

# Mind Matters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume IV, Issue II

Summer 2004

## From the Department Head

### Frontline Staff Meetings

Together with Bruce Swan, the Executive Director for Mental Health, I have started to visit all the programs, clinics and services within our Regional Mental Health Program. In addition, I have been attending the site medical staff meetings in the Department of Psychiatry across the Region. These meetings reveal a large number of fairly specific clinical service related issues, but also a couple of themes are already emerging. First, despite a plethora of organizational changes, the Mental Health Program and the services it provides has survived intact, with perhaps some bumps and bruises on the way. These changes have included every level of the organization. Two Regions have merged, Alberta Mental Health Board services have merged into regional services. The senior regional portfolios have moved around and we are now

in the Northeast regional portfolio. The Program Directors have been reduced in numbers. The Managers have been reduced in numbers and their roles have changed.

### Provincial Mental Health Plan

All of these changes notwithstanding, the Mental Health Program has the potential to grow within the framework outlined in the recently released Provincial Mental Health Plan. This is more of a framework than a plan, because each Region is required to put forward its own regional plan. According to the Provincial Mental Health Plan, we have one year to prepare this regional plan. In the meantime, we have developed proposals for transition funding from 2004 to 2007. Transition

funding is designed to help us move from our current set of services to a more comprehensive set of services, funded through a population-based funding formula. We are also working to provide recommendations on a population-based funding formula, which would start in 2006.

### Strategic Growth

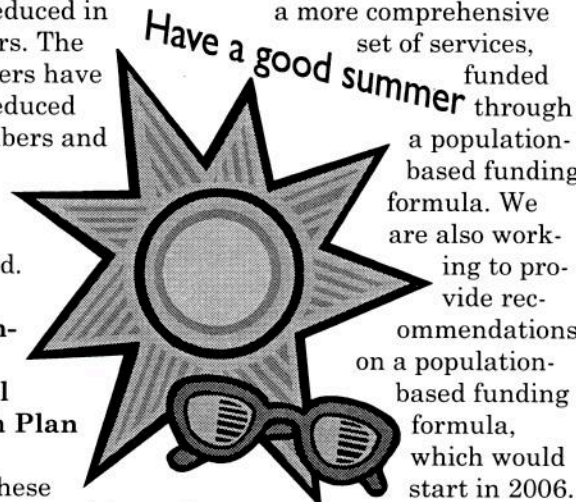
In addition to the proposal for transition funding, the CHR Board has asked the Mental Health Program to submit a strategic growth initiative for Mental Health. This outlines the general direction for growth over the next five years. It will be reviewed at the last meeting of the Board before the summer in June. The proposals call for significant increases in overall funding. They also call for balanced in-

creases across the continuum of care.

### Recruitment

The Department of Psychiatry is continuing to grow each year. We are looking forward to recruiting all of our current PGY-5 residents. We are negotiating with

*Continued on back page*



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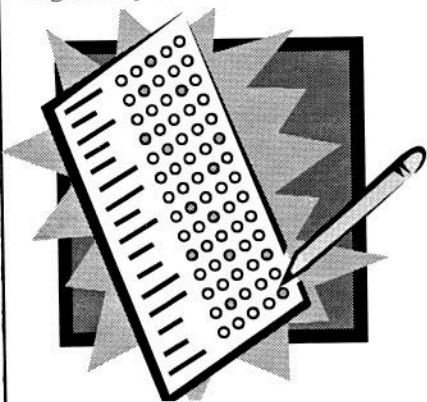




# Residents' Corner

It's hard to believe that the residency year is over at the end of this month. After months of studying and numerous practice exams, the fifth year residents will have completed the final portion of their exams on June 7 and 8. It is encouraging to note that for the second year in a row, all of the graduates have chosen to remain in Calgary. Cherelyn Lakusta has chosen to do a fellowship in the Family Therapy and Adolescent Day Treatment Program. Will White has applied for a full-time academic appointment to pursue his research in Addiction Psychiatry. Ray Tang-Wai will be taking an Inpatient/Consultation Liaison Psychiatry position at the Rockyview Hospital. Cindy Baxter will pursue her career in Forensic Adult Psychiatry. This graduating group has benefited from the diversity of their interests - where else could you get together four colleagues for insights into adolescent psychiatry, comorbidities, substance use and forensics?

As mentioned to the examiners in the spring round of practice exams, there will be changes starting next year to the final exams.



Exam time is over - see back page for latest news!

The responsibility for the long interview will be given to the individual residency programs. Fifth year residents will have to successfully pass two sequential interviews in Calgary within their final year. The written exam (usually in late April) will remain unchanged. The PDM (Phenomenology, Diagnosis & Management) stations will be expanded and hosted exclusively by the RCPSC in Ottawa in early June. Due to the increased emphasis on home programs to examine, I plan to organize an examiner's workshop prior to the November practice exams.

I would also like to welcome Unit 45 at the Rockyview Hospital as a new Inpatient residency rotation. As the program expands, it is important to enlarge the teaching pool to meet both the junior and senior needs for inpatient experiences. At the spring retreat, the residents recognized the efforts of the staff on Unit 25 for their energy and enthusiasm; the Silver Couch Award will be given to Drs. David Gibbs, Clint Hirst and David Tano at the Fall Social Meet 'n Greet on October 1. Combined with the experienced staff on Units 21, 22, 27 and 49, we now have six excellent Inpatient units for teaching.

As we all begin to practice our swings for the upcoming departmental golf tournament, I'd like to acknowledge the support of the faculty & support staff to the program. In addition to the donations and sponsoring of the eleven or so residents, I would also like to extend my thanks for your ongoing support to our program.

It is a very positive sign when Pauline receives unsolicited calls - sometimes on a weekly basis - from across Canada inquiring about transfers into our program. The last few years have seen a lot of changes to the program. Each change has meant innumerable man-hours of planning, discussions and revisions before they become incorporated into the training. It is rewarding to note that changes are recognized across Canada as well as in Calgary.

Before I close, I would like to introduce our upcoming PGY-1 residents: Cristin Fitzgerald, Ursula Hines, Jessica Lyons, Katalin Mayer, Reilly Smith and Barb Urbanska. Five of these students are from the University of Calgary and the sixth has spent considerable time on clerkship electives while in the U of A medical school. All of these new residents will spend one month in Emergency Psychiatry in the first half of the residency year, followed by two months at one of the six Inpatient units. Please join me in welcoming your potential new colleagues.

Enjoy the summer and we'll "talk" in the fall.

*Bev Adams*

# Undergraduate Education

The MIND course lecture series continues to evolve to meet the needs of the students. From the feedback reviewed at the Undergraduate Retreat held in late April, the faculty proposed a few changes to the MIND course. Clinical correlation teaching ('bedside teaching rounds') for those interested in a pediatric career has been received warmly - ten students have requested this new opportunity. As well, an online discussion group within the Curriculum Information System (CIS) moderated by Dr. Joann McIlwrick for the duration of the MIND course was discussed. Movie nights - hosted by Drs. Philip Stokes, Michael Trew & Lauren Zanussi - will also be continued. The students truly appreciated the major changes in last year's MIND course and I am sure Dr. Zanussi, who will now take over as Course Chair from me, will not stop here! Keeping in

mind that the MIND course will run in August this year, please note we will be doing our best to contact faculty in June rather than during the vacation period. Assistance is still needed in leading a few of the small groups, so if you are willing to help, please contact either Shannon Leskosky (220-6962) or Dr. Zanussi (944-4791).

In the Clerkship Program, I would like to note that the next block of clerks that start on July 19 will be the smallest group of the year - there will be ten students in this group. Following Block Three, the size of each group starting will be thirteen to fourteen students from the end of August until the end of April 2005.

I would also like to take this opportunity to thank Dr. Carlos Tesler-Mabe, Unit 22, FMC, for his much appreciated roles as



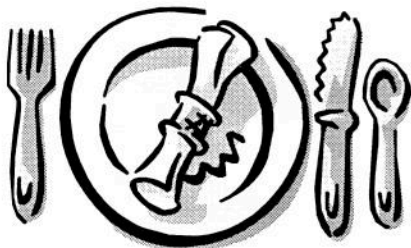
*Movie Nights*

clerkship site coordinator since January 2003, lecturer for the Mood Disorders seminar and preceptor to various clerks during their time on Unit 22. I wish you well in your future endeavours in Vancouver, especially when it is - 40° here in Calgary!

Have a wonderful summer.

*Nancy Brager*

**Now for Faculty &  
Medical Staff!  
Mark Your Calendar!**



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

*Invitations will be sent closer to the date.*

University of Calgary Faculty Club  
6:30 pm cocktails  
7:00 pm dinner



# Forensic Psychiatry

The past year has been a busy and exciting time for the Forensic Psychiatry Division. We look forward to an expansion of services in the coming year to meet ongoing heavy demands. In order to meet this demand I am pleased to report that the division has successfully recruited 3 new psychiatrists to work in various program areas:

Dr. Cynthia Baxter, well known to many of you as a resident in the Department of Psychiatry, is completing her training and will be joining the division to work in the Forensic Assessment and Outpatient Service (FAOS). Dr. Baxter also has an interest in transcultural psychiatry.

Dr. Yuri Metelitsa, an experienced Forensic Psychiatrist, will be returning to Calgary to rejoin the Forensic Division. He will commence work in FAOS and at the Correctional Centres and will join us at the Southern Alberta Forensic Psychiatry Centre upon expansion of inpatient services in 2005. Dr. Metelitsa was a senior

psychiatrist in Moscow for a number of years, and in 1995 did a fellowship in Forensic Psychiatry in Calgary. He is currently practising at the Alberta Hospital Edmonton and is Director of the Division of Forensic Psychiatry at the University of Alberta.

Dr. Waqar Waheed has recently completed a fellowship in Forensic Psychiatry in New York and will be joining us in the Forensic Adolescent Program. Dr. Waheed previously completed a fellowship in Child & Adolescent psychiatry. He recently married Dr. Seema Hussain and will be joining her in Calgary.

I am confident that our robust mix of highly trained and experienced Forensic Psychiatrists will provide ongoing strong leadership within the Forensic Division.

Over the next year you will likely hear of ongoing developments with respect to the Southern Alberta Forensic Psychiatry Centre. In this regard the Forensic Division is preparing to shift our inpatient services from the Peter Lougheed Centre (Unit 38) to a freestanding Forensic Psychiatry Health Centre in the North West quadrant of the City. This will allow for achievement of a number of critical objectives including increased service capacity and closer to home assessment and treatment of patients in Southern Alberta. The initial transfer of service will see an increase in Acute Assessment and Treatment beds from 20 to 29. Subsequently we plan for the addition of 29 Forensic Rehabilitation Beds and 12 Forensic Adolescent Beds. This will not only increase our current capacity, but also provide a

broader range of services not previously available in Southern Alberta.

In closing, I would like to comment on the ongoing importance of a productive and collaborative approach between Forensic and General Mental Health Services. On behalf of the division I would like to thank all of our partners in General Mental Health that have played critical roles in advancing our service and providing support to our patients. In turn, we will continue to provide specialized Forensic Psychiatric support to our partners in General Mental Health. It is our intention to continue to foster these linkages which are so vital to the needs of our common patients.

*Ken Hashman*



Forensic Psychiatry

# What's in A Name?

In the last few months, a working group that was struck by the Mental Health & Psychiatric Services Executive Management Team has been working on proposing appropriate nomenclature for Clinics and Services. Many people are confused with terminologies such as "program," "service" or "clinic", and we are proud to be one of the first Departments within the Calgary Health Region to finally come out with a policy in naming clinics and services.

This policy, first of all, stipulates that each Clinic or Service should be descriptive of what it does in order to facilitate appropriate referrals to their service. This description could be the diagnosis or population served, age, location, among others. For example, the hospital based Clinics would be more suitable to more acute patients, while the Community Clinics would be more appropriate for the less acute. The term "Program" is now reserved for the broader five Divisions/Programs of the Psychiatric and Mental Health Services (such as Forensic, Geriatrics, Children, Acute Care) under which are the individual Clinics, Services, or Teams.

Furthermore, this policy also aims to emphasize wellness rather than disease. As a result of this policy, many Clinics in the Specialized Services Program have come up with more meaningful and informative names such as those illustrated on this page. This policy will hopefully promote clear, consistent communication among the different services as well as the public.

*Henry Chuang*



## What's in a name?

Current Names of Clinics/Services	Approved New Names of Clinics/Services
Outpatient Schizophrenia Service	NW Outpatient Schizophrenia Service
Mood Clinic	Bipolar Clinic
Alternative to Inpatient/Day Program	Rockyview General Hospital Day Treatment Services
NE Mental Health Clinic	NE Community Mental Health Centre
Early Psychosis Treatment & Prevention Program	Early Psychosis Treatment Service
NW Mental Health Clinic	NW Community Mental Health Centre
Addiction Centre	Addiction Centre (no change)
U 24 Day Treatment Program	Foothills Medical Centre Mental Health Day Treatment Service
Assertive Community Treatment Team	Assertive Community Treatment Service
Mobile Response Team	Mobile Response Team (no change)
Carnat Centre	Carnat Mental Health Rehabilitation Service (under review)
Claresholm Care Centre	Claresholm Mental Health Rehabilitation Centre (under review)
Central Mental Health Clinic and Social Rehabilitation Program	Central Community Mental Health Centre (Active Treatment Team and Dialectic Behavioural team)



# A Journey of Understanding Through Art

In celebrating the Centre of Wellness, Canadian Mental Health, Calgary Region recently exhibited a Show and Sale of art works in early May depicting paintings, drawings, photography, as well as pottery done by people with mental illness. The 127 piece exhibits captured the moods and skills of

more than 30 participants who have one thing in common - trying to reach out to the public through their creativity and shatter the stigma associated with chronic mental illness, which ranged from schizophrenia to mood disorders. The art show focused on the creative expressions of the partici-

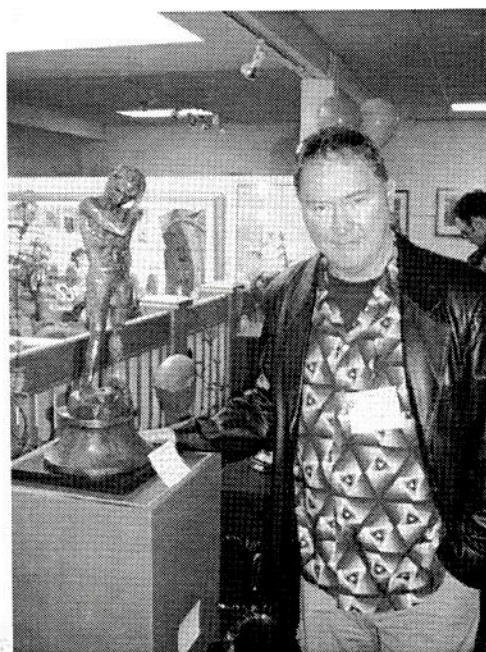
pants to bring new meaning to life. It is also their way of enhancing their self-esteem through artistic expression. Many of our patients are involved in this show. Below are two of their works.

*Henry Chuang*



**Ms. Laurie Arney** was able to show two of her art pieces. The first is a Mixed Media Crochet Apron and this was inspired by her everyday life involving family and nature. Her second piece, an Acrylic entitled "*Two Flew Away*", represents hope and calmness, and was inspired by someone close to her coping with depression.

**Mr. Brian Pawlak's** Bronze Sculpture is entitled "*Samson*". This was inspired by his parents, Greek mythology, as well as the Bible, which depicted the prophet whose strength emanated from his hair, which when cut by Delilah, resulted in despair and powerlessness. His strength eventually returned when his hair grew back, an analogy to people who are able to overcome their mental illness.



## Opportunities for Psychiatrists in Rural Mental Health Clinics



The Mental Health and Psychiatric Services Program, Calgary Health Region operates Community Mental Health Clinics in several rural centres within the Region. Each clinic has full and/or part-time clinicians, and psychiatrists function in a consultative role to the clinic on an episodic basis. Psychiatrists who assume these positions report being pleased with the variety of work and there generally is a low turnover rate.

At present, there are TWO opportunities for psychiatrists to provide adult consultation to rural clinics:

**Strathmore Mental Health Clinic - one full day per month**

**Airdrie Mental Health Clinic - 2 half days per month**

Psychiatrist remuneration is on a fee-for-service basis according to the Schedule of Medical Benefits. The clinic staff coordinates patient appointments and there is a definite demand for psychiatric consultation. Each position is supported by a sessional budget for travel time and mileage to and from the clinic. Each clinic opportunity is quite flexible regarding which half or full day slot during the week would be available.

Eligible psychiatrists must be privileged (or become privileged) in the Department of Psychiatry, Calgary Health Region. However, it is important to note that psychiatrists who have the majority of their Regional Mental Health & Psychiatric Services work located outside of the City of Calgary are exempt from the mandate to do on call duties.

For more information about these exciting opportunities, contact:

Dr. John Tuttle  
Program Medical Director, Primary Community Care  
7007 - 14 Street SW, Calgary, Alberta T2V 1P9  
Phone: 403-943-3808  
Fax: 403-212-1234  
E-mail: [john.tuttle@calgaryhealthregion.ca](mailto:john.tuttle@calgaryhealthregion.ca)

Deadline for applications is Friday, June 25, 2004.

## 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 McCruden  
943-5469



*From the Department Head*

two PGY-5 residents from other programs, and with two other subspecialty trained psychiatrists. Nearly all of these recruits have been attracted to the Region through contacts with members of the Department. My thanks to all

of you who have worked with our own residents or who have spoken highly of the opportunities in Calgary available to psychiatrists from out of the Region. The demands for our services seem to keep growing. The role of the Depart-

ment is to provide you with an organizational framework in which you can make effective contributions. Please keep talking with your Clinical Medical Directors, Program Medical Directors or myself to let us know how to keep im-

proving the Department. In the meantime, please welcome and support our new members. Have a good summer.

*Don Addington*

Department of Psychiatry members continue to win various awards. Here is what happened since the last Mind Matters:

Congratulations are in order to Dr. Scott Patten for obtaining a Heritage Scholar Award from the Alberta Heritage Foundation for Medical Research.

Dr. Will White, PGY-5, received the Alberta Psychiatric Association Residents Award 2004 at the annual meeting in Banff in March.

The three psychiatrists on Unit 25 at the Peter Lougheed Centre, Drs. David Gibbs, Clint Hirst and David Tano, were

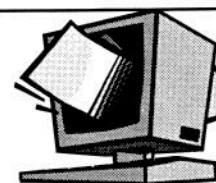
chosen as Teachers of the Year by the residents. They will receive the Silver Couch Award at the Fall Social Meet & Greet on October 1.



Dr. Gene Flessati, Psychologist in the Psychiatric Outpatient Service at PLC, has won this year's John G. Paterson Media Award by the Psychologists Association of Alberta. This award is given annually to recognize Alberta professional psychologists who have made an outstanding contribution to the public presentation of psychology in the media. Dr. Flessati's award from PAA follows his being given the Take A Bow Award by the PLC Site Manager's Forum and his nomination for a PeopleFirst Award for his media work on behalf of the Region.

## 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).



### LASTEST NEWS: ALL RESIDENTS PASSED!

Just before going to press word reached us that all four PGY-5 residents passed their exams. Congratulations to Drs. Cynthia Baxter, Cherelyn Lakusta, Ray Tang-Wai and Will White! Also, we are pleased that all four brand-new psychiatrists will be staying in Calgary and joining the Department of Psychiatry. Welcome!



## Welcome!

### MORE NEW RECRUITS

We would like to welcome two more new psychiatrists who will be coming on staff this summer:  
Dr. Yuri Metelitsa and Dr. Waqar

Waheed. For more information refer to "Forensic Psychiatry" on page 4.

# 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 and Program Medical Directors, CHR Executive Medical Directors and VP's, CHR CEO, CMO and COO, Chair MAB, and psychiatry support staff.

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