

MIND MATTERS

Department of Psychiatry Newsletter

Winter 2012

From the Department Head

Happy New Year!

Perhaps the best evidence that 2011 was a great year for the department can be found a little further along in this *Mind Matters*—when you get to the section on Who's New you will see what I mean. Although I am sure that many of you are used to seeing our newest psychiatrists around



the various sites, you will probably still be as impressed as I am when you look at this list of terrific new physicians who joined the department in 2011: Drs. Tim Ayas, Susan Brownell, Christine Chang, Erijka Haalboom, Wanda Lester, Aaron Mackie, Norman Monkman, Greg Montgomery, Michael Stubbs and Ursula Zanussi. Although he can't qualify as a 'new' staff psychiatrist, Dr. Zahinoor Ismail also returned to us full-time, relocating his practice from Toronto. We have been fortunate that the interests of our new department members are diverse and cover a range of sub-specialty areas in which capacity building is critically important, such as child, geriatric and rural psychiatry. On behalf of all of the department members, I would like to extend a warm welcome to our newest colleagues and

to say how pleased we are that you have arrived, stayed or returned!

This is also a good opportunity for me to extend my personal appreciation and that of the department to several members who filled critically important roles in 2011. Dr. Abdul Rahman graciously accepted the role of Section Head for Child and Adolescent Psychiatry during Dr. Chris Wilkes' sabbatical year. As many of you will know, there is a great deal of activity in child and youth mental health right now. This is occurring at the clinical level—in part, unfortunately, because of capacity demands. Throughout, Abdul provided thoughtful, reasoned and insightful leadership, meeting the various challenges and opportunities that

Continued on page 2

In this Issue

Promotions	2
UME Retreat Highlights	3
Who's New?	4
Geriatric Mental Health Service Quiz	6
Awards	7
Research Update	8
Research Notes.....	9
Assessing Patient Experience: Update.....	10
Annual Golf Tournament & Fall Social.....	12
Events	14
Classifieds	16

Continued from page 1



arose in the past year. I would like to say a sincere thank you for his commitment to child and youth mental health and to our department.

More positively, child and youth mental health is also a focus at the academic level, through the support of President Cannon, who has undertaken a multi-faculty child and youth mental health initiative. This initiative was highlighted in November when Dr. Stan Kutcher gave a plenary address at a day-long symposium attended by deans or vice deans of six of the university faculties. In addition, we are working through the process of establishing sub-specialty training in child psychiatry to meet the new requirements of the Royal College. Drs. Wilkes and Waheed have been instrumental in guiding this process and in liaising with other groups across the country. Our application has now received full support and commitment from AHS and will be proceeding to the next step.

Dr. John Tuttle provided strong leadership to the South Health Campus initiative in this past year at some particularly important points in the planning and development of the workforce plan for psychiatry. His efficiency and inclusiveness was much appreciated and we are grateful for the skill that he brought to this endeavour.

While they have been in their roles for some time now, I want to take the opportunity to thank Dr. Mitch Spivak, Dr. Will White and Dr. Darcy Muir for accepting the new and expanded Clinical Medical Director roles for the inpatient

units at Rockyview, Foothills and Peter Lougheed respectively. We are all aware of the ongoing challenges of inpatient capacity, and we appreciate their dedication to this critical part of our system. Seamless integration of our inpatient units is more important than ever as we find ways to manage capacity without sacrificing patient care.

Finally, I would like to highlight recent awards received by members of the department: Dr. Jorden Cohen received an award from PARA, while Drs. Lauren Zanussi and Rory Sellmer received honorable mentions from PARA. In addition, Dr. Suparna Madan received an award recognizing her contributions to Rockyview Hospital. Congratulations to these deserving individuals.

Best wishes to you and your families for 2012!

Submitted by Dr. Glenda MacQueen

Promotions

Congratulations to the following individuals who received academic promotions in 2011.

Dr. David Cawthorpe
Associate Professor

Dr. Carl Adrian
Assistant Professor

Dr. Lisa Gagnon
Assistant Professor

Dr. Chereilyn Lakusta
Assistant Professor

Dr. Heather Scott
Assistant Professor

UME Retreat Highlights

The annual Undergraduate Medical Education (UME) retreat was held on September 30 at the Four Points Sheraton. Thank you to our great speakers (Dr. Stokes, Dr. Waheed, Dr. Raedler, Dr. Tuttle, Dr. Zanussi, Dr. Cohen, Dr. Stark, Dr. Malhotra, and Pauline Burgess) and to all the residents, faculty and staff who were able to attend. Our enthusiasm is our strength!

The following reports and updates were presented at the retreat:

- Dr. Raedler discussed clerkship evaluation. Changes to the ITER have been implemented by UME to differentiate outstanding student performance (the top 10 percent of the class) from students who are meeting expectations. The new ITER also scores attendance.
- Clerkship issues were presented by Dr. Stokes. 2011 was our highest-rated clerkship year to date, with ratings steadily improving over the past four years. Suggestions for continued program improvement included less inter-preceptor variability, improved in-house call and more structured schedules for some rotations, to ensure full days of learning.
- Dr. Tuttle reviewed developments with the South Health Campus. A free-standing emergency department is expected to open in January 2012. Clerks slated for the Rockyview have been advised that they may be reassigned to the South Health Campus, as preceptors move over to the inpatient and outpatient mental health units when they open in January 2013. These units will only accommodate a small number of clerks. The committee discussed implications to in-house call rooms and transportation.
- Dr. Waheed reported positive feedback for the recent clerk-training pilot program of three weeks of clinical training in each of child/adolescent psychiatry and adult psychiatry. The committee approved continuing the training option. We will closely monitor the number of students choosing this format, with appropriate warnings that students struggling in clerkship should not consider this option.
- Results from the undergraduate survey rated Course VII, in January 2011, as the highest rated undergraduate course overall, giving the course its highest rating ever. We can attribute this to the great lecturers, clinical correlations and patient presentations. Unfortunately, we were short approximately 10 preceptors for clinical core training this year. Course VII begins again in January. It will be a busy time as always, but hopefully we can keep up these great ratings. A patient volunteer bank is being established through the Medical Skills Unit.
- Dr. Cohen introduced the "WILD Card", a new training resource designed to help students determine their strengths, interests and values as they relate to career choices. WILD is an acronym for "Why I Love what I Do".
- Our residents put on another wonderful, well-attended Discovery Day for approximately 40 Grade 12 students who have an interest in psychiatry as a career. Many of these students will be the future of psychiatry and we all should be grateful.

We are looking ahead to a great new year for 2012. Thank you to everyone involved in supporting the undergraduate psychiatry program.

Submitted by Dr. Nancy Brager

CARMS interviews will be running from January 30 to February 12, 2012. Preceptors will be advised if clerks require additional time away.

Who's New?

Dr. Tim Ayas



Dr. Tim Ayas completed a degree in Biology at the University of Calgary, and a Master's in Public Health specializing in Health Policy and Management at the University of Alberta. He worked briefly as a hospital administrator at the Massachusetts General

Hospital before enrolling in medical school at the University of Calgary. After completing a residency in family medicine, he worked in urgent care and as a generalist in mental health. He then decided to return to school as a psychiatry resident, which is something he enjoyed immensely (even, in retrospect, his time as Chief Resident). He is now a consultant psychiatrist at the Carnat Centre, Active Treatment Team, Claresholm Centre of Mental Health and Addictions, two rural mental health clinics, and the Calgary Drop-In Centre. He also teaches lectures to clinical clerks and residents. In order to balance work with being the father of three wonderful children under the age of two, he recently discovered the joys and wonders of coffee.

Dr. Wanda Lester



Dr. Wanda Lester is doing a one year psychotherapy fellowship at Outpatient Mental Health in the Sheldon M. Chumir Health Centre. Dr. Lester earned a BSc. (Honours) in mathematics and an MD from the University of Manitoba. She has an FRCPC in Ana-

tomical Pathology and actually taught cardiac pathology to several of the staff psychiatrists in Calgary when they were medical students! She began a psychiatry residency in Calgary in 2006. During psychiatry residency she began training in manualized interpersonal psychotherapy with long distance supervision from Toronto and also spent a year long elective in psychodynamic psychotherapy with Dr. Elizabeth M. Wallace. During her fellowship she will continue training in both psychodynamic and interpersonal psychotherapy, with a goal of becoming a resident supervisor in both modalities.

Dr. Norman Monkman



Dr. Norman Monkman completed Bachelor of Science, Bachelor of Education and Bachelor of Science in Medicine (MD completed in 1997) degrees at the University of Manitoba. He completed his residency at the University of Toronto, Center for Addic-

tion and Mental Health (CAMH) and Mount Sinai Hospital, with a focus on Consult Liaison Psychiatry and Psycho-oncology. In 2004, Dr. Monkman completed a two-year fellowship in acute care psychiatry at CAMH (U of T).

Dr. Monkman worked for two years at the Whitby Shores Mental Health Center in the Child and Adolescent program, where he ran an acute care in-patient unit and day hospital program. In 2007, he moved to Red Deer where he was employed at the Red Deer hospital in-patient units and was chief of service from 2007-2011.

Dr. Monkman has enjoyed teaching at both the undergraduate and graduate level on a clinical basis and was involved with teaching residents through the Alberta Rural Physician Action Plan. Currently, he is enjoying participation in the Day Hospital Program at FMC and looking forward to continued participation in its growth and development. He is also involved with the Outpatient Schizophrenia Service at FMC.

Dr. Michael Stubbs



Dr. Michael Stubbs was born and raised in Calgary, completing two BSc. undergraduate degrees and medical school through the University of Calgary. He then went on to complete his residency training at Dalhousie University in Halifax, finishing in June of this past year. He has subsequently re-

turned to Calgary and started work at the Alberta Children's Hospital in a variety of areas including full time involvement with daytime emergency services, as well as part-time involvement in the Child Day Treatment Program, Transitional Youth Services and the Psychiatric Ambulatory Clinic. His professional interests include adolescent mental

health and medical education. Outside of work he enjoys adventure travel and has a wide variety of sporting interests.

Dr. Aaron Mackie



Dr. Aaron Mackie finished his Neuropsychiatry fellowship at UBC at the end of June. This Neuropsychiatry program was recently accredited by the UCNS for Behavioural Neurology and Neuropsychiatry, and Dr. Mackie had the privilege of being the first graduating fellow following this accreditation.

Since returning to Calgary, Dr. Mackie has been doing work in the Movement Disorders and Multiple Sclerosis clinics, and will be starting in the Epilepsy Clinic shortly. Additionally, he has been working with the CL team, with a focus on the Neurology patients.

Dr. Mackie is writing a few chapters for a clinical case book textbook that will be published in 2012 through APPI, in conjunction with the folks at UBC, Toronto, and Yale. He also taught part of a course at the CPA in 2011 called Neuropsychiatry of the Basal Ganglia.

Dr. Greg Montgomery



Dr. Greg Montgomery started work in several settings at the Foothills Medical Centre in July 2011, including adolescent in-patients on Unit 26, Early Psychosis Treatment Service and Bipolar Clinics. He completed his medical training and psychiatry

residency through the University of Calgary and completed an extended senior resident elective in Melbourne Australia at the Early Psychosis Intervention and Prevention Centre (EPPIC) as part of Orygen Youth Health. Dr. Montgomery has a special interest in early intervention for mental illness in the adolescent and transitional youth populations. He is greatly appreciative of the collegiality and educational opportunities experienced within the department as a resident and is looking forward to ongoing collaborative work as a staff psychiatrist.

Dr. Susan Brownell



Dr. Susan Brownell obtained a Bachelor of Science in biology at the University of Alberta, Augustana Campus. She completed both her medical degree and psychiatry residency at the University of Calgary.

Currently she is working at the Day Treatment Service and the Assessment Clinic at the Rockyview General Hospital. Her interests include adult psychiatry with a focus on anxiety, depression and psychotherapy. Dr. Brownell enjoys teaching and mentoring medical students and residents.

Dr. Christine Chang



Dr. Christine Chang completed a one-year Sleep fellowship in June 2011, which was based out of the Foothills Sleep Centre but also involved training in Edmonton and Halifax. This was a fantastic experience and she is grateful for the opportunity to have completed some of the training outside of

Calgary. Dr. Chang has since joined the staff at the Foothills Sleep Centre, where she sees sleep patients (many with psychiatric co-morbidities) on a part-time basis.

Dr. Ursula Zanussi



Dr. Ursula Zanussi studied literature at McGill University and sciences at the University of Toronto before continuing west to the University of Calgary for her medical degree and psychiatric residency.

She currently works part-time with youth at the Adolescent Day Treatment Program. Particular interests include group psychotherapy and intervention with youth with emerging borderline personality traits.

Geriatric Mental Health Service Quiz

1. Two psychiatrists joined the section of Geriatrics in the past year.
 - a. True
 - b. False
2. The duration of the mandatory geriatric rotation for psychiatry residents is:
 - a. 3 months
 - b. 6 months
 - c. There is no mandatory geriatric rotation, only electives
3. Geriatric psychiatry is now recognized as a distinct subspecialty by the Royal College of Physicians and Surgeons of Canada.
 - a. True
 - b. False
4. The newest service in Geriatric Mental Health is:
 - a. GMHOT
 - b. BEST
 - c. GMHDTs
5. How many specialized geriatric psychiatry units are located in designated facilities in southern Alberta?
 - a. 1 (only in Calgary)
 - b. 3 (Calgary, Medicine Hat and Lethbridge)
 - c. None—geriatric mental health patients are only admitted to adult psychiatry units
6. In 2010, how many referrals did the Geriatric Mental Health Consulting Team (which provides service to LTC and DALs) and the Community Geriatric Mental Health Service receive?
 - a. Approximately 200 and 1000 respectively
 - b. Approximately 570 and 610 respectively
 - c. Approximately 940 and 1040 respectively



7. SAILL stands for:
 - a. Substance Abuse in Later Life
 - b. Misspelling of the favourite hobby of geriatric psychiatrists
 - c. Seniors Assessment in Later Life
8. There will be 38% more seniors than children under the age of 15 by the year 2026.
 - a. True
 - b. False

Submitted by Dr. Suparna Madan

See page 15 for answers

Awards

Congratulations and well done to the following award winners

Dr. Jordan Cohen

2010/2011 PARA Well-being Award
University of Calgary

Recognizing Dr. Cohen's outstanding contributions to resident well-being

Dr. Rory Sellmer

Honorable Mention
2010/2011 PARA Clinical Teaching Award
University of Calgary

Recognizing Dr. Sellmer's excellence in physician resident education

Dr. Lauren Zanussi

Honorable Mention
2010/2011 PARA Clinical Teaching Award
University of Calgary

Recognizing Dr. Zanussi's excellence in physician resident education

Dr. Suparna Madan

Rockyview General Hospital
2011 Physician Recognition Award

Awarded by the Calgary Zone Medical Administrative Committee in recognition Dr. Madan's work in the Department of Psychiatry

Dr. Glenda MacQueen

2011 Douglas Utting Award

Recognizing Dr. MacQueen's contribution to the study, understanding and treatment of depressive disorders

Dr. Tashi Kinjo (PGY-4)

Resident of the Year (PLC Medical Staff Award)

Recognizing Dr. Kinjo's work at the Outpatient Mental Health Clinic with Drs. Oakander and Scott in 2011

SCM Order Sets Upgrade

As your representative for Sunrise Clinical Manager (SCM), I have news that our aging order sets are due for an overhaul. The first 5 or 6 order sets were authored by myself, with the help of colleagues, beginning in early 2006, at a time when SCM was mostly a mental construct. SCM was launched in late 2006/2007. Information Technology has been busy over the years as new applications are brought online, and it has been a long wait for Psychiatry's turn.

Interested colleagues (residents especially!) are very welcome to provide input. My hope is that we can make things more user friendly, efficient, and safe. At the time of writing I do not have an exact timeline but please stay tuned. Proposals for new order sets or other ideas are also welcome.

Submitted by Dr. Terry Fauvel



The Department of Psychiatry website has a new design and a new location.

Check us out at www.ucalgary.ca/psychiatry

Research Update

Psychosis Clinical Trials Program Launches SearchLyte Program

We are very excited to have received approval for two new clinical trials for patients with schizophrenia. We refer to the new study as the SearchLyte Program. Dr. Thomas Raedler is the principle investigator of the program.

The SearchLyte Program is investigating a new product RO4917838, an inhibitor of the type 1 glycine transporter (GlyT1). We will consider patients with sub-optimally controlled schizophrenia and patients with negative symptoms of schizophrenia in one of two protocols.

Approximately 20 percent of patients with schizophrenia have symptoms of psychosis that do not respond to medication. Even more patients have disorganized or cognitive symptoms that are not improved even under the ideal treatment conditions. The clinical response to antipsychotic treatment is characterized at times by a partial remission of the acute positive psychotic symptoms and a lack of efficacy on negative symptoms. Negative symptoms account for much of the functional impairments of patients. These remaining symptoms have a significant effect on quality of life and functioning.

The SearchLyte program will further investigate and confirm if the new investigational product developed by Hoffmann-LA Roche can lead to improvement in negative and sub-optimal symptoms and improve the level of personal and social functioning.

The program is approximately four years in length, and we are excited to be one of over 70 sites worldwide in over 30 countries involved. It includes a thorough screening period (up to 4 weeks); prospective stabilization period (4 weeks); treatment period 1 (double-blind pivotal treatment period, 12 or 24 weeks); treatment period 2 (double-blind treatment period, 32 or 44 weeks); and a long-term extension period (up to 3 years). Patients will be randomized into one of three study treatments along with their current adjunctive stable antipsychotic treatment.

To be eligible for the program, patients must be 18 years of age or older, have a reliable caregiver, have a diagnosis of schizophrenia, be receiving antipsychotic medications, continue to have positive or negative symptoms despite treatment, and have clinical stability.

For more information about the SearchLyte program or the Psychosis Clinical Trials Program, please contact the research office at (403) 210-6904.

Submitted by Geri Anderson

CLINICAL TRIALS PROGRAMS

Patients participating in any one of the clinical trial programs can be assured that the research staff will collaborate with their treating physician and/or case worker to provide options to their current treatment. Patients involved in clinical trial protocols enjoy many treatment benefits including:

- Opportunities to benefit from treatments not otherwise available.
- More frequent monitoring and check-ups than can be offered in psychiatric outpatient clinics.
- A thorough assessment that includes a physical work-up and an overall mental status assessment using the latest assessment tools available (depending on the study protocols). The information abstracted from these assessments is shared with the patients' clinicians for continuity of care and collaboration.

Several physicians are involved with the clinical trials program.

We invite you to drop by to see our new facility on the 1st floor of the TRW building, or contact Geri Anderson RPN, Clinical Trials Coordinator at (403-210-6903) or geri.anderson@albertahealthservices.ca if you have any questions about our studies or about the program.

Beverly Adams, MD Geri Anderson, RPN
Director, Clinical Trials Coordinator, Clinical Trials

Research Notes

Recently Published

Ismail Z, Nguyen MQ, Fischer CE, Schweizer TA, Mulsant BH, Mamo D. Neurobiology of delusions in Alzheimer's disease. *Curr Psychiatry Rep.* 2011 Jun; 13(3):211-8. Review.

Ismail Z, Wessels AM, Uchida H, Ng W, Mamo DC, Rajji TK, Pollock BG, Mulsant BH, Bies RR. Age and Sex Impact Clozapine Plasma Concentrations in Inpatients and Outpatients With Schizophrenia. *Am J Geriatr Psychiatry.* 2011 Mar 17. [Epub ahead of print]

Cawthorpe D, Wilkes TCR, Guyn L, Bing L, Lu M. Association of mental health with health care use and cost: a population study. *The Canadian Journal of Psychiatry, Vol 56, No 8, August 2011, pp 490-494.*

Patten SB, Williams JVA, Lavorato DH, Khaled S, Bulloch AGM. Weight Gain in Relation to Major Depression and Antidepressant Medication Use. *Journal of Affective Disorders* 2011; 134: 288-293.

Patten SB, Grigoriadi S, Beaulieu S. Clinical Effectiveness, Construct and Assessment. *Journal of Affective Disorders* 2011; 132(Suppl. 1): S3-S8.

Grants

Dr. Zahinoor Ismail received a grant for \$100,000 from the Joan and Clifford Hatch Foundation for "Functional Neuroimaging of FrontoTemporal Dementia".

Dr. Ismail also received a grant, as a co-applicant, for \$98,366 from the National Institute of Aging for "R03: Relation of Beta-Amyloid Deposition to Temporal Lobe-Focused Dementias". Chow T. PI, Ismail Z, Mulsant BH, Pollock BG, Houle S, Wilson A, Vasdev N.

Invited Commentaries

Dr. Donald Addington has been invited by the US Department of Health and Human Services, Agency for Health Care Research and Quality to provide an invited commentary for the National Quality Measures Clearinghouse. The commentary on "Performance Measures for evaluation and quality improvement in the care of individuals with a First Episode Psychosis" can be found at: <http://www.qualitymeasures.ahrq.gov/expert/expert-commentaries-index.aspx>

Assessing Patient Experience

2010-2011 Client Satisfaction Survey Results

The 2010-2011 Client Satisfaction Survey was the first coordinated approach by Addiction and Mental Health (AMH) services to the collection of client satisfaction data across the province. The roll-out of client satisfaction surveys was standardized, as much as possible, across general community outpatient services through a joint effort among the zones.

Six general community outpatient services with representation from rural and urban clinics, as well as addictions, participated in the data collection in the Calgary Zone. The collection took place between December 2010 and March 2011 and the six services/clinics that participated included:

- Claresholm Mental Health Clinic
- Airdrie Mental Health Clinic
- Okotoks Mental Health Clinic
- Outpatient Mental Health – Sheldon Chumir
- Psychiatric Assessment Service
- Adult Addiction Services

The “Service Satisfaction Scale (SSS-10) – Community Version” with an expanded component that included piloting some patient engagement questions was used to collect client feedback. The expanded survey instrument consisted of items relating to manner and skill of staff, perceived outcomes, overall satisfaction, accessibility, and patient engagement. AMH clients eligible to participate included all cognitively able adults being treated in an outpatient or community setting who received a minimum of three sessions in the past year.

A total of 420 surveys were completed, and the overall response rate for the Calgary Zone was 76%. The majority of respondents were from Mental Health Outpatient (33%) and Adult Addiction Services (27%). There were a higher proportion of female respondents (58%) and almost 75% of respondents were between the ages of 24 and 54 years old.

Calgary Zone Results - Summary

- Overall, respondents indicated that they were highly satisfied with the service and care they received. The overall satisfaction rating was 94% and the average total satisfaction score fell between the ratings of mostly satisfied and delighted.
- The aspect of service that received the highest rating was manner and skill of staff. This aspect included the technical skills as well as the interpersonal skills possessed by AMH staff.
- Aspects of service that received lower ratings, though still high, were related to access to services (i.e. wait times), and the effectiveness of the treatment/care received.



- The open-ended responses were also consistent with the quantitative findings. One third of the responses were positive comments and some of the challenges most frequently mentioned were related to wait times (accessibility), effectiveness of treatment, scheduling of appointments, and lack of resources.
- Results to the piloted patient engagement questions provided new insight into the experience clients had with participating in their care and decision making. The results suggest that there is opportunity to better support and encourage clients to be more involved in the delivery of their care.
- Limitations to the results of the satisfaction surveys have been identified. Specifically, the results are often highly skewed positive and provide little information on areas that are actionable. Furthermore, the satisfaction surveys are not designed to capture client experience and the most salient dimensions of experience from the client's point of view.

2011-2012 Client Satisfaction Surveys

We are currently planning the next annual roll-out of client satisfaction surveys across select general community outpatient services in the Calgary Zone between now and February 2012. Stay tuned for more updates.

Patient Engagement Research Project

Improving the experience of clients of AMH services is an important priority in AHS and AMH services. The need for greater participation of clients in the design, delivery, and evaluation of AMH services is well recognized. Furthermore, there is a need for an improved instrument to measure client experience in AMH. Currently, gathering feedback from clients has been largely restricted to annual satisfaction surveys.

In May 2011, Information Management, Evaluation and Research submitted a research proposal that builds on our current work and knowledge regarding client satisfaction and experience, and aims to address the gaps and limitations identified. We are pleased to announce that this research initiative was selected for funding by the Canadian Health Services Research Foundation (CHSRF). This project is also co-sponsored by the Canadian Mental Health Association (CMHA) and the University of Calgary.

In collaboration with multiple groups across the AHS portfolio, a multidisciplinary project team was assembled with expertise in the areas of research and evaluation, psychology, psychiatry, nursing, social work, and public health. Over the course of two years, this project will fully engage clients in evaluating their experience with AMH services. Clients will not only be involved in the collection of client experience data, but in decisions regarding the questions to be asked, the interpretation of results, and how services can be improved to enhance their experience. This project will transform the way clients have been engaged in AMH services and provide clients an opportunity to be an active participant in assessing and improving their care.

There are multiple components and phases to the project. We are currently in the project start-up and planning phase. An advisory committee that includes clients and client family members is being assembled to oversee the planning and direction of the project. If you know a client or client family member who would be interested in participating in this research project, please contact Priscilla Liu by email: Priscilla.Liu@albertahealthservices.ca or phone: (403) 943-2276. Stay tuned for more updates.

*Submitted by Priscilla Liu, Evaluation Analyst
Information Management, Evaluation and Research
Addiction and Mental Health – Calgary Zone*

Annual Golf Tournament & Fall Social

On Monday, August 29, 2011, the Department of Psychiatry held its Annual Golf Tournament and Fall Social at the Pinebrook Golf and Country Club. The day kicked off with a delicious barbeque lunch and registration for the Golf Tournament. There were 78 golfers playing, including 19 residents. It was a beautiful afternoon for the golf tournament, hot and sunny—it reached 30.4°C. The tournament was a Texas Scramble, and many of the golf teams did quite well.

Approximately 110 guests, including 25 residents, participated in the Fall Social, which featured a wonderful dinner buffet and an ice sculpture of the University of Calgary Coat of Arms. During the dinner, there was a slideshow presentation introducing the new PGY-1 and PGY-2 residents and new faculty. It also highlighted the newly-retired faculty. During dessert, Dr. Glenda MacQueen started off the evening program. The Golf Tournament prizes (Pro Shop Gift Cards) were distributed and the door prizes were drawn. The door prizes included a one night's deluxe accommodation and dinner at the Relais Chateaux Post Hotel in Lake Louise and two Eveline Charles Spa gift certificates. The lucky 50/50 draw winner walked away with a cool \$170. Following the prizes, Ms. Joan Metz was recognized for all her years of service by Dr. David Miyauchi, and Chief Resident Dr. Brienne McLane gave a short presentation about Dr. Jordan Cohen and his nomination for a PARA award.

Special thanks to Pinebrook Golf and Country Club and their employees for making the day fun and memorable. Also, thank you to everyone who helped sponsor our residents for this event and to the volunteers who helped organize and run the event.

Submitted by Mary McRae

Congratulations to Dr. Nathan Finkbeiner, PGY-1, and his wife on the safe delivery of their baby girl, Lilly. Lilly's great timing allowed her dad to play in the Annual Golf Tournament before making her appearance later that night.



Results

(Par: 71)

First Place Team

Score of 60

Jordan Cohen
David Crockford
Jason Taggart
Greg Montgomery

Second Place Team

Score of 64

Rup Pandya
Tony Lo
Blaine Beemer
Kevin Bowes

Third Place Team

Score of 65

David Miyauchi
Betty MacRae
Frank LeBlanc
Michael Stubbs

Most Honest Team

Larry Underhill
Holly Underhill
Stephen Jefferson

Longest Drive

Lindsay Blair
Dave Pocock

Longest Putt

Frank LeBlanc
Twila Orto

Closest to the Pin

Kevin Bowes
Betty MacRae



Greg Montgomery, Jordan Cohen, Jason Taggart,
David Crockford



Amanda Berg, Rhea Balderston, Thomas Stark, Eric Fung



Rob Tanguay, Darrin Leung, Paul Reinhardt



Alex Memedovich, Bev Thompson, Val Wiebe,
Glenda MacQueen



Reilly Smith, Lisa Gagnon, Kathy South, Tara Morash



Janet deGroot, Ben Grintuch, Brooke Duncan,
Lloyd Maybaum

Events

Mood Day

**Resistance in Mood Disorders:
Overcoming Therapeutic Roadblocks**

Friday, February 10, 2012
Red & White Club

Details available on the Department of Psychiatry website: www.ucalgary.ca/psychiatry/cpd/events

Department of Psychiatry Curling Bonspiel

The Department of Psychiatry presents its 7th annual curling bonspiel. Join us for a fun evening of curling and socializing with colleagues. No curling experience required!



Monday, February 13, 2012
Calgary Winter Club

Contact Marie Drescher at 403-944-4791 or marie.drescher@albertahealthservices.ca for information or to register.

Sebastian K. Littmann Research Day

Join us for the 25th Annual Sebastian K. Littmann Research Day, with guest speaker Dr. Robert E. Drake, Professor of Psychiatry and of Community and Family Medicine, Dartmouth Medical School

Friday, February 24, 2012
9:00 am - 4:00 pm
University of Calgary Health Sciences Centre, Dr. Clara Christie Theatre

Details available on the Department of Psychiatry website: www.ucalgary.ca/psychiatry

Cultural Psychiatry Day 2012

The Complexity of Acculturation in Children & Adolescents (videoconference)

Wednesday, February 29, 2012

Details available on the Department of Psychiatry website: www.ucalgary.ca/psychiatry/cpd/events

Women's Mental Health Day Conference

Managing Mood and Anxiety Disorders in the Perinatal Period

Friday, March 2, 2012
Red & White Club
Olympic Volunteer Centre

Details available on the Department of Psychiatry website: www.ucalgary.ca/psychiatry/cpd/events

2012 Alberta Psychiatric Association Conference

Psychiatry Reaching Across the Life Cycle

March 29 - April 1, 2012
The Rimrock Resort, Banff

Details available at www.albertapsych.org

Forensic Annual Spring Conference

Southern Alberta Forensic Psychiatry Services is pleased to announce our 2012 annual spring conference

Friday, April 20, 2012

Presenter: Donald Meichenbaum, PhD
"Ways to Bolster Resilience: A Life-span Perspective"

Register online at www.forensiccpd.org

Answers to the Geriatric Mental Health Service Quiz

1. **True.** The Section of Geriatrics is pleased to welcome Dr. Erijka Haalboom and Dr. Zahinoor Ismail. Dr. Haalboom provides service to the Rehabilitation and Recovery unit and community (ranging from Primary Care Network consultation to rural locations). Dr. Ismail will be based at the FMC in the New Year and will keep busy in a variety of areas, including part-time support to the Community Geriatric Mental Health Service.
2. **b.** For residents entering training on or after July 1st, 2008, the core geriatric psychiatry residency rotation changed from a 3-month to a 6-month rotation, to be completed in the PGY-2 or PGY-3 years.
3. **True.** The Council of the Royal College of Physicians and Surgeons of Canada approved Geriatric Psychiatry as an official subspecialty on September 29, 2009. Guidelines for the practice eligibility route to certification in geriatric psychiatry are presently being developed and geriatric psychiatry subspecialty training requirements are now available (<http://rcpsc.medical.org/information/index.php?specialty=426&submit=Select>).
4. **b.** The Geriatric Mental Health Outreach Team (GMHOT) assists patients with the transition from hospital to community, and the Geriatric Mental Health Day Treatment Service provides outpatient group therapy three times per week at the Seniors Health Campus in Bridgeland. The newest service is the Behavior Education Support Team (BEST), a specialized seniors' mental health team that will be a part of the future mental health LTC unit. BEST is now accepting patient referrals from 2 pilot supported living facilities. The goal of this team is to provide patient-centered, intensive behavior support and education to caregivers and staff.
5. **a.** Unit 48, a 20 bed unit at RGH, is the only designated geriatric psychiatry unit in southern Alberta. It often operates at overcapacity.
6. **c.** In 2010, the Mental Health Consulting Service and Community Geriatric Mental Health Service received 941 and 1020 referrals respectively. Although the number of referrals received by these teams has roughly doubled over the last 8 years, staffing has not increased at a similar rate.
7. **a.** The Substance Abuse in Later Life program is located at the Seniors Health Campus in Bridgeland. Dr. Hussam Bawa provides consultation to the service.
8. **True.**

Classifieds

Community Psychiatrist Wanted

The Alex Health Centre is looking for a community-based psychiatrist to join it's team. If you are interested in a part-time or full-time position working in a multi-disciplinary team (without call duties) please inquire. Patient demographics include individuals with depression, schizophrenia, bipolar disorder, cognitive decline and addictions.

For more information, email Lara Nixon at lara.nixon@albertahealthservices.ca

Health Care Providers' Participation Needed

The Sleep and Function Interdisciplinary Group (SAFIG) at the University of Alberta (with support from Addiction & Mental Health: Alberta Health Services) is conducting a national survey of healthcare providers' use of non-pharmacological sleep interventions for persons with dementia.

To participate in the online survey go to <http://app.fluidsurveys.com/surveys/cary-R/sleep-intervention-dementia/>

Mind Matters is distributed quarterly to all psychiatry medical staff and faculty, psychiatry residents, Program Directors and Section Chiefs, Alberta Health Services Executives, and psychiatry support staff.

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