wish him and his family all the best in his new home.

A warm welcome to Dr. Waqar Waheed, who will be working in Child & Adolescent Psychiatry at the Children's Hospital, Hull Child & Family Services and Forensic Adolescent Services later this month.

Finally, it is with great sadness that we acknowledge Dr. Jack Fair's recent passing. He was the first child psychiatrist in Calgary and made a sterling contribution to the community. He was a great teacher and mentored many of the current child psychiatrists we have working here in Calgary. He will be greatly missed and our sincere sympathy and condolences are offered to Maureen and her family.

*Chris Wilkes*

Bruce Swan, Executive Director of Mental Health, has accepted the position of President & Chief Executive Officer of the Royal Ottawa Health Group, which operates the Royal Ottawa Hospital, the Centre for Research at the University of Ottawa and the Brockville Psychiatric Hospital. His decision to leave is two-fold: a one-of-a-lifetime opportunity that was presented to him, and on a personal note, he will be within two and a half hours from his father who is 99 years old.

Bruce came to Calgary in August 2000 as a joint appointment between the Calgary Health Region and the Alberta Mental Health Board. Prior to this appointment, he was the CEO of the South Westman Regional Health Authority in Manitoba. Bruce holds a Bachelor of Commerce Degree from Queens University, a Graduate Hospital Administrators Diploma from the University of Toronto, and in May of this year he received a Fellowship in the Canadian College of Health Service Executives.

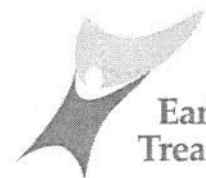
Bruce has been instrumental in the integration and expansion of mental health services in the Region and has been a steadfast advocate for the mental health services portfolio. In his letter of resignation, Bruce writes: "I have enjoyed working with each of you and believe that the Calgary Health Region Mental Health Service has the potential of being one of the most integrated Mental Health Services in the world." We want to congratulate him on his new position and wish him well. He will be greatly missed.

## CMPA Supports Consulting Psychiatrists

Dr. Stuart Sanders consulted with the Canadian Medical Protective Association about the medico-legal issues of providing consultative advice to other health care professions when the consultant has not seen the patient discussed. This was raised as an issue in particular for Geriatric Psychiatry, but it has applications in other areas. Essentially the CMPA indicated that it was supportive of such practices. The full document is being shared with the members of the Division of Geriatric Psychiatry. If you want to have more details, please contact Dr. Stuart Sanders.

## EPTS Pub Ed is Coming

In October, the Psychosis Research Unit, in collaboration with the Early Psychosis Treatment Service and Healthy Communities, will be launching a Public Education Program. The goal of the program is to reduce the Duration of Untreated Psychosis. We hope to achieve this by improving public awareness of early symptoms of psychosis, as well as raising awareness of the need and the mechanisms of accessing care. The Public Education Program is backed up by a web site: [www.thesoonerthebetter.ca](http://www.thesoonerthebetter.ca).



**Early Psychosis  
Treatment Service**



# Consultation-Liaison Psychiatry

The last few months have brought changes in the appearance of the Consultation-Liaison Psychiatry Division in Calgary. As always, the demands in the three adult hospitals for assessments and arrangements for follow-up are concerns for many of the people on the Medical and Surgical units. We continue to strive to provide prompt and helpful consultation, but often find that arranging for follow-up is challenging.

At the Rockyview, our friends will have noticed a couple of new faces in the lineup. Dr. Ray Tang-Wai has taken up the challenge of consultation to the under-60 aged patients. As you will know, Dr. Tang-Wai has just successfully completed his training here in Calgary and we are most pleased that he has chosen to stay in Calgary and work with us here. The patients of southern Calgary will benefit from his choice to stay. In addition, the C-L group at the Rockyview is now supported by Terry Roberson RN who assists with nursing education and support on the Medical/Surgical units. Our professional colleagues appreciate all the support, guidance and education that we can offer.



Consultation-Liaison

At the Peter Lougheed, we were hoping that we could add to the Consulting Staff of our C-L group with some fresh blood, but so far these efforts have been disappointing. This is an ongoing concern, especially when we look forward to the longer-term enhancement and growth of the Service at the PLC (both inpatient and outpatient). Dr. Scott Patten has been the leading light in the development of the outpatient C-L clinic for patients with MS. Unfortunately (!), Dr. Patten has received a Heritage Scholarship which limits the time he has available for clinical work, so we are also looking to support this model clinic. On the plus side, with money recently becoming available for Mental Health, we are now looking to fill a 0.9 FTE position for a Clinical Nurse Specialist in C-L to augment our current nursing resources, and add to our research and education abilities.

At the Foothills, Dr. Seema Husain went on leave for three months to get married to Dr. Waqar Waheed, thus assisting with recruitment to the ranks of Child & Adolescent and Forensic Psychiatry. The rest of the team was *extremely* thankful when she returned. Linda Dziuba MSW is about to move to a new post, so the position of Program Facilitator will need to be filled, and in spite of her diminutive size, those are big shoes to fill. We have also had a Clinical Nurse Specialist position added here, and this has been filled by Janet Fraser MN, one of our own people. Hopefully, her "old" position will be filled soon.

In the longer-term future, it is the vision of the Division to move from just inpatient consultations to some outpatient consultations with specialized groups, perhaps in models such as shown by the MS Psychiatric Consultation Clinic at the PLC, or perhaps different models. These ideas will require the support of the initiatives and statistics that we hope to see with the support of our new Clinical Nurse Specialists. We also have a psychologist, Lisa Bouche, providing support to the under-65 population in Glamorgan Care Centre and one unit at the Fanning Centre. This is another direction of growth for the specialized support from Consultation-Liaison Psychiatry.

Some challenges and many exciting possibilities for the future. As usual, it is never dull in C-L Psychiatry.

*Michael Trew*

## Program Medical Director, Primary/Community Care

**HELP WANTED**

The Regional Clinical Department of Psychiatry is inviting applications for the position of Program Medical Director, Primary/Community Care, Mental Health & Psychiatric Services. This half-time position is responsible for the patient care, teaching, research, staff development and administrative duties undertaken by all physicians within the Primary/Community Care Division of the Department of Psychiatry, Calgary Health Region across all acute care sites and in the community. In particular, the Primary Care Division is involved in developing innovative models of mental health care provision, including Shared Mental Health Care in both urban and rural settings and is planning a tele-mental health network to link the rural mental health clinics with urban services.

Qualifications include an MD or equivalent, certification in Psychiatry from the Royal College of Physicians and Surgeons of Canada or equivalent and eligibility for licensure in the Province of Alberta.

Please submit curriculum vitae and the names of three referees by **October 15, 2004** to:

Dr. Donald Addington, Head  
Department of Psychiatry  
1403 - 29 Street NW  
Calgary, AB T2N 2T9

## Clinical Medical Director, Shared Care Program

**HELP WANTED**

The Regional Clinical Department of Psychiatry is seeking candidates for the position of Clinical Medical Director, Shared Care Program.  
The position is available effective November 15, 2004.

Please submit curriculum vitae and the names of three referees by **October 15, 2004** to:

Dr. Donald Addington, Head  
Department of Psychiatry  
1403 - 29 Street NW  
Calgary, AB T2N 2T9

## Farewell Dr. Carlos Tesler-Mabe

Dr. Carlos Tesler-Mabe resigned effective August 6 to move back to Vancouver. I would like to sincerely acknowledge his dedication, commitment, leadership and vision to make Unit 22 at the Foothills Medical Centre into a thriving Clinical Teaching Unit, with emphasis on quality of patient care foremost, as well as through a strong emphasis on multidisciplinary teamwork. He will be a major loss to us as mentor to his colleagues, residents, students, and other allied professionals, but will be a major gain to where he has gone. On behalf of the Inpatient Program we wish him every success and happiness.

*David Miyauchi*



*Farewell Party for Carlos Tesler-Mabe, hosted by David Miyauchi*



#### *From the Department Head*

component with the Chair of Schizophrenia Research. It also has clinical health services research and population-based health research. Individual members of the Department who have an interest in brain research, but are not necessarily connected with a specific program may apply for membership of the Brain Institute.

We are working on a new sessional contract. In the new system, the Department of Psychiatry will manage the sessionals. That has been worked out. In addition,

each clinician who receives sessionals has to sign an individual contract. The template for these contractual relationships between the Region and the medical staff is that of the new Alternative Relationship Plans. It turns out that this is a 15 to 16 page legal document. A committee of members of the Department is working to review these contracts on behalf of the members of the Department. The committee is supported by Mischelle vanThiel, the Manager of the Department. They are seeking advice from the Canadian Medical

Protective Association and the Alberta Medical Association. On the committee are representatives from each site and a community clinic representative. The committee can negotiate changes with the Region and hopefully will make a recommendation to the membership about the contract by December. Individual members will then have the right to seek out further legal advice as they see fit. The idea of the committee is to provide some cost-effective scrutiny of the contracts. We hope that the new sessional system will be in place

*Continued from front page*  
for April 2005. This will be especially important for those who had Alberta Mental Health Board contracts, since those contracts will expire at that time.

Regional Rounds have restarted and Dr. Steve Simpson is looking for speakers. Please support the program. In particular we like to hear presentations from our GFT faculty, who are often presenting at national and international conferences.

*Don Addington*



The Department of Psychiatry is pleased to announce the 2004 University of Calgary, Department of Psychiatry Awards. The Undergraduate Education Award went to Dr. Lauren Zanussi to recognize in particular

his significant contributions to the MIND Course. Dr. Adam Moscovitch is the recipient of the Best Clinical Researcher Award, and the Postgraduate Clinical Education Award went to Dr. Mohamed Abdel-Keriem in recognition of his significant contributions to resident teaching. The awards will be presented at the October 1 Fall Social. In addition, they will be put forward as the Departmental nominees for the Faculty of Medicine Awards.

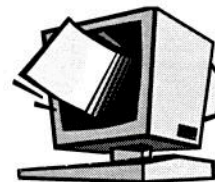
Dr. Hussam Bawa was awarded the CMSA letter of excellence in clerkship teaching from the class of 2003.

Congratulations to Dr. Cindy Beck for obtaining a Fellowship from the Canadian Institutes of Health Research.

And last but not least, we are pleased to announce Dr. Shawn Currie's appointment as Chair of the Conjoint Scientific Review Committee.

#### **MIND MATTERS ONLINE**

Mind Matters is now also available online.  
Check it out at:  
[www.calgaryhealthregion.ca/clin/psych](http://www.calgaryhealthregion.ca/clin/psych)  
(click on Mind Matters icon).



The Newsletter for the Regional Clinical Department of Psychiatry

is distributed quarterly to  
all psychiatry medical staff and faculty,  
psychiatry residents,  
Program Directors and Program Medical Directors,  
CHR Executive Medical Directors and VP's,  
CHR CEO, CMO and COO, Chair MAB,  
and psychiatry support staff.

Submissions & Inquiries:  
[janny.postema@calgaryhealthregion.ca](mailto:janny.postema@calgaryhealthregion.ca)  
Phone 944-1296  
Fax 270-3451