

MindMatters

The Newsletter for the Regional Clinical Department of Psychiatry

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Summer 2008

From the Department Head

This is my last letter as Department Head for Mind Matters. The job has proved to be everything that I had hoped and I will be both sad and satisfied to move on. When I look back, it seems that organizationally everything has changed, but the core work is essentially the same. Some things have improved and some things are worse than a decade ago.

The Department's essential contributions in service provision are to provide clinical leadership through administrative appointments and direct service through clinical appointment. The Department has more than doubled in size over the last decade, so it is contributing a great deal more than a decade ago.

The three education programs have done well. Under the leadership of Dr. Nancy Brager, Psychiatry now provides the highest rated clinical courses according to the medical students. Under the leadership of Dr. Bev Adams, our Residency Training Program has grown by 50%, easily fills its positions with top applicants and can expect to continue growing. Finally, our Continuing Medical Education Program led by Dr. Steve Simpson keeps winning national awards.

Research has blossomed under the leadership of Dr. Scott Patten, who leads by example with double digit publications every year.

Clinically, our 7 programs provide increasingly sophisticated services across the continuum of care.

The reason that I have enjoyed the position is that I have always felt supported by the members of the Department and those providing the clinical and academic leadership. In addition, over time we have developed better collaborative relationships in both the Faculty of Medicine and the Calgary Health Region.



I started unofficially after my appointment in 1996 and officially in January 1997. When I started, the Regional Clinical Department of Psychiatry didn't formally exist yet, it only received legal recognition with the approval of the Regional Medical Staff Bylaws in

September 1997. That warm up 9 months allowed me time for planning and discussions, so that we had the beginnings of a viable organizational structure by the time we became an official Regional Department.

I am delighted that we have a new Department Head, Dr. Glenda MacQueen, who will be starting in September. She comes from McMaster's University and St. Joseph's Health Care Centre. Please welcome her and provide her with the same degree of support that I have experienced over the last decade.

Don Addington

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A Tribute to Dr. Donald Addington

It gives me great pleasure to pay tribute to Dr. Donald Addington, a very special person who has quietly gone about building a legacy which will be appreciated over the ensuing years.

Dr. Donald Addington is our fourth Head and Professor, Department of Psychiatry, Faculty of Medicine, University of Calgary and Head, Regional Clinical Department of Psychiatry, Calgary Health Region. His tenure as head was extended beyond the usual ten-year term because it was felt important to have his wisdom and steady hand on the stern to navigate through many changes facing the Region and Faculty.

During his eleven-year tenure as head, Dr. Addington had ample opportunity to become a highly seasoned leader. Prior to his appointment, the number of psychiatrists involved with the Region was decreasing. Dr. Addington has been successful in growing the department to our current numbers: 133 psychiatrists with privileges within the Calgary Health Region. He has also been successful in recruiting all of the nine recent graduating residents from our psychiatric residency program, as well as five other psychiatrists.

Through his tireless efforts, without flamboyance or fanfare, mental health has become integrated into the Hotchkiss Brain Institute. He has developed the

template to integrate the chairs in Mental Health Research with the Calgary Health Region. Through his ability to work with his various counterparts in Mental Health and Addictions, Dr. Addington has helped to develop one of the best functioning departments in the Region. He will also be seeing the fruit of his toil when the Alternative Relationship Plan for Psychiatry is put in place next April.

Dr. Addington's place in Canadian Psychiatry has been recognized. He was awarded the Canadian Alliance on Mental Illness and Mental Health Leadership Award in 2000, the College of Neuropsychopharmacology Medal for 2004, the Foundation of Canadian Psychiatric Association Leadership Award in 2005 and the Schizophrenia Society of Canada Michael Smith Award for Schizophrenia in 2006.

Dr. Addington has had substantial research grants over the years, including funding from the National Institute of Mental Health, the Medical Research Council, the Alberta Mental Health Research Fund, the Canadian Psychiatric Research Fund, and the Alberta Heritage Foundation for Medical Research. In addition, the Calgary Depression Scale for Schizophrenia is widely cited around the world and has been translated into 30 languages.

I will not attempt to cover all of Dr. Addington's academic involvement, which is listed in thirty-eight pages in his curriculum vitae. He was Clinical Medical Director of an inpatient teaching unit at the Foothills Medical Centre from 1984 to 1997 until he became Chair of the Department of Psychiatry. He has focused his career on the areas of depression in schizophrenia, drug treatment of schizophrenia, neuro-cognitive functioning in schizophrenia, clinical practice guidelines, health services research and performance measurement. He and Dr. Jean Addington established the Early Psychosis Treatment Service in 1995.

Although his illustrious career is well known to many, Dr. Addington has kept a private life. This became very obvious when I attempted to obtain juicy stories about him from his staff from the Early Psychosis Treatment Service. There was a considerable amount of respect and adora-



tion for him, but the staff didn't have any damaging stories about him. He was described admirably by a staff member as a willing guy, a go-to guy who never said no and volunteered for everything. Another staff member shared that Dr. Addington was once working so hard that one of his patients confronted him for sleeping during an assessment - Dr. Addington had indeed nodded-off to sleep. He adroitly responded by stating that he was nodding to her various concerns. Yet another coworker described Dr. Addington as "a male version of Snow White" because he was so pure. Many staff members shared with me their respect and appreciation for Dr. Addington; in particular, they commented on his punctuality for meetings.

Dr. Addington did not become the person he is by chance. He is the second oldest of seven who grew up in a competitive environment where he expected to win and to be the best. He recalls, while running a race in school, he ran into a brick wall and almost knocked himself out because he was so determined to win. Since then, he has learned that there are other ways to achieve besides relying on his accomplishments alone. Through his participation in serious rugby - even though he was the smallest person on the team - he learned to become a valuable member of the team by becoming the play-maker. In retrospect, he may have been learning to become a department head. Another experience which helped him with his current role can be traced back to his days as a coach in minor soccer, a role he held for ten years. He was a level-3 soccer instructor who could have focused his effort at winning at all cost. Despite his competitiveness, he recognized that the little soccer players were like a flock of birds, wanting to have fun. He was then able to draw out the various strengths of each player to fulfill a role, much as he does with the Mental Health and Addictions team. He then measured his success when all the kids wanted to come back to play the next year. His attribute to nurture the best achievement for everyone without self-glorification has helped him assume key responsibility even if the organization was not completely familiar to him - such as a ski club. He became President of a ski club even though he learned to ski after coming to Canada. His calmness was likely very instrumental in dealing with thorny issues with parents whose children are in competitive sports. Even with the ski club, he was involved in recruitment of coaches as well as in disaster management.

To support himself as a medical student, Dr. Addington joined the air force. His first exposure to psychiatry during his medical training at London University, London, England, left him particularly interested. At that time, criteria for diagnosis was vague which was unlike physical medicine. Fortunately, his subsequent experience in psychiatry at Oxford University left him convinced that he was making the right career choice.

Dr. Addington served with the Royal Air Force for ten years. In 1980, he was recruited to the Regional Psychiatric Centre in Saskatoon by Dr. Allan Weston, a forensic psychiatrist who later joined the faculty in Calgary. Dr. Addington was Clinical Associate, Department of Psychiatry at the University of Saskatoon. He was then recruited to Calgary in 1981 by Dr. Arboledo-Florez. At the invitation of Dr. Sebastian Littmann, he became a Geographic Full-time Assistant Professor, Department of Psychiatry, University of Calgary in 1984. He was appointed Professor in 1995.

During the formative years of his children, Dr. Addington was very involved in their athletic activities. Since then, he has been very proud of their successful pursuits. He is also very proud of his granddaughter, Mackenzie.

A quotation by Walter Lippmann [1945] may reflect the legacy which Dr. Donald Addington will be leaving behind during this phase of his career:

"The final test of a leader is that he leaves behind him in other men the conviction and the will to carry on. The genius of a good leader is to leave behind him a situation which common sense, without the grace of genius, can deal with successfully."

Dr. Addington will be commencing his sabbatical leave for one year to enhance his research activities. He will be spending part of his time at Yale University. To dispel speculation, he is not retiring or leaving the department. You can be certain that he will continue to make significant contributions in education, research and service.

On behalf of the Department of Psychiatry, we wish Dr. Addington every success in his endeavors.

David Miyauchi

Undergraduate Education

Wherever and whenever you look at the department, undergraduates have become part of the tapestry. Record numbers of first and second-year students are requesting summer block electives and Medicine 440 clinical electives in Psychiatry. With Psychiatry now taught in the fourth quarter of second year, it is heartening to witness these earlier quests for exposure to our specialty. Add to that the top ranking for the Psychiatry teaching in Course Seven thanks to Lauren Zanussi, and it's no wonder we are crammed with undergraduate electives!



We are finishing the first two of eight blocks of clerkship training with the largest number ever of clerks to train this year - 128 in total. Dr. Stokes and I gratefully appreciate

each site's dedication to teaching, including the ACH staff who began training a minimum of three clerks at any given time - in addition to teaching psychiatry residents. Kudos to all!

We recently met with a large number of students who have expressed a desire for a psychiatry interest group. We are currently investigating ways to open pathways between our department and these students: movie nights, notification of events and awards, research opportunities, web links, shadowing, etc. If you have any ideas or would like to become involved, please let me know. (My thanks to the department for sponsoring Pizza Night on May 12.) For those of you who were not able to attend the presentation on "Mental Health and Jazz Musicians"

on May 13, performed by a subset of the interest group, we are hoping to have them present at one of our Friday rounds.

On behalf of all the faculty involved in undergraduate teaching, I'd like to hear a hearty round of applause for Lauren Zanussi for receiving the Dr. Michael Tarrant Award two years running for his commitment to teaching. Lauren has dedicated countless hours before, during and after residency to enhance learning. He's a natural-born teacher and the department's best proponent for advocating that mental health be taught to all of our prospective doctors.

Enjoy the summer and we'll chat again in the fall.

Nancy Brager

Postgraduate Education

Since my last submission to Mind Matters, the residency program has been positively thriving. Calgary was one of only six of the sixteen national Psychiatry programs to fully match at CaRMS, maintaining a streak from Match Day 2002 - no small feat! July will see the start of six new residents: Tash Kinjo (UofC), Brienne McLane (UofC), Leanne Owens (UofC), Angela Paulson (UofA), Manrit Takhar (UofM) and David Terriff (UofC). We also welcome back into the fold Susan Brownell. The Postgraduate office approved our request to permanently increase our base number of CaRMS spots from five to six starting July 2009. (An additional spot for July 2008 was granted through a lottery-type system.) Thank you to the department for funding CaRMS daytime and evening activities; student feedback was very positive in comparison to the national experience.

At the other end of the training spectrum, I am very proud to report that all nine of our graduating residents successfully completed all three components of their final exams. The entire group has already committed to staying in Calgary, with one pursuing a fellowship. Join me in congratulating Sara Binder, Sheri Cassity, Darcy Muir, Yuri Power, Paul Reinhardt, Rory Sellmer, Misty Stach, Rob Urquhart and Helen Yeung (phew!) on their success and wishing them well in their diverse paths.

May has become Long Case Examination month. Four out of five Fridays have been devoted to practice exams for the sixteen PGY-2s and PGY-3s and the first round of certifying exams for the five PGY-4s. Pauline reports that this is the first time examiner slots have been filled - with minimal coercion - two weeks prior to exams. Dr. Crockford will be chairing the certifying exams.

Planning of next year's schedule for clinical training, for all thirty-three residents, is complete. Rotation letters and rosters should be in the hands of the preceptors by the end of May. Please note, rotation start dates will now be on Mondays rather than the first of the month; therefore, new rotations will begin on Monday, June 30, and the second quarter will start on September 29.

Looming for February 2009 is the external review of all residency programs in Calgary. While we believe we have addressed the identified weaknesses from the last external review in 2003, we will be focussing on the recommendations from the 2006 internal review. Training in Can MEDS roles in residency will be predominant in the February review. I hope to have refresher material to the preceptors later in 2008 to ensure we are all aware of this component of training.

Bev Adams

Promotions

Congratulations to the following members of our faculty who will be promoted effective July 1, 2008:

Dr. M. Abdel-Keriem - Clinical Associate Professor
 Dr. Assen Alladin - Adjunct Associate Professor
 Dr. Leanne Birkett - Clinical Assistant Professor
 Dr. Patrick Coll - Clinical Associate Professor
 Dr. Timothy Culver - Clinical Assistant Professor
 Dr. Allan Donsky - Clinical Assistant Professor
 Dr. Adel Gabriel - Clinical Associate Professor
 Dr. Lloyd Maybaum - Clinical Assistant Professor
 Dr. Elena Petrov - Clinical Assistant Professor
 Dr. J. Kent Sargeant - Clinical Associate Professor
 Dr. Roy Turner - Clinical Assistant Professor
 Dr. JianLi Wang - Associate Professor

Awards

Congratulations to **Dr. Janet de Groot**, who along with Drs. C. Adair, L. McLaren, G. McVey, R. Plotnikoff and K. Gray-Donald won the Joint CPA-COPCE Award for the Most Outstanding Continuing Education Activity in Psychiatry in Canada. They received the award for the symposium: "Obesity and Eating Disorders: Seeking Common Ground to Promote Health."

Congratulations to the following individuals who have won teaching awards:

- **Dr. Lauren Zanussi:** The Dr. Michael Tarrant award for mentorship, compassionate care and leadership in education and the Gold Star Award for outstanding teaching. Dr. Zanussi was also nominated for the CPA Paul Patterson Leadership in Education Award.
- **Dr. Philip Stokes:** Gold Star Award for outstanding teaching
- **Dr. Reilly Smith:** CMSA Letter of Excellence
- **Dr. Jeremy Quickfall:** CMSA Letter of Excellence
- **Dr. Carl Adrian:** Gold Star Award for teaching in clerkship
- **Dr. Jason Taggart:** Gold Star Award for teaching in clerkship
- **Dr. Toba Oluboka:** CMSA Letter of Excellence for teaching in clerkship
- **Dr. Kent Sargeant:** CMSA Letter of Excellence for teaching in clerkship

Dr. John DeVries has been awarded the Group Therapist Appreciation Award by the Canadian Group Psychotherapy Association, Calgary section.

Lana Bentley was awarded the Pulse of Social Work Award of Excellence for outstanding clinical practice.

Congratulations to the following recipients of the People First Awards:

George and Marion Barker - Caring for Community category for outstanding contributions to "Clubhouse" in Banff

Fee Forbes - Leaders in Health and Wellness category for leadership of Outreach Services

Cathy Pryce & Don Addington

New Department Head: Dr. Glenda MacQueen

We are pleased to announce that Glenda MacQueen, MD, FRCPC, PhD has been appointed to the position of Head of the Department of Psychiatry for the Faculty of Medicine and Regional Clinical Department Head, Psychiatry for the Calgary Health Region, as of September 1, 2008.

Dr. MacQueen joins us from McMaster University where she is an Associate Professor in the Department of Psychiatry and Behavioral Neurosciences and the Academic Director of the Mood Disorders Program at St. Joseph's Health Care Centre in Hamilton, Ontario. She is a founding member of the Brain Body Institute and an associate member of the Intestinal Diseases Research Program.

Dr. MacQueen is the Coordinator for Psychiatry and Behavioral Neurosciences Clinical Investigator's Program for the Faculty of Health Sciences at McMaster University. She is very involved in graduate and postgraduate training programs and she recently received the 2008 award for Excellence in Research Mentoring from the Department of Psychiatry and Behavioral Neurosciences at McMaster's.

Dr. MacQueen's research interests are on structural and functional brain changes associated with mood disorders and the factors that predict outcome in

mood disorders. Her work has been funded by national and international funding agencies, including the Canadian Institutes for Health Research, the Canadian Psychiatric Research Foundation, the National Alliance for Research in Schizophrenia and Affective Disorders, the Stanley Medical Research Foundation, the Ontario Mental Health Foundation, the Scottish Rite Foundation and the National Centre of Excellence AllerGen Inc. Dr MacQueen received the Innovations in Neuropsychopharmacology Research Award for 2008 from the Canadian College of Neuropsychopharmacology.



She is currently serving as the Scientific Officer for the Canadian Institutes of Health Research Behavioral Sciences B Committee. She is also a member of the Canada Research Chairs College of Reviewers and sits on the Editorial Board of the Canadian Journal of Psychiatry and the Chronicles of Neurology and Psychiatry. She is a clinical editor of the Current Medical Literature Psychiatry series.

Glenda MacQueen is an outstanding addition to our Department, the Calgary Health Region and Faculty of Medicine. Please join us in welcoming her to Calgary and to her new role.

Specialized Services

The Specialized Services Program has seen a number of changes over the past year. Improving patient flow and dealing with overcapacity remain ongoing concerns.

Our services and clinics continue to grow. The Northeast and Central Community Mental Health Centres and the Bipolar Clinic have added new psychiatrists from among those completing their residencies this year. The Outpatient Schizophrenia ser-

vice will add to its present psychiatric staff in the fall. The Occupational Stress Injury Clinic has expanded its services with another half FTE of psychiatry time. The Central Community Mental Health Centre has expanded its psychiatric staff and its service to patients, including home visits to patients at Hamilton House.

Dr. Thomas Raedler will be the Acting Clinical Medical Director of the Early Psychosis Treatment

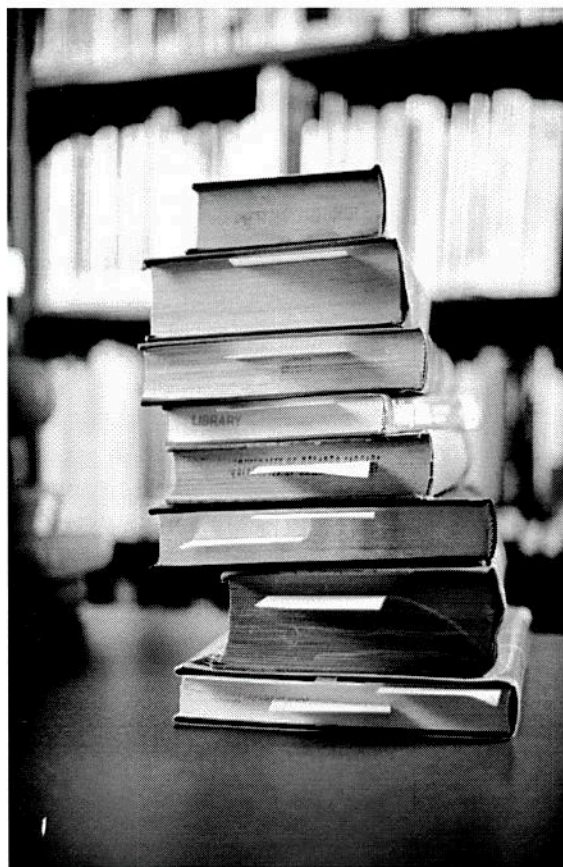
Service during Dr. Addington's sabbatical. Dr. Raedler will also be involved in research work with the Bipolar Clinic.

Dr. Roy Turner has been appointed Clinical Medical Director of the Day Treatment Service at the Rockyview General Hospital and has been at the forefront of the service redesign there. A similar redesign has started at the Day Treatment Service at the Foot-hills Hospital.

The Concurrent Disorders Unit at Claresholm continues to develop programs for its 20 beds. Assertive Community Treatment has begun to work as a part of the Alex Pathways to Housing Program. Challenges for the coming year will include implementation of the new Community Treatment Orders.

Hugh Colohan

Littmann Research Day



This year, the Sebastian K. Littmann Research Day was held on March 7th at the Village Park Inn. In addition to the keynote presentation by Dr. Anne Duffy of McGill University, the Research Day featured 23 presentations by faculty, residents and students. The Resident Awards went to Aaron Mackie ("Ask Me Something Easier Next Time") and Heidi Soltz ("The Preferred Psychosocial Support Needs of Persons Living with Lung Cancer and their Carers; a Qualitative Study"). I would like to thank Dr. W. White, Dr. T. Oluboka, Dr. D. Murdoch, Dr. L. Birkett and Dr. D. Cawthorpe for acting as session chairs. Special thanks to Yvette Kosidowski, who has played a key role in the organization of this event for many years.

The abstracts from the Research Day have been posted on "dspace" and can be searched in Google scholar. The archives can be found at: <https://dspace.ucalgary.ca/handle/1880/44217/browse-title>. These electronic archives go back to 2001.

We are hoping that the theme for next year's Research Day will be medical education research, which is an emerging area of strength in the Department. Adding to the list of educational researchers in the Department, Dr. Adel Gabriel successfully defended his MSc thesis in Medical Education in June 2008.

The Annual Mental Health Research Competition is currently in process. Of seven letters of intent that were submitted for peer review, two were selected for the second stage of review. There will be a call for LOIs for the next competition in the summer or early fall. This competition offers annual grants of up to \$20K, so if you have a project idea that fits with a budget of this size, please consider submitting an LOI.

The Centre for Advancement of Health is now closed, so one source of small pilot grants is no longer available. However, in addition to the Mental Health Research Competition, the Clinical Research Unit of the Hotchkiss Brain Institute offers small grants for pilot studies annually. Another local source is the University Research Grants Committee: <http://www.ucalgary.ca/research/funding/internalgrants/>.

Scott Patten

Welcome & Goodbye

Patrick Sully accepted the role of Patient Flow Manager within Adult Mental Health effective May 20, 2008. The Patient Flow position is a two year project position. Patrick is looking forward to returning to Mental Health, having had experience in the Mental Health Information and Evaluation area. He is presently working for the Alberta Medical Association, developing clinical practice guidelines. He brings with him a great deal of academic preparation and practical experience in project management and in best practice reviews. He will be responsible to a steering committee that will guide the project through the two year duration.

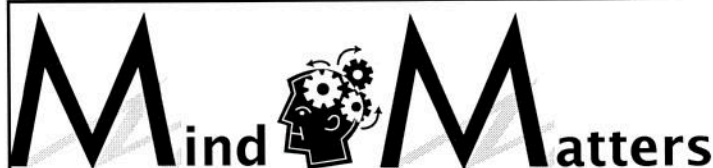
We are pleased to announce that we have been successful in recruiting a new Risk Management Coordinator to replace **Iris Penwarden**, who is retiring at the beginning of July to move to casual status with our business unit. Our new hire is **Kathy Gordon**, who comes from Unit 23 at FMC. Kathy is



a Registered Nurse with a Bachelor of Arts in Psychology/Sociology, a Bachelor of Health Sciences in Psychiatric Nursing, and a Master of Health Studies - Leadership Stream. She has 20+ years of nursing experience, with a focus on inpatient and community Mental Health Nursing. Welcome Kathy and a big thank you to Iris for her years of hard work and dedication.

Cathy Pryce & Don Addington

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.

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