

MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume V, Issue II

Summer 2005

From the Department Head

The Department of Psychiatry has now doubled in size since it became a regional department in 1997. In the last year, we recruited ten new psychiatrists. Our most recent recruits include four recently graduated residents, as well as two graduating fellows, which brings us at a total of 120 psychiatrists. We are also recruiting members from other training programs and departments. The arrival of new faces is encouraging. As new members start their work, they need the support and encouragement of existing members. You can read about our new members under the "Welcome" section on page 7.

A year ago, the Region endorsed an Outpatient Services Framework. In the last year, this framework has been applied to many expanding outpatient opportunities for psychiatrists working in mental health services in Calgary. Planning is underway for what is now the current Alberta

Children's Hospital. This will become an outpatient facility which will include specialized children's mental health services, as well as the Adolescent Day Treatment Program. The current Health on Twelve building is undergoing planning to accommodate all the services at the current Central Community Mental Health Centre, as well as geriatric and psychotherapy programs that are already housed in that building. In the northeast, many of the outpatient services from the Peter Lougheed Centre will be expanding into the Sunridge gallery across the parking lot from the PLC. There will also be an increased mental health presence in the existing professional building. In the south of Calgary, the South Calgary Health Centre, which opened one year ago, includes child and adolescent services and urgent adult services. In addition to this outpatient expansion, the Southern Alberta Forensic Psychia-

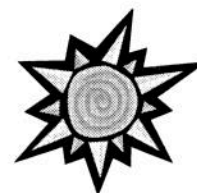
try Centre has opened in northwest Calgary. This standalone centre will provide the capacity to expand services beyond the current assessment beds. It has the capacity to accommodate longer term forensic rehabilitation and inpatient forensic adolescent services.

The electronic health record is gradually coming together. The department has had excellent representation from Drs. Pamella Manning and Terry Fauvel. Both have been involved in the development of the Patient Care Information System, PCIS. PCIS will be operating across all the regional acute care sites. It will be followed by the Community Care Information System, CCIS, which is being developed a couple of years behind PCIS. Dr. Harvey Smith, the Manager of the Information and Evaluation Unit, has had a major role in planning for CCIS. Members of the Department of Psychiatry are well placed to benefit from the elec-

tronic health record, since they are linked to the regional intranet. The mental health programs and services in which they work are also linked on the same intranet.

Have a good summer!

Don Addington



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Congratulations

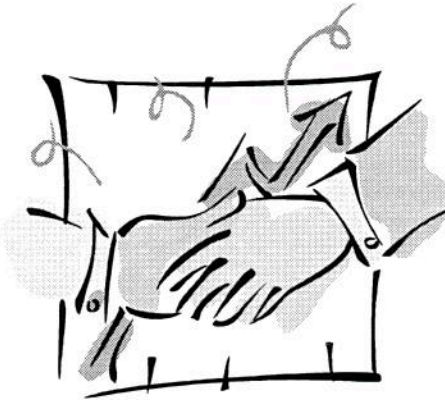
Congratulations to Dr. JianLi Wang who has had tremendous success this year with his research grant applications. He has obtained a Canadian Institute of Health Research salary award, as well as a grant as Principal Investigator. In addition, he was successful in an Alberta Heritage Foundation for Medical Research grant competition.

Congratulations also to Dr. Janet Wright, who has accepted a position as Assistant Registrar with the College of Physicians and Surgeons of Alberta. Dr. Wright has considerable experience on the physician representative side of the Alberta College. She has much to offer in her role of dealing with impaired physicians.

Dr. Ken Hashman has been elected as a member of the Board of Directors of the Canadian Academy of Psychiatry and Law.

Dr. Scott Patten was awarded the Faculty of Medicine's Cochrane Distinguished Achievement Award, which recognizes the extraordinary contribution he made to the Faculty of Medicine over the past year. This award is given to only a few faculty, and this year was awarded for Dr. Patten's excellence in research. The Faculty of Medicine Research

Office selected Dr. John McLennan to receive the 2005 Petro-Canada Young Innovator Award in Community Health for his pro-



ject "Exporting a Canadian early childhood intervention to the developing world".

At the Residents Spring Retreat the following preceptors were nominated for the annual Silver Couch Award, which recognizes excellence in Postgraduate Education in the Department of Psychiatry:

Drs. Mohamed Abdel-Keriem, Chris Blashko, Henry Chuang, Tim Culver, Shahid Hosain, Seema Hussain, Joann McIlwrick, Robin Reesal, Philip Stokes, Karl Tomm, Roy Turner, and Lauren Zanussi. The residents thank all nominees for their valuable contributions to their education. The

recipient for the award for 2004-2005 was Dr. Joann McIlwrick, who has been an excellent clinical preceptor in Emergency Psychiatry, Early Psychosis, as well as participating in didactic education and exam preparation. Dr. McIlwrick is precepting a number of residents in their efforts to pursue various research projects. She has also demonstrated a passion for leading discussions around issues of professionalism and aspects of learning and education with residents, and shown herself to be a compassionate mentor to many of the residents.

Last, but not least, one of the physicians who received the Rockyview General Hospital Medical Staff Association Physician Recognition Award was the Department of Psychiatry's Dr. John Ryan. The award recognizes physicians who have made outstanding clinical and professional contributions to the Rockyview Hospital.

Don Addington

Congratulations

June 10, 1935: Important Date for Self Help Support Groups

June commemorates an important milestone in Mental Health. The date June 10th sixty years ago is regarded as the official birth of Alcoholics Anonymous (AA), and this organization eventually led to various spin-off self help groups such as ALATEEN, Al-ANON, ACOA (Adult Children of Alcoholics), ACA (Adult Children Anonymous), NA (Narcotics Anonymous), GA (Gamblers Anonymous), EA (Emotions Anonymous), OA (Overeaters Anonymous), including self help groups for every conceivable medical and psychological condition. One recent example is the Organization for Bipolar Affective Disorder or OBAD.

When Bill Wilson (or "Bill W", as AA members often use their first names only in their meetings) initially had his first alcoholic drink, he was convinced (similar to Freud when he first used cocaine) that he had discovered the answer to all his problems. But after almost two decades of heavy indulgence, he realized that alcohol was also powerful enough to destroy his career and personal life. In 1934, Bill's final drink precipitated an epiphany, a spiritual awakening, and this ex-stockbroker came to the realization that the only way to control his drinking was through total sobriety, as well as a change in his outlook of himself and the world. Five months later, while on a business trip in Akron, Ohio, Bill was tempted to go to a nearby bar. In his desperation, he tried to seek help through a series of telephone calls in a strange town away from his home. He was finally able to hook

up with Dr. Robert Smith (Dr. Bob) who agreed to meet him that very night. On June 10, 1935, Dr. Bob also had his final drink.

Dr. Bob, a physician, started to see people with alcohol problems at Akron hospitals. In the meantime, Bill came up with the AA principles "Twelve Traditions", later to be known as the "12-Step Program", which became the backbone for the AA fellowship, an organization

welcome to
ALCOHOLICS ANONYMOUS

with no political affiliation, no governing officers, and no fees. In the years that ensued, other concepts were incorporated, such as "One Day at a Time", "Let Go and Let God", humility, and meditation. This self help group subsequently spread across the land, resulting in a "mass-produced" sobriety. Today, AA has more than three million members in 150 countries.

Bill died on January 24, 1971 of emphysema in Vermont, and Dr. Bob died on November 16, 1950 of heart failure at 71 in Akron, Ohio. The 12-step program had since been adopted and modified by other self help groups. For us who have patients who attend AA, below are the 12 steps:

1. Admission that we are powerless over alcohol - that our lives have become unmanageable;
2. Come to believe that a Power greater than ourselves could restore us to sanity;
3. Make a decision to turn our will and our lives over to the care of God as we understood Him;
4. Make a searching and fearless

- moral inventory of ourselves;
5. Admit to God, to ourselves, and to another human being the exact nature of our wrongs;
6. Be entirely ready to have God remove all these defects of character;
7. Humbly ask Him to remove our shortcomings;
8. Make a list of persons we have harmed, and be willing to make amends to them all;
9. Make direct amends to such people wherever possible, except when to do so would injure them or others;
10. Continue to take personal inventory and when we are wrong, promptly admit it;
11. Seek through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His will for us and the power to carry that out;
12. Having had a spiritual awakening as a result of these steps, we try to carry this message to alcoholics, and to practise these principles in all our affairs.

The relative success of the AA program is due mainly to the fact that an alcoholic who no longer drinks can reach out to an uncontrolled drinker. This is the basis of the recovery program which operates when a recovered alcoholic passes along his story during the AA fellowship.

Adopted from:

1. www.alcoholics-anonymous.org
2. Benoit, Tod. *Where are They Buried? How did They Die?* Black Dog & Leventhal Publishing, NY 2003.

Henry Chuang

Update on Geriatric Psychiatry

First of all the Division of Geriatric Psychiatry is pleased to announce the recruitment of Dr. Nadeem Bhanji who is working for Consultation Liaison at the Peter Lougheed Hospital, as well as the Geriatric Mental Health Rehab and Recovery Unit. Dr. Bhanji is our first GFT for the Division of Geriatric Psychiatry and as such, represents an important addition to the Department of Psychiatry. The Division would like to also recognize Dr. Suparna Madan's efforts regarding research. She is currently working with the Department of Orthopaedics at the Rockyview Hospital on a project to identify potential high-risk patients for delirium. It is established that if delirium can be prevented, this would have a significant impact on length of stay in acute care and I understand from Dr. Madan that the Department of Orthopaedics is excited about this opportunity to collaborate.

The biggest issue for the Division

at the moment is the request by the Mental Health Executive for the Division of Geriatric Psychiatry/Geriatric Mental Health Program to work on a charter for Geriatric Mental Health. This will include looking at the proposals of a Long-term Care Unit for elderly chronic psychiatric patients and a Geriatric Day Hospital for mental health clients, which would represent the two most essential components currently missing from the Calgary Health Region, but will also involve reviewing the entire mental health delivery system, including both rural and urban components. Susan Rawlings and myself are heading this up, but with the assistance of Ms. Kim Frache, who has returned to a managerial position within the Geriatric Mental Health Program and we welcome her experience, knowledge and enthusiasm back into our fold.

We continue to have keen interest in Geriatric Psychiatry by the residents, both Family Practice, as well as Psychiatry! Dr. Joshua

Benjamin frequently has a Family Medicine resident with him and Dr. Marlene Smart, myself and more recently Dr. Bhanji also have Psychiatry residents. In this regard, the Division recently endorsed the concept of developing some specific geriatric work stations for practice exams on the assumption (or is it challenge?) that other sub specialities would do likewise. Our sense was this would make the Geriatric Psychiatry rotation more meaningful for residents as they approach their exams. Speaking of the residents, I would like to remind them that there are many community options currently available in Geriatric Mental Health either full-time or part-time and as the charter and planning develops, presumably these options can only become more numerous and hopefully more attractive.

Stuarts Sanders

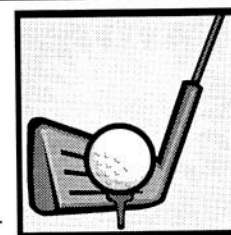
4th Annual Golf Tournament

We could not have asked for a nicer day to have our Fourth Invitational Golf Tournament at Elbow Springs Golf Course on June 20, 2005. The enthusiasm of the golfers, whether novices or low handicappers, was not dampened by the record heavy rainfall during the previous weeks. The golf course still had some flooding and soggy spots, but it did not deter Drs. David Crockford, Salim Hamid, Paul Reinhardt and Mr. Dean Halcro (from Janssen) from winning the tournament. This event could not have happened without the behind-the-scenes

support of Janet Caldwell, Pauline Burgess, Sheri-Lynn Cassity, Karin Kerfoot, and Sheryl Trowsse, as well as the administrative support from Mischelle vanThiel, who pulled together the final details for the tournament. Besides the opportunity to connect with colleagues and friends, the event has again proven successful in raising funds: \$10,680 towards the Residents Scholar Development Fund. Although Dr. Salim Hamid did not win the longest drive, he did rise to my challenge to provide the most generous donation this

year. Participants of this year's tournament unanimously agreed to hold it again next year. The date of next year's tournament is on Monday, June 19, 2006 at Elbow Springs Golf Course. We look forward to seeing you again. To date, we have not organized any other events, such as a curling bonspiel, to capture the interest of those who prefer to do something in the winter. Your thoughts are welcome!

David Miyauchi



We Have Moved!!!!

Effective June 1, 2005

**New office of Dr. Kenneth Hashman
Medical Director of Forensic Psychiatric Services
of the Calgary Health Region
To our NEW LOCATION:**

The Southern Alberta Forensic Psychiatry Centre

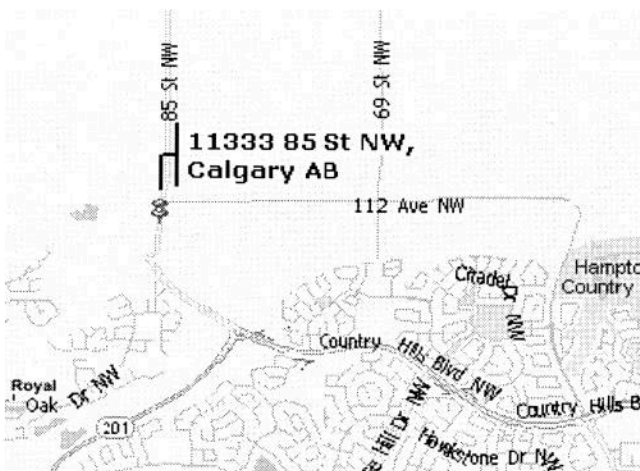
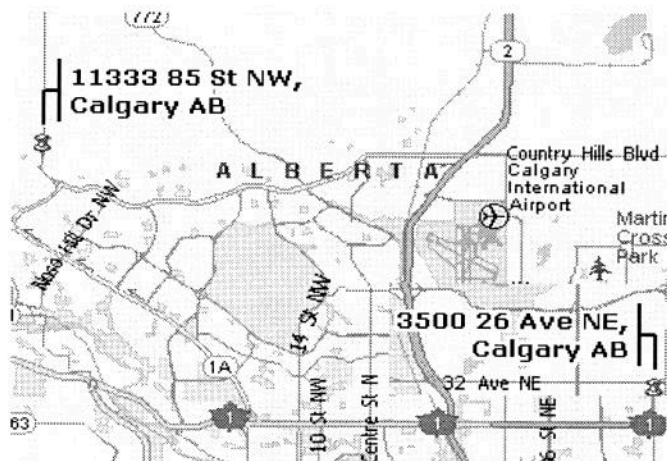
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E-mail: ken.hashman@calgaryhealthregion.ca

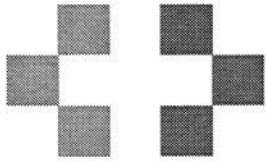


Directions to 11333 - 85 Street NW from Peter Lougheed Centre (3500 - 26 Avenue NE):

Start: Depart from the Peter Lougheed Centre, Calgary AB on 26 Avenue NE (East)

1. Turn LEFT (North) onto 36 Street NE
 2. Turn LEFT (West) onto 32 Avenue NE
 3. Take Ramp (RIGHT) onto Deerfoot Trail North
 4. Take RIGHT onto Ramp towards Beddington Trail West
 5. Keep STRAIGHT on Beddington Trail
 6. Turn LEFT onto Country Hills Blvd West
 7. Turn RIGHT onto 85 Street NW
 8. Turn LEFT at the Southern Alberta Forensic Psychiatry Centre
- End:** Arrive 11333 - 85 Street NW, Calgary AB

Miles 0.1
Miles 0.3
Miles 2.2
Miles 2.7
Miles 0.9
Miles 2.1
Miles 5.7
Miles 0.2



HOTCHKISS BRAIN INSTITUTE

The University of Calgary is home to seven new research institutes. One of these, called the Hotchkiss Brain Institute (HBI), is likely to become extremely important to the Department of Psychiatry in upcoming years. The mission of the HBI is "better neurological and mental health care through research". The HBI brings together a variety of programs and has recently approved a program in Population Mental Health. This new research program aims to bring research evidence to the population through epidemiologi-

cal and health services research. There will be three initial research themes: interventions to optimize mental health; monitoring the mental health of the population and mental health and comorbid brain diseases. The ultimate aim of this project is to establish a population research laboratory, and carry out the preparatory work for large, landmark population-based longitudinal studies of mental health and mental health care in Alberta. The "vision" of the program is to be at the forefront of mental health research - and the program will

seek to accomplish this goal by bringing together researchers from the Department of Psychiatry: Drs. Carol Adair, John McLennan, Cynthia Beck, JianLi Wang, Don Addington and myself, with others from Neurosciences and Nursing. If you would like more information on this initiative, please contact me at Scott.Patten@CalgaryHealthRegion.ca.

Scott Patten

Academic Stream

All residents receive some exposure to research during their training, and a basic level of exposure to research is a requirement of the Residency Training Program and of the Royal College for Physicians and Surgeons of Canada. For residents interested in an academic career, the Department of Psychiatry, University of Calgary, will offer an "Academic Stream". The Academic Stream is intended to prepare that subset of psychiatric residents for participation in research at the level expected of an entry-level university-appointed faculty member. The Academic Stream will provide the training and support necessary for the successful initiation of an academic career. However, the Academic

Stream is not a graduate program, but rather a set of relationships that would support and guide residents with an interest in Academic Psychiatry through the requisite training.

The Academic Stream will offer a credited course in research methodology, basic neurosciences and pharmacology relevant to psychiatry at the advanced level. This course consists of 15 sessions delivered through psychiatric resident seminar series. The course credit would count towards fulfillment of degree requirements for a graduate degree in any of the three external graduate programs:

1. The Community Health Sci-

ences
Graduate
Program.

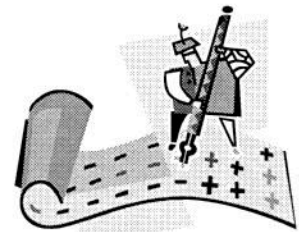
2. The Neuroscience Research
Group Graduate Programs.

3. The Medical Science Graduate
Program.

For information about course registration, please contact Janet Caldwell at

Email:
janet.caldwell@calgaryhealthregion.ca
Tel: 944-2723 / 944-4781

JianLi Wang



Welcome

Welcome to Dr. Carl Adrian, who is a recent graduate of our residency program. After taking time off in the summer he will be working primarily in the Psychiatric Assessment Service at the Foothills Medical Centre. Dr. Jordan Cohen, also a recent graduate, will be working in the Child and Adolescent Program. His initial focus will be on the Young Adult Program and with the new Adolescent Urgent Care Team. A third recent graduate, Dr. Rup Pandya, will be joining the Consultation-Liaison Service at the Peter Lougheed Centre, and will be well positioned to support the expansion of general medical services at the PLC. Dr. Tyler Piriot, who trained in



Saskatoon and Calgary, will be working in Child and Adolescent Services, particularly with children involved in Family and Social Services.

Dr. Joann McIlwrick completed a residency in Saskatoon and a two-year fellowship in the Early Psychosis Treatment Service in Calgary. She will continue with a Geographical Full-time (GFT) ap-

pointment in the Department of Psychiatry based at the Foothills Medical Centre. She will be completing a Master's in Medical Education, while working in the Early Psychosis Treatment Service and the Emergency Services.

Dr. Cherelyn Lakusta is a graduate of the Calgary residency program. She has completed a fellowship in the Child and Adolescent Program. She is taking on the role of Clinical Medical Director at the Adolescent Day Treatment Program.

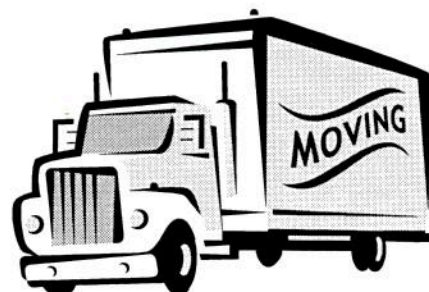
Don Addington

Moving On

Barbara Korabek is leaving her position as Executive Director of the Mental Health & Psychiatric Services Program at the end of the summer. She is moving on to a regional role on Vancouver Island, leading Home Care and Community Care for the Vancouver Island Health Authority. Barbara has made major contributions to the practical implementation of the Mental Health Growth Plan. She leaves behind a legacy of stronger processes for planning and integrating mental health with the rest of health.

We wish her well on Vancouver Island.

Dr. Henry Chuang is stepping down after a five-year term as Program Medical Director for the Specialized Services Program. He took on the position just before the period of joint operations of mental health by both the Calgary Health Region and the Alberta Mental Health Board. His long experience in working in both environments helped with the transition of that period of joint operations.



Dr. Chris Gorman has set out for southern California. Chris came to us from the University of Alberta and had two periods of practice at the Foothills Hospital. In between he moved to the coast of BC. For the last few years he was Clinical Medical Director both on the Inpatient Unit at the Rockyview and at the Bipolar Clinic at Foothills. We wish him success in San Diego.

Don Addington



Program Medical Director, Specialized Psychiatric Services

The Regional Clinical Department of Psychiatry, Calgary Health Region is inviting applications for the position of Program Medical Director, Specialized 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 Specialized Psychiatric Services Program of the Department of Psychiatry, Calgary Health Region across all acute care sites and in the community.

In particular, the Specialized Psychiatric Services Program is involved in developing innovative models of mental health care provision, including the addiction program, day treatment program, mood disorders program, early psychosis program, outpatient schizophrenia program and other services and clinics in both urban and rural settings.

The Department of Psychiatry and the Mental Health & Psychiatric Services Program of the Calgary Health Region collaborate in four teaching hospitals, numerous urban and rural mental health clinics and other settings to provide a full range of mental health services to the residents of the Calgary Health Region. The Department of Psychiatry is part of the rapidly growing Faculty of Medicine, which is in the process of building a major new research facility.

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 **September 15, 2005**, to:

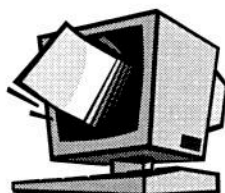
Dr. Donald Addington, Head
Department of Psychiatry
1403 - 29 Street NW
Calgary, Alberta T2N 2T9

Psychiatrist Eating Disorders Program

Dr. Brian Cram is seeking a part-time adult psychiatrist for the Eating Disorders Program. For more information please contact Dr. Cram at 259-9133 or 519-0249. If you can't reach Dr. Cram, try Dr. Chris Wilkes, Program Medical Director, Child & Adolescent Psychiatry, at 944-2489.

MIND MATTERS ONLINE

Mind Matters is also available online.
Check it out at:
www.calgaryhealthregion.ca/clin/psych



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 CCO, Chair MAB,
and psychiatry support staff.

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