

MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

Volume VII, Issue II

Fall 2007

From the Department Head

Research Chairs

The new academic year got off to a quick start with four applicants for the Provincial Mental Health Research Chairs Program coming through Calgary in September. It was not possible to set their schedule for our greatest convenience because they are each on a three city tour of Alberta. In addition, the visits are to the whole university, not just to the Faculty of Medicine. Nevertheless, they have each presented excellent seminars and met with many potential collaborators in Calgary. The selection process has narrowed the field and two individuals will be invited back to work out the details of what their positions may look like.

New training guidelines

The Royal College of Physicians and Surgeons of Canada have formally issued the revised Objectives in Training in Psychiatry and the accompanying Specialty Training Re-

quirements. The new objectives are the product of a national multi year effort sponsored by the Canadian Psychiatric Association and involving all the university departments, their training programs and the academics. The objectives are competency based and distinguish between three levels of competencies, proficient, advanced and expert/master. These different levels are linked to minimum training requirements, selectives and electives. In the future they will form the basis on which to build additional competencies through additional subspecialty training.

While there are many specific issues raised in the objectives, one is related to our local efforts to establishing a Division of Psychosomatic Medicine in the

region. There is required experience in psychosomatic medicine of no less than three months and not more than six.

We have enough individuals with expertise in this area, but need to have a divisional structure to guide education and re-

search and develop our capacity to offer subspecialty training.

The other required area where we have clinical activity and expertise, but no formal structure for education and research is in the newly defined area of collaborative/shared care. This is a specific area addressed in the proposed ARP.

Overall, while these new objectives should challenge us to improve our residency training, we are well positioned to be able to deliver on the

raised expectations.

Mental Health Commission of Canada

After months of hints and speculation it was formally announced that the Mental Health Commission of Canada will be located in Calgary. The Calgary Health Region will rent some of its new headquarters to the organization and the senior managers of the commission will be living and working in Calgary. We are also planning to have the senior

Continued on back page

Inside this issue:

<i>Child & Adolescent Mental Health</i>	2
<i>Littmann Day 2008</i>	3
<i>Researcher in Focus</i>	3
<i>Welcome & Goodbye</i>	4
<i>Awards</i>	4&5
<i>Golf Tournament</i>	6&7
<i>Help Wanted</i>	8

Child & Adolescent Mental Health

Since the winter of 2006 there have been some key developments in the Child & Adolescent Mental Health Program, and in particular I would like to welcome some new members of the Program.

First, let me offer a warm welcome to Janet Chafe, who started as the new Program Director on January 8, 2007. She has a wealth of mental health experience, and has provided leadership for the Child & Adolescent Eating Disorders Program over the last six years.

I would also like to take the opportunity to welcome two new recruits to Child Psychiatry, who will be working at the new Alberta Children's Hospital. They are Dr. Sylvia Lorefice, who graduated from the Toronto psychiatry residency program this summer, and has started work in September, and Dr. Monique Jericho, who recently returned from her maternity leave and will be taking up a staff position at ACH in January 2008.

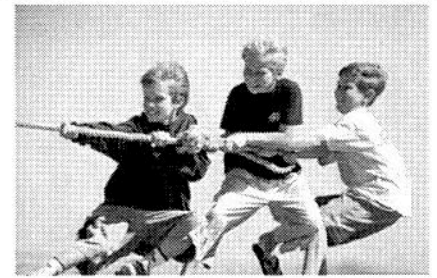
Another important event for the Program was the loss of Dr. Bina Nair, who has moved to Edmonton with her husband to pursue her psychiatry career and interest with Capital Health. Her contribution to the Young Adult Pro-

gram, ADTP and Addiction Services will be significantly missed, but we wish her all the best in her new home.

In the area of research and education, the Division of Child & Adolescent Psychiatry would like to thank in particular Dr. Abdul Rahman for establishing a resident teaching clinic at the ACH on Wednesdays, which started in June this year. In addition, a special thanks should go to Dr. Waqar Waheed, who has not only been a tireless advocate for resident involvement in clinical activities, but also promoted a new teaching seminar series at the ACH. He has also been developing liaison relationships with Addiction Services since he recently successfully completed his certifying exams in Addictions.

The situation at the new ACH is still evolving, and particular thanks should go to Dr. Tyler Pirlot for his contributions and leadership with the development of a Consultation-Liaison Service at the ACH. This reflects an underdeveloped service in Calgary and undoubtedly will attract future recruits to this important area of collaboration with our Paediatric colleagues. Dr. Pirlot and his colleagues should also be congratulated as recipients of the Calgary Health Region's highest award, the People's First Award 2006 for his contributions in the Complex Kids Collaborative Team project.

Finally, the Division would like to acknowledge and thank the invaluable contributions from its members in the area of clinical evaluation, research and in particular the pivotal supportive role of Dr. David Cawthorpe in this process. The University will soon be advertising the much needed Paediatric



Mental Health Chair, which was made possible through the generous donation of the Nexen Foundation, Charlie Fisher and Joanne Cuthbertson.

Another important complementary project is the neuro-developmental service which should be in operation by late October/early November, and will provide a comprehensive, collaborative and integrated approach to those children and adolescents with neuro-developmental problems. This project is made possible by generous donations through the Royal Bank and support by the Children's Foundation.

Calgary continues to grow, both in the areas of its population and the infrastructure of the supportive services. In such a situation, it is clear that many people have worked tirelessly to make this happen and I am proud and pleased to be a member of this organization, with its professionalism and humanistic approach to health care.

Chris Wilkes



Littmann Research Day 2008

The Department of Psychiatry will hold its annual Sebastian K. Littmann Research Day on Friday, March 07, 2008. Please mark this important event on your calendars. The venue again will be the Village Park Inn. Littmann Research Day is a great opportunity to present research results, research plans or just research ideas.

The theme will be Bipolar Disorders, with the guest speaker being Dr. Anne Duffy of McGill University. Dr. Duffy is a Canada Research Chair in Child Mood Disorders. The topic that she has selected is very exciting because it will touch upon recent diagnostic controversies and also clinical management. The title of the keynote presentation is "The Early Stages of Bipolar Disorder: Manifestation and Treatment".

Dr. Duffy was born in Toronto. She completed her Honours Bachelor of Science degree majoring in Psychology at McMaster's. Following this, Dr. Duffy completed a Master's in Medical Sciences at McMaster's Faculty of Health Sciences. Her thesis investigated the effects of state and trait anxiety of the quality and quantity of breastmilk. She started her Doctoral level graduate studies in Neuropsychology at the University of Victoria, but then left this to study Medicine

at the University of Calgary. After completing her MD, Dr. Duffy undertook a Rotating Internship at the Rockyview General Hospital in



Dr. Anne Duffy

Calgary. She then completed specialty training in Psychiatry at the University of Ottawa. After earning her

FRCPC, she completed a two-year Clinical Research Training Fellowship funded by the Ontario Mental Health Foundation investigating the early course of bipolar disorder in children of affected parents. Over the past ten years, Dr. Duffy has developed the high risk research with operating grants from the Canadian Institutes of Health Research (CIHR) and the Ontario Mental Health Foundation. She has received personal awards from the National Alliance of Research in Schizophrenia and Affective Disorders and from CIHR. Most recently Dr. Duffy has been recruited to McGill University to continue the development of the high risk and early onset research in Mood Disorders and has been awarded a Canada Research Chair.

For planning purposes, we need a rough estimate of the number of attendees to expect. If you are planning to attend and/or present please send a note/call or email Yvette Kosidowski at (403) 943-4710.

yvette.kosidowski@calgaryhealthregion.ca

See you there (I hope!)

Scott Patten

*Important
DATE!*

March 7, 2008



Researcher in Focus

A new feature in Mind Matters will focus on one of our researchers. In this issue: **Dr. Adel Gabriel.**

Dr. Gabriel was this year's recipient of the Department of Psychiatry's Research Award for Part-time Faculty. Dr.

Gabriel began his research career during his residency at the distinguished Maudsley Hospital and Institute of Psychiatry in London. Since then he has continued to be involved in research. He has had a strong year in 2006/ 2007, publishing three papers:

1. Gabriel A. Changes in plasma cholesterol in mood disorder patients: does treatment make a difference? *Journal of Affective Disorders*. 99(1-3):273-8, 2007 Apr.
2. Gabriel A. Adjunctive topiramate treatment in refractory obese bipolar patients: a descriptive open label study. *Eating & Weight Disorders*: EWD. 12(1):48-53, 2007 Mar.
3. Gabriel A. Lamotrigine adjunctive treatment in resistant unipolar depression: an open, descriptive study. *Depression & Anxiety*. 23(8):485-8, 2006.

Dr. Gabriel has recently received several notable honors. He was named as a Distinguished Fellow of the American Psychiatric Association (2007) and also as a Fellow of the International Society for Affective Disorders this year (2007). He has been appointed by the Medical Council of Canada as the Chief Examiner in Licensing Examinations, Calgary Centre. In addition to his clinical work at the Peter Lougheed Centre, Dr. Gabriel he has made an important contribution to the planning of the very successful Mood Day CME event. He is also now in the final stages of a Masters degree in Medical Education.

Scott Patten

Welcome & Goodbye

We are very pleased to announce that Dr. Suparna Madan has agreed to accept the role of Acting Program Medical Director for the Geriatric Mental Health Program for one year effective October 1, 2007. Dr. Madan has already demonstrated her commitment to evidence based delivery of Geriatric Mental Health Care through her involvement in research and Quality Improvement projects. She had time to overlap with Dr. Stuart Sanders, who continued in this role until the end of September.

We would like to thank Dr. Sanders for his leadership over the last eight years. During this time, services have improved and he has helped recruit and train a new generation of Geriatric Psychiatrists. The Department of Psychiatry and Mental Health and Addictions Services both owe him a great deal of gratitude for that work. We wish him the best of luck in his return to full-time clinical practice.

Doug Wheeler RN, BN, MEd has accepted the position of Assistant Patient Care Manager on Unit 25, Inpatient Psychiatry at PLC effective November 19. Doug has a wealth of experience in mental health, which includes inpatient psychiatry and community mental health nursing. Prior to relocating to New Brunswick, Doug also held two management positions with the Calgary Health Region. He is presently employed as the Director of Practice and Policy for the Nurses Association of New Brunswick.

In July, Paul Ragusa accepted the position of Manager, Shared Mental Health Care. Prior to that he was acting in this role for eight months. During this time

Paul has taken an active role in developing our relationship with the Primary Care Networks, worked with key staff members to develop and implement the Behavioral Health Initiative and provided support to the Shared Mental Health Care team members.

Twila Orto was appointed as the permanent Manager for the Dialectic Behavior Therapy Team (DBT) in August. Twila will also continue her manager role with the Active Treatment Team (ATT) and the Regional Capacity Assessment Team (RCAT). Twila had already been the interim manager for DBT for six months. She is looking forward to continuing her work with both teams at the Central Community Mental Health Centre. Twila has worked across many of the services within our mental health continuum over her career and provides an excellent knowledge base with regard to our community services.

Susan Rawlings has accepted the position of Manager, Safety, Risk Management & Business Practices effective October 5. Susan has a wealth of experience that spans across the mental health continuum of care, including positions of staff nurse, manager and director. Prior to her current maternity leave, Susan was the Director of the Geriatric Mental Health Program, Addictions Program and Claresholm Centre for Mental Health & Addictions for seven years. After reflection, Susan decided to apply for and is the successful candidate for this new position. We are extremely pleased that her knowledge, experience and expertise will support the ongoing development of regional clinical support services to Mental Health and Addictions Services.

Cathy Pryce & Don Addington

Awards

Since the last Mind Matters it has been raining awards again for residents and members of the Department of Psychiatry.

National

Dr. Nady el-Guebaly continues to rake in awards: his most recent achievement is the Canadian Psychiatric Association CA Roberts Award for Clinical Leadership. The awarding committee wrote "The Committee believes the clinical leadership you have shown in developing the multi-disciplinary Calgary Health Region Addiction Centre, a program of vertically integrated care which includes outpatient day care and inpatient beds, continues the high standards demonstrated by Dr. Roberts and recognized by this award. The Committee is especially impressed by the expansion of the Centre into a region-wide program and your development of a population-based regional service delivery model that integrates Addictions with mental health and general health." Dr. el-Guebaly has pursued a consistent vision over a 20 year period. There have been periods during which his vision has been ignored and other periods during which it has been endorsed and supported. Throughout this time, he has remained focused on providing optimal clinical care according to patient needs and supported by the best evidence available.

A second CPA Award went to Dr. John Tuttle: the Joint CPA-COPCE Award for the Most Outstanding Continuing Education Activity in Psychiatry in Canada (academic setting) for his leadership in the development, implementation and evaluation of the Update in Medicine for Psychiatrists program. The purpose of

this program is to update psychiatrists in changing areas of Medicine, and is intended to help psychiatrists co-manage medical patients more effectively. It has been running for ten years, and is highly regarded by the other medical disciplines that provide the education, so that it is considered a significant honour to be an invited speaker.

Members of the Hotchkiss Brain Institute have been very successful at this

year's CIHR (Canadian Institutes of Health Research) operating grant competition: of the 24 operating grants awarded to the University of Calgary, 9 went to HBI members. Of these 9, Dr. JianLi Wang holds 2 grants. He is the first person with a primary appointment in Psychiatry to hold a CIHR New Investigator Award, an award that carries significant weight because it is a national personnel award. A CIHR operating grant was awarded to Dr. Wang along with the New Investigator Award. The CIHR award indicates recognition that Dr. Wang is in the top tier of junior faculty nationally.

Provincial

Dr. John Ryan was chosen to receive the 2006/2007 Award for

Excellence in Clinical Teaching by PARA, the Professional Association of Residents of Alberta. PARA awarded Dr. Bev Adams with the Annual Resident Well-Being Award for 2006/2007.

Regional

At the Rockyview General Hospital Medical Staff Association Annual General Meeting held in June, Dr. Terry Fauvel was one of six physicians that were awarded for excellence in the past year.



Rockyview General Hospital Medical Staff Association Annual General Meeting
Heritage Park June 12, 2007
Physician Awards L to R: Dr. Terry Fauvel-Psychiatry, Dr. Jaelene Mannerfeldt-O & G, Dr. R. Paul Singh-Internal Medicine, Dr. Evelyn Jain-Family Medicine/Obstetrics Program, Dr. Charles Davies-Anesthesiology, Dr. Doug Thorson-RGH MSA President.
Missing from Photo: Dr. Laurie Pereles-Family Medicine

It is the time of year for the Calgary Health Region Long Service Awards, and this year the following Mental Health physicians and staff were up for an award:

10 years: Dr. Cindy Beck, Dr. Leanne Birkett, Dr. Shawn Currie, Dr. Lori Hogg, Lucille Lutz, Connie Mahoney, Kelly McDonald, Dr. Brian Strueby and Barb Vigar.
15 years: Dr. Stephen Boucher and

Darrell Coates.

20 years: Dr. Nancy Brager, Dr. Patrick Coll, Dr. Nady el-Guebaly and Dr. John Tuttle.

25 years: Dr. Mary Dumka, Paul Oliphant, Iris Penwarden and Dr. Michael Trew.

30 years: Lorraine Francis.

35 years: Dr. Karl Tomm.

40 years: Dr. Raymond Farnalls and Dr. David Miyauchi.

Departmental

Last, but not least, the annual

Department of Psychiatry Awards for 2007 were presented at the October 4 Fall Social Meet & Greet Dinner:

Undergraduate Medical Education Award: Dr. Waqar Waheed

Postgraduate Clinical Education Award: Dr. Cynthia Baxter
Continuing Medical Education Award: Dr. Janet de Groot

Research Award for Part-time Faculty: Dr. Adel Gabriel (see feature on page 3)

Research Award for Full-time Faculty: Dr. JianLi Wang

Excellence in Emergency Psychiatry Award: Dr. Cristin Fitzgerald
Resident Teaching Award: Dr. Aaron Mackie
Silver Couch Award: Dr. Mitch Spivak.

Don Addington

DEPARTMENT OF PSYCHIATRY
UNIVERSITY OF CALGARY

RESIDENTS SCHOLAR DEVELOPMENT FUND
INVITATIONAL GOLF TOURNAMENT

The Links of GlenEagles
MONDAY, JUNE 18, 2007



In spite of a severe hail storm, the Annual Golf Tournament, held on June 18 at The Links of GlenEagles in Cochrane this year, again was a success.

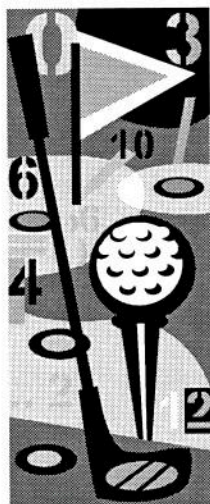
Here are the

PRIZE WINNERS



TEAM PRIZES:

- | | |
|-----------------------|--|
| 1 st Place | 1. Greg Ballendine
2. David Tano
3. David Gibbs
4. Ian Krochak |
| 2 nd Place | 1. John Ryan
2. Kent Anderson
3. Brad Lohman
4. Josh Benjamin |
| 3 rd Place | 1. Kirk Buist
2. Allison Kennedy
3. Carl Kennedy
4. Mark S. |
| Last Place Draw | 1. Betty MacRae
2. Don Addington
3. Tim Duffin
4. Bernadette Currie |



INDIVIDUAL PRIZES:

Longest Drive: (Hole #10)

- | | |
|-----|---------------------------------------|
| Men | 1. David Crockford
2. Abdul Rahman |
|-----|---------------------------------------|

- | | |
|--------|---------------------------------------|
| Ladies | 1. Margie Oakander
2. Maire Duggan |
|--------|---------------------------------------|

Shortest Drive on fairway: (Hole #13)

- | | |
|-----|------------------------------------|
| Men | 1. Darcy Muir
2. Thomas Raedler |
|-----|------------------------------------|

- | | |
|--------|--------------------|
| Ladies | 1. Pamella Manning |
|--------|--------------------|

Longest Putt: (Hole #9)

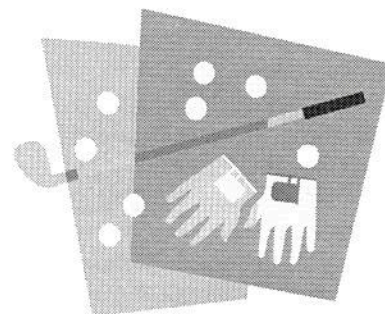
- | | |
|-----|---------------------------------|
| Men | 1. John Ryan
2. Ron Matthews |
|-----|---------------------------------|

- | | |
|--------|---------------|
| Ladies | 1. Breid Coll |
|--------|---------------|

Closest to the Pin: (Hole #8)

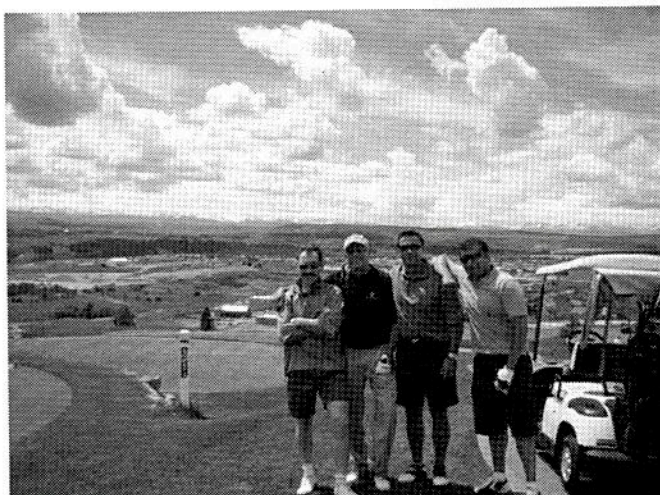
- | | |
|-----|------------------------------------|
| Men | 1. David Crockford
2. P.J. Ward |
|-----|------------------------------------|

- | | |
|--------|--------------------------------|
| Ladies | 1. Bev Adams
2. Noreen Ward |
|--------|--------------------------------|

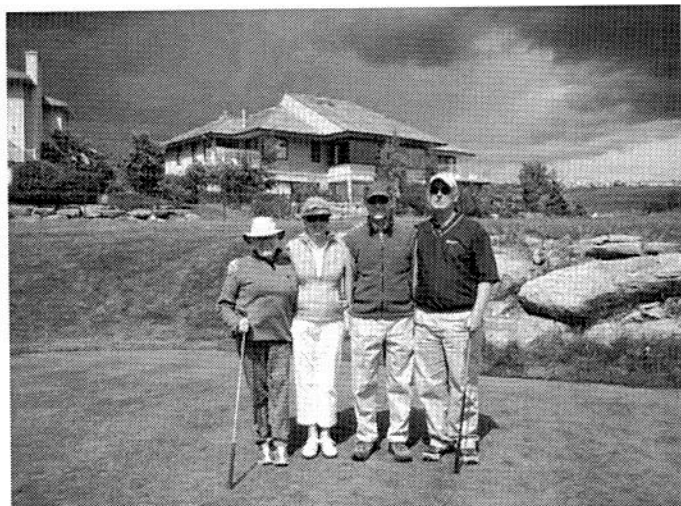




1st Place Team Prize



2nd Place Team Prize



Last Place Draw



Dr. Xie captured some of the meteorological glories of the day



The behind-the scenes-team: Pauline Burgess, Sheryl Lambert, Sheree Caron, Marie Drescher & Sheryl Trowsse



And last, but certainly not least: the founder of the Residents Scholar Development Fund: Dr. David Miyauchi (far right)

staff of the Mental Health and Addictions Services located close to the commission. The three tasks of the com-

mission are to develop a national strategy for mental health, develop a national anti-stigma program and to develop

a national information exchange centre on mental health and mental health services. These three areas have poten-

tial for collaborating with local academic faculty.

Don Addington

HELP WANTED

OPERATIONAL STRESS INJURY CLINIC STAFF PSYCHIATRIST (half-time)



Carewest and the Regional Clinical Department of Psychiatry, Calgary Health Region, invite applications for a half-time position as Staff Psychiatrist, Operational Stress Injury (OSI) Clinic. This community-based program is operated by Carewest, a wholly owned subsidiary of the Calgary Health Region. The OSI Clinic serves Canadian Forces members, Veterans, eligible RCMP, and their families in southern Alberta who require ongoing treatment and/or rehabilitation for mental health conditions related to operational stress and trauma. The clinic functions within a larger network of Operational Stress Injury Clinics across Canada, funded through Veterans Affairs Canada.

Reporting to the Clinical Medical Director and the Manager, the staff psychiatrist performs comprehensive assessments and provides ongoing patient care and consultation to staff. There are some duties in support of program development, outreach, and collaboration with external stakeholders. There are also opportunities for continuing professional development, teaching and research. Remuneration is by sessional hours, at a negotiated clinical rate.

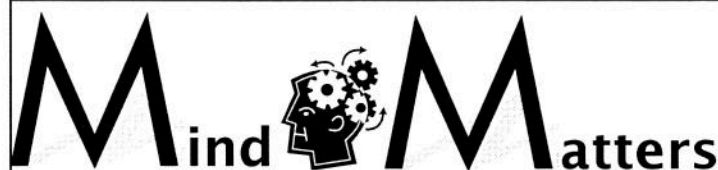
The successful applicant will work as part of an innovative interdisciplinary team and must be experienced working with individuals, families and a broad range of health professionals. Experience performing comprehensive assessments for the purpose of determining disability and rehabilitation planning is an asset.

Qualifications for this position 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. In addition, the successful applicant will be required to maintain medical staff privileges with the Calgary Health Region.

Please call for further information, or submit your CV and references by November 15, 2007 to:

Dr. Stephen Boucher, Medical Director
or Dr. Harvey Smith, Manager
Carewest Operational Stress Injury Clinic
Suite 203 Market Mall
3625 Shaganappi Trail NW
Calgary, AB T3A 0E2
Tel. (403) 216-9860
Fax (403) 216-9861

To:



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.

Submissions & Inquiries:
janny.postema@calgaryhealthregion.ca
Phone 944-1296
Fax 270-3451

Available online at:
www.calgaryhealthregion.ca/clin/psych/index.html