

MIND MATTERS

Department of Psychiatry Newsletter

Fall 2013

New Department Head Chosen

Submitted by Dr. Bernard Sowa, Deputy Department Head, Psychiatry

In the last edition of Mind Matters, I announced the formation of the Search and Selection Committee charged with the task of finding a substantive Head of Department of Psychiatry. This committee was co-chaired by Dr. Jon Meddings, Dean of the Medical School, and Dr. Francois Belanger, Senior Vice President of AHS and Calgary Zone Medical Director.

I am pleased to report that our search concluded successfully in June, with the selection and confirmation of Dr. Beverly Adams as our new Department Head. An announcement from the Co-Chairs, in their formal capacities, will be coming shortly.

Dr. Adams is an Associate Professor of Psychiatry, University of Calgary and has been with this department since 1993. She has served in several key administrative positions: Clinical Medical Director for Unit 21, Residency Training Program Director, Chief of Service In-Patient Psychiatry, Calgary Zone, Interim Associate Dean of Equity, and Interim Head of Department of Psychiatry. As a clinician, she has served on Unit 21, in the Early Psychosis Program and in the Outpatient Schizophrenia Clinic, and she continues in a consultant role with the Community Extension Team. Dr. Adams also continues to participate on the Examination Board of the Royal College of Physicians of Canada, in Psychiatry. She has done all this while maintaining an active teaching and research portfolio. In the last 18 months, Dr. Adams has been most admirable in providing decisive and visionary leadership for the Department as Interim Head, a role that she was suddenly thrust into, and which she has handled with great poise and exquisite equanimity. This is a time in our Department's

history with multiple challenges and opportunities. Our leadership needs to be cognisant of the political milieu and trends in the University and the AHS Zone/Province. Dr. Adams brings extensive local knowledge, history and experience in this regard, and this augurs well for the future of this Department under her direction.

Please join me in welcoming Dr. Beverly Adams to her new role as Head, Department of Psychiatry. Further, join me in supporting her in advancing the growth of our department.

I also wish to extend thanks and appreciation to my colleagues who served with me on the search and selection committee: Drs. Lisa Harpur (RGH), Arlie Fawcett (PLC), Chris Wilkes (GFT), Scott Patten (GFT), and Jordan Cohen (Residency Director). Thanks for a job very well done.

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From the new Department Head

I hope you all had a good summer, and welcome back. I am excited by the opportunity of leading the Department of Psychiatry as the Clinical and Academic Head. As I mentioned in my grand rounds presentation, there is a major opportunity for psychiatry at this time. The recruitment for the Mathison Director is ongoing and represents an important position of academic leadership in our department. It supports the need to integrate research with our outpatient services, and it provides an opportunity to extend our early intervention mandate to mood disorders.

We recently had a review of our outpatient services by Dr. Jan Scott, an academic and clinical psychiatrist from the UK. Dr. Scott has vast experience in a variety of psychiatric settings. She produced a report that is consistent with the vision of our outpatient services. It is my hope that everyone is on board with a plan for improved services with integrated research that ultimately leads to improved patient care.

I want to thank Dr. Lauren Zanussi for his dedication to the role of Inpatient Section Chief and give him our best wishes, as he has had to step down from this role for personal reasons. I am pleased to announce the new Inpatient Section Chief, Dr. Arlie Fawcett. Dr. Fawcett will begin her new role October 1, 2013.

Also, thank you to Dr. Mitch Spivak, who has stepped down as Clinical Medical Director (CMD) of Unit 49 and Psychiatry Emergency at Rockyview General Hospital. Dr. Spivak was tasked with dealing with the transition of Unit 45 to South Health Campus and all the resulting ramifications. Interviews for the CMD positions will be conducted in October.

South Health Campus is now fully operational for both inpatient and outpatient psychiatric services. The remaining eight beds opened this summer. Dr. Toba Oluboka has been instrumental in making this happen smoothly and efficiently. He has built a collaborative and professional team as part of an innovative program at SHC.

I want to welcome our new colleagues who recently graduated from our residency training program. We managed to employ four out of five graduating residents, which



Dr. Beverly Adams

speaks to our collegial faculty. Dr. Tashi Kinjo is working at the Claresholm Continuing Care Centre. Dr. Leanne Owens is working on Unit 26, the adolescent unit at Foothills Medical Centre (FMC), as well as covering Dr. Fitch's maternity leave in the Dialectic Behavioural Therapy program. Dr. Angie Paulson is working in the area of child and adolescent psychiatry at Alberta Children's Hospital. Dr. David Terriff is working with the Consultation Liaison team and in the emergency department at FMC. We wish Dr. Lindsay Blair all the best in Whitehorse, where she is one of two psychiatrists contracted by the Yukon provincial government.

Moving forward, I'm excited by the opportunities we have as a department. As you'll read in this newsletter, we are making strides in child and youth mental health and collaborating with the field of neuroscience in ground-breaking brain imaging research.

Submitted by Dr. Beverly Adams

Who's New?

Dr. Aida Kurbegovic



Dr. Aida Kurbegovic is a Fellow of the Royal College of Physicians and Surgeons of Canada in Psychiatry. She completed her psychiatry residency program at the University of Alberta.

Dr. Kurbegovic's clinical interests include biological, sociocultural and psychodynamic, behavioural and familial aspects of childhood and adolescence. She also has interest and experience in supportive, psychodynamic, and cognitive-behavioural therapy. Other clinical interests include mood and anxiety disorders, ADHD, cultural and women issues.

Dr. Kurbegovic is currently based out of the South Health Campus and is involved in inpatient and outpatient adolescent psychiatry, as well as general emergency psychiatry. She feels privileged to work with a superb group of collaborators.

Dr. Leanne Owens



Dr. Leanne Owens completed a BSc at the University of Victoria. She eventually moved back to Calgary to attend medical school and residency in psychiatry through the University of Calgary. She is now working on the adolescent in-patient unit at the Foothills hospital and

covering a maternity leave for Dr. Fitch at the Dialectical Behaviour Therapy clinic out of the Sheldon Chumir Health Centre. Dr. Owens has broad interests in psychiatry. She enjoys working with both adult and adolescent patients and hopes to integrate both pharmacotherapy and psychotherapy into her practice.

Dr. David Terriff



Dr. David Terriff completed a BSc in Genetics and an MSc in Physiology at the University of Alberta in Edmonton. He then moved to Calgary for medical school and stayed for his residency. In July, he joined the Inpatient and Outpatient Consultation Liaison Psychiatry Service

at Foothills. The rest of his clinical time is spent working in the Eating Disorder Program at Foothills and the Alberta Children's Hospital.

Dr. Wendy White



Dr. Wendy White completed her medical degree at the University of British Columbia in 1987. She then worked as a General Duty Medical Officer with the Canadian Forces in Esquimalt for six years, with training in Diving and Flight Medicine. She completed her Psychiatry

training at the University of Calgary in 1997 and was posted to Edmonton Garrison where she worked at the OTSSC until June 2013. She also ran a small private practice at the Sturgeon Hospital in St. Albert where she saw civilian clients, retired Veterans, RCMP and Edmonton police. Dr. White retired from the military in 2005 at the rank of LCol, continuing as a consultant psychiatrist with the Canadian forces until her move to the Occupational Stress Injury Clinic in Calgary in July 2013. Her particular interests include the ways in which individuals are affected by their work and operational experiences, as well as the resiliency shown in the face of trauma.

Other new psychiatrists to our Department: Dr. Robert Granger (Shared Care), Dr. Tashi Kinjo (Addictions, Claresholm), Dr. Joshua Udolu (Inpatient, SHC), Dr. Angela Paulson (Child & Adolescent, ACH)

Child & Adolescent Division Update

There is no reality without polarity and this year is no exception. At the beginning of the year, child mental health inpatient services were overwhelmed with patient volume, and our patients were hemorrhaging onto the pediatric wards and adult psychiatry units at the Foothills, Peter Lougheed and Rockyview. Fortunately, there has also been tremendous interest and support for children's mental health from the community, the Alberta Children's Hospital Foundation and the University of Calgary. Together with the high priority that Alberta Health Services has given children's mental health, there has been tremendous growth in our area over the last year. I will try and summarize some of the key clinical, academic, recruitment and administrative changes that have occurred in a positive way for our division.

The South Health Campus opened its adolescent beds in May of this year. We have had great psychiatric support with Dr. Nneka Orakwue-Ononye, Dr. Juliana Kirova and Dr. Aida Kurbegovic. Dr. Joan Besant has provided much valued and timely clinical medical leadership at South Health Campus for our adolescent services and will step down from this role this September. I wish her all the best in her future endeavours.

At the Alberta Children's Hospital (ACH), Dr. Michael Stubbs is now the Clinical Medical Director for emergency mental health services. Dr. Muhammad Naseer, Dr. Jason Taggart and Dr. Rachel Hnatowich have provided great support to those children and adolescents who have been admitted off-service at ACH. We have also been very fortunate to recruit Dr. Angela Paulson to work on the inpatient unit with Dr. Waqar Waheed and provide much needed support in the Child Day Treatment Program at ACH. In addition, Dr. Rachel Hnatowich has provided excellent service in the consultation liaison section and is now the medical director, working alongside Dr. Tyler Pirlot. Dr. Pirlot continues his consultation work with Student Health Partnership and Complex Kids Services with the Child and Family Services Authority. We also welcome Dr. Dina



Munim who is completing a one-year child and adolescent fellowship. Dr. Munim works primarily from ACH. I would like to emphasize that many of the child psychiatrists on-call at ACH have provided service above and beyond to those children who were admitted off-service over the last nine months.

Under the leadership of Dr. Jordan Cohen, the Young Adult Program team have worked tirelessly, providing urgent adolescent services in a timely, cost-effective way. We are pleased to announce the arrival of Dr. Leanne Owens and Dr. Jennifer Hibbard, who will provide additional support to Dr. Sam Chang, Dr. Blair Ritchie and Dr. Greg Montgomery. Their addition will provide extra care and consultations for adolescents on the adult units at Foothills Medical Centre.

There have been important developments in community child and adolescent programs. Dr. John Braganza and Dr. Nina Gudeon provide timely consultations to the South and

Northeast Community Clinics. Dr. Gudeon also provides some consultations to the Mood and Anxiety Clinic at Richmond Road. I would also like to acknowledge Dr. Megan Rodway's contribution, over many years, at the Mood and Anxiety Clinic. Dr. Rodway has moved on to community clinical practice in integrated medicine. Her contribution to service at the Richmond Road site will be missed.

During the floods in June, the Holy Cross Site was significantly affected and the Adolescent Day Treatment Program (ADTP) has been temporarily relocated to the Rockyview Hospital. Dr. Cherelyn Lakusta is providing excellent leadership in support of this program. Drs. Lakusta, Lori Hogg and Carla Atkinson frequently provide support for the adolescents' discharge from the hospital inpatient units, as well as providing important assessments for those coming from the community. These last two services, ADTP and outpatient services, are going to be areas of great growth in the future.

I would like to acknowledge the tremendous work that has been achieved through the formation of the Sheldon Kennedy Advocacy Centre. Located at the Child Development Centre, the Sheldon Kennedy Advocacy Centre represents a partnership with child abuse services, Child Welfare, the Calgary Police Service and the Crown Attorney. This is clearly a great achievement and great indication of what can be accomplished when there is cross-ministry cooperation focused on the needs of children and youth.

We've seen increasing numbers of children and adolescents with mental concerns through emergency rooms and outpatient services in the city. Dr. David Cawthorpe has been collecting data and, together with Dr. Janet Chafe, has indicated that we are now seeing twice as many children and adolescents through our services, approaching almost two percent of children and adolescents in Calgary under the age of 19. As a division, we acknowledge the need for continued growth to achieve the goal of providing access to services to the most severely affected kids using health, child welfare and forensic services.

In response to the growing demands on our division, Dr. Abdul Rahman will join me in leadership of the division as section chief for inpatient and day program services. My role will officially change to Child and Adolescent section chief for outpatient and specialized services.

Academically, we are very pleased to have Professor Anne Duffy as part of the division. She has been pursuing her pioneering research in bipolar disorders and has been providing much needed consultations for child and adolescent services in Calgary. There has also been great interest in the TRAM/SPOR initiatives in areas such as early psychosis led by Dr. Donald Addington, the interim Mathison Centre Director. In the area of school mental health literacy and Pathways to Care, we are now linked with Professor Stan Kutcher's TRAM/SPOR's proposal. Also, we have gone ahead with Lori Watson-Roe (of the Student Health Partnership), Harold Lipton and Dr. Alan Donsky in improving school mental health services.

At a division meeting in July, the REACH Initiative was presented. This initiative is funded by the Patron's Council of the Alberta Children's Hospital Foundation and is led by Drs. Abdul Rahman, Sam Chang and Geraldine Farrelly. The initiative will address timely consultations with family physicians and pediatricians to optimize treatment of children with mental health problems. Other areas of research development in our division include Dr. Frank MacMaster's work on the use of rTMS for depression in children and adolescents and Dr. Scott Patten's ongoing epidemiological work studying childhood adversities based on a shared sample of data from the NLSCY and NPHS. These activities indicate the tremendous interest and pioneering research work in child and youth mental health. Taken together with the support from our new Department Head, Dr. Bev Adams, and the University of Calgary's Child and Youth Mental Health Initiative, the future of children's mental health is looking very good indeed.

Finally, I would like to acknowledge and thank the child psychiatrists and other mental health professionals for their hard work, dedication and commitment to improving the lives of children and youth in Calgary.

Submitted by Dr. Chris Wilkes

Deep Brain Stimulation for Treatment-Resistant Depression

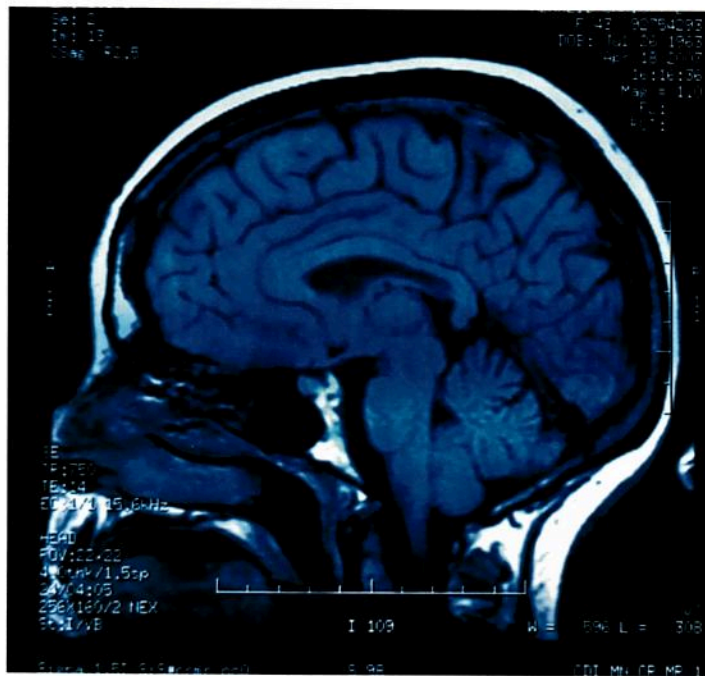
Major depressive disorder (MDD) is the most prevalent of all mental illnesses. It is the leading source of disability and disease burden in the western world. Despite adequate pharmacological treatment, approximately 10 to 20 percent of patients have treatment-resistant depression (TRD). At present, there are no proven treatment options available for such intractable depression.

Deep brain stimulation (DBS) of the subcallosal cingulate (SCC) brain region has emerged as a treatment option for refractory depression. Based on a pilot study involving 4 TRD patients in our centre, Drs. Zelma Kiss, neurosurgeon, and Raj Ramasubbu, psychiatrist, have been awarded a research grant from AIHS to treat 25 more patients with treatment-resistant depression using deep brain stimulation over a 3-year period. With our interdisciplinary team of 13 local and international collaborators, with expertise in multiple disciplines, our objective is to provide a new treatment to patients in Alberta with severe depression. Specifically, we will be investigating the following questions:

- Can imaging biomarkers predict response to DBS in patients with TRD?
- What is the optimal stimulation of the SCC with DBS?
- Will add-on cognitive behavioural therapy (CBT) improve clinical, social, and quality of life outcomes?
- What are the neural mechanisms of SCC-DBS?

We expect that this project will provide insights regarding:

- stimulation algorithms for optimal stimulation to improve treatment outcomes;
- neuroimaging and biochemical predictors of treatment response to select appropriate patients who would benefit from DBS;
- efficacy of add-on CBT to enhance functional recovery;
- the cellular and circuit mechanisms of DBS-induced plasticity in rodent models.



This study has 4 phases:

Phase A: Identification of imaging biomarkers or predictors of response

Phase B: Technology development to improve DBS surgery

Phase C: Stimulus optimization (double-blind comparison of different pathway stimulation)

Phase D: Concurrent open-label CBT

Inclusion criteria:

- Age 20-60
- Diagnosis of major depressive disorder or bipolar disorder determined independently by 2 study psychiatrists using the structured clinical interview for Diagnostic and Statistical Manual of Mental Disorders-IV (DSM-IV)

- Current major depressive episode of >1 year duration and treatment-resistant (meaning failure to respond to 4 different antipsychotics, anticonvulsants, antidepressants, lithium, evidence-based psychotherapy, CBT, or electroconvulsive treatment, despite adequate dosage, duration and compliance)
- Minimum score of 20 (out of 52) on the 17-item Hamilton Depression Rating Scale (HDRS)

Exclusion criteria:

- Other Axis I psychiatric disorders including schizophrenia, psychosis, severe suicidal risk
- Previous TIA/stroke, epilepsy, head injury and neurodegenerative disorders, pregnancy, medical and general contraindications for DBS surgery

Recruitment of patients is now open. Please contact Dr. Zelma Kiss at 403-220-4839, zkiss@ucalgary.ca; Dr. Raj Ramasubbu at 403-210-6890, rramasub@ucalgary.ca; or call the Research Coordinator, Sandra Golding, at 403-210-6905 or via email at sgolding@ucalgary.ca.

Submitted by Sandra Golding, CRIO-DBS Research Coordinator

National Award Goes to 3 OSI Clinic Staff

Recently, three members of the Carewest Operational Stress Injury (OSI) Clinic in Calgary were awarded the Queen Elizabeth II Diamond Jubilee Medal. Congratulations to Dr. Stephen Boucher, psychiatrist and Medical Director, Susan James, Clinical Social Worker, and Pia Barnes, Clinical Nurse Specialist on receiving this prestigious award. The Diamond Jubilee medal serves to honour significant contributions to and achievements by Canadians. Eligible nominees must have made a significant contribution to a particular province, territory, region, or community within Canada and an achievement abroad that brings credit to Canada.

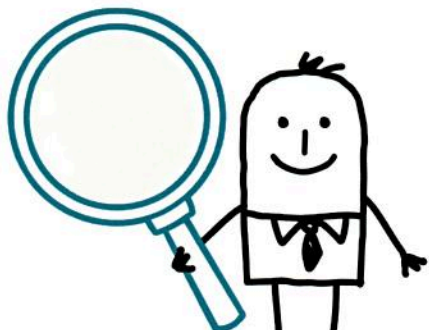
Accompanying the medal, a certificate of recognition from Canada's Governor General David Johnston recognizes the efforts of the medal recipients as follows; "in granting you this honour, I thank you for your dedicated service to your peers, to your community and to Canada," and adds "The contributions you have made to our nation are most commendable and deserve our praise and admiration."

The OSI clinic provides mental health interventions to veterans, still serving military and RCMP officers who have developed Post Traumatic Stress Disorder and other mental health injuries as a result of their operational duties. The OSI team work closely as an interdisciplinary team to provide comprehensive treatment to clients. Program and service development with the introduction of innovative approaches are core team values in treatment of these challenging injuries.

To have three recipients of this award in an office of twelve staff is an honour. We are all proud of the team members who were awarded the medals, and vicariously, we all have experienced the honour it brings. We believe that our veterans, soldiers and RCMP officers have given to our country, and it is an honour to give back to them through working with them to improve their mental health and allowing them to have an improved quality of life.

Submitted by Marney Wright, Manager, OSI Clinic

Research Update



New Positions

Congratulations to the following individuals on their new positions.

Dr. Scott Patten - newly chosen as Editor of the Canadian Journal of Psychiatry

Dr. Adel Gabriel - elected President of the Western Canadian District Branch (WCDB) of the American Psychiatric Association (May 2013); new member of the University of Calgary, Conjoint Health Research Ethics Board (March 2013); and awarded the designation of Fellow of the Canadian Psychiatric Association (May 2013)

Pfizer Canada Psychiatry Research Award

Congratulations to Dr. Rajamannar Ramasubbu on winning the 2012 Pfizer Canada Psychiatry Research Award. As a winner of this award, Dr. Ramasubbu received \$100,000 to support his research on depression.

The Psychiatry Research Awards Program is a competitive research grant program open to researchers interested in psychiatric diseases, including physicians and academics.

Recent Grants

Dr. Adel Gabriel

Principal Investigator, University of Calgary Research Grant Funding competition (April, 2013, \$13,660). Examining patients' perceptions towards involuntary hospitalization: the development and psychometric assessment of an instrument to measure patients' attitudes towards involuntary admission.

Dr. Glenda MacQueen

S Kennedy & G MacQueen (co-PIs) et al. Predicting antidepressant treatment response in major depressive disorder: an integrated clinical and neuroimaging approach. Canadian Institutes of Health Research, 2013-2018.

D Kingston (PI), G MacQueen (co-Inv) et al. Integrated Maternal Psychosocial Assessment to Care Trial (IMPACT): Intervening Early to Improve Maternal and Child Health. Canadian Institutes of Health Research, 2103-2018.

D Kingston (PI) G MacQueen (co-Inv) et al. Mental Health E-Screening in Pregnant and Postpartum Women Canadian Institutes of Health Research Catalyst Grant: E-Health Innovations, 2013-2014.

Mental Health Research Funding Competition

We are pleased to announce the successful applicants of the 2013 Department of Psychiatry Mental Health Research Funding Competition:

Dr. Jean Addington for her proposal "Staged Model of Treatment for Individuals at Clinical High Risk of Psychosis"

Dr. JianLi Wang for his proposal "Awareness and Attitudes toward Workplace Psychological Safety Standard in Canadian Employers: A Pilot Study"

Dr. Zahinoor Ismail for his proposal "Depression and Mild Cognitive Impairment: A Systematic Review"

Recent Publications

Dr. Adel Gabriel

Gabriel A. Risperidone, quetiapine, and olanzapine adjunctive treatments in major depression with psychotic features: a comparative study. *Neuropsychiatric Disease and Treatment* 2013; 9 485–492.

Bedewy D & Gabriel A. The development and psychometric assessment of a scale to measure the severity of examination anxiety among undergraduate university students. *International journal of educational psychology*, 2 (1), 2013 pp. 81-104. doi:10.4471/ijep.2013.19

Gabriel A. & Violato C. Problem-solving strategies in psychiatry: differences between experts and novices in diagnostic accuracy and reasoning. *Advances in medical education and practice*. 2013;4, 11- 16.

Dr. Zahinoor Ismail

Ismail Z, Mulsant BH, Herrmann N, Rapoport M, Nilsson M, Shulman K. Canadian academy of geriatric psychiatry survey of brief cognitive screening instruments. *Can Geriatr J*. 2013 Jun 3;16(2):54-60. doi: 10.5770/cgj.16.81. Print 2013.

Fischer CE, Ismail Z, Rapoport MJ. Geriatric Psychiatry or Psychogeriatrics? Partnership at the CAGP/CCSMH 2012 Scientific Meeting. *Can Geriatr J*. 2013;16(1):3-5. doi: 10.5770/cgj.16.66. Epub 2013 Mar 4. No abstract available.

Suzuki T, Graff-Guerrero A, Uchida H, Remington G, Caravaggio F, Borlido C, Pollock B, Mulsant B, Deluca V, Ismail Z, Mamo D. Dopamine D_{2/3} occupancy of ziprasidone across a day: a within-subject PET study. *Psychopharmacology (Berl)*. 2013 Jul;228(1):43-51. doi: 10.1007/s00213-013-3012-1. Epub 2013 Feb 17.

Rajji TK, Voineskos AN, Butters MA, Miranda D, Arenovich T, Menon M, Ismail Z, Kern RS, Mulsant BH. Cognitive performance of individuals with schizophrenia across seven decades: a study using the MATRICS consensus cognitive battery. *Am J Geriatr Psychiatry*. 2013 Feb;21(2):108-18. doi: 10.1016/j.jagp.2012.10.011. Epub 2013 Jan 22.

Dr. Glenda MacQueen

Déry N, Pilgrim M, Gibala M, Gillen J, Wojtowicz JM, Macqueen G, Becker S. Adult hippocampal neurogenesis reduces memory interference in humans: opposing effects of aerobic exercise and depression. *Front Neurosci*. 2013 Apr 30;7:66.

MacQueen G. What does it mean to have enough evidence? *J Psychiatry Neurosci*. 2013 Jan;38(1):3-5.

Yatham LN, Kennedy SH, Parikh SV, Schaffer A, Beaulieu S, Alda M, O'Donovan C, Macqueen G, McIntyre RS, Sharma V, Ravindran A, Young LT, Milev R, Bond DJ, Frey BN, Goldstein BI, Lafer B, Birmaher B, Ha K, Nolen WA, Berk M. Canadian Network for Mood and Anxiety Treatments (CANMAT) and International Society for Bipolar Disorders (ISBD) collaborative update of CANMAT guidelines for the management of patients with bipolar disorder: update 2013. *Bipolar Disord*. 2013 Feb;15(1):1-44.

Schaffer A, Parikh SV, Kennedy SH, Milev R, Frey BN, Goldstein BI, Beaulieu S, Alda M, O'Donovan C, Macqueen G, McIntyre RS, Sharma V, Ravindran A, Young LT, Bond DJ, Lam RW, Yatham LN. Response to commentaries on the Canadian Network for Mood and Anxiety Treatments/International Society for Bipolar Disorders 2013 updated Bipolar Disorder Guidelines. *Bipolar Disord*. 2013 May;15(3):338-9.

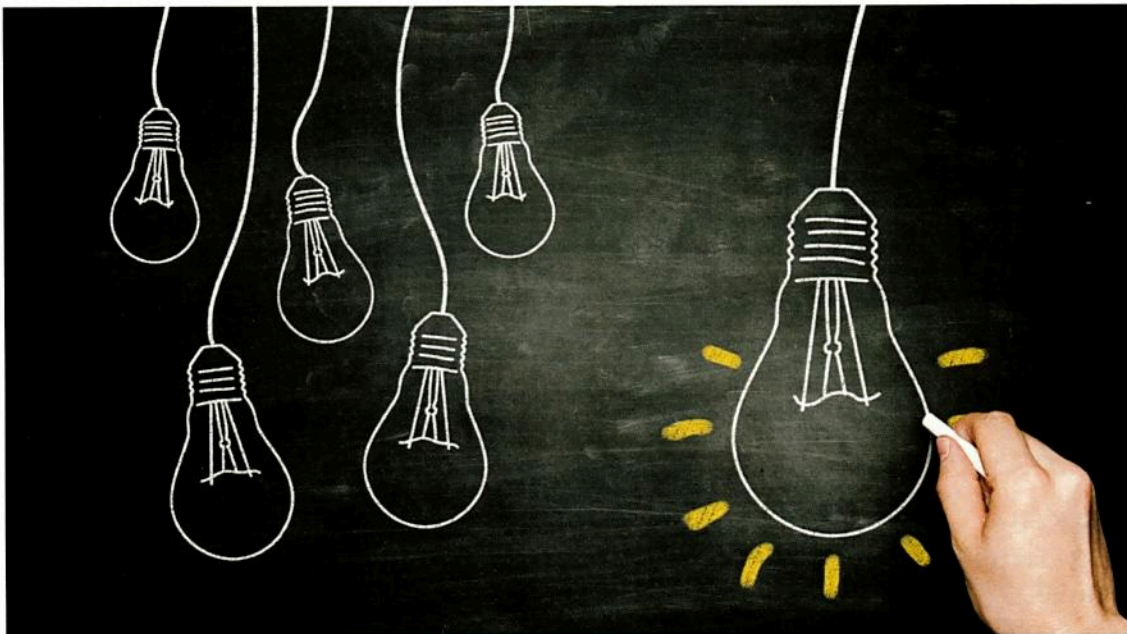
Yatham LN, Kennedy SH, Parikh SV, Schaffer A, Beaulieu S, Alda M, O'Donovan C, Macqueen G, McIntyre RS, Sharma V, Ravindran A, Young LT, Milev R, Bond DJ, Frey BN, Goldstein BI. The evolution of CANMAT Bipolar Disorder Guidelines: past, present, and future. *Bipolar Disord*. 2013 Feb;15(1):58-60.

Mathison Centre Update

In December 2012, the Mathison Centre hosted the annual faculty-wide symposium, *Shaping the Future of Child and Youth Mental Health*, featuring Dr. Patrick McGorry, Professor, Centre for Youth Mental Health, University of Melbourne. The symposium was attended by a diverse audience of over 100 researchers, social workers, psychiatrists, nurses and trainees. We also had excellent presentations by three of our members, including Dr. Anne Duffy, CAIP Professor, Youth Mental Health, Dr. Frank MacMaster, Cuthbertson and Fischer Chair in Paediatric Mental Health, and Dr. Jean Addington, Alberta Centennial

event: *Translational Research in Adolescent Mental Health (TRAM) – A Patient-Oriented Initiative*. Mr. Jacques Hendlisz, Administrative Lead of the TRAM initiative, gave informative presentations to both community members and researchers.

The Mathison Centre has funded its first Research Investigator-Initiated Seed-Grant proposal. The Seed Grant funding program is designed to support projects with a minimum of two Mathison Centre members as co-investigators. The projects funded by this program must



Mental Health Research Chair and Novartis Chair in Schizophrenia Research. It was a successful and informative visit with Dr. McGorry, and he is enthusiastic regarding the continuing success of the Mathison Centre.

In March 2013, the Centre helped fund the successful, well attended 26th Annual (2013) Sebastian K. Littmann Research Day with Dr. Gustavo Turecki, an internationally acclaimed figure in the field of psychiatric epigenetics. In addition, Dr. Mary Phillips, professor in Psychiatry and Clinical Translational Science Director of the Mood and Brain Laboratory, University of Pittsburgh, presented at the Department of Psychiatry grand rounds. Also in March, the Interim Director of the Mathison Centre, Dr. Donald Addington, helped organize the day-long

have the potential for long-term benefit for all Mathison Centre members. One approved project, led by Dr. Scott Patten, involves making modifications to a huge health-system clinical data set involving analysis of mental health treatments and outcomes in primary care. Two other projects have also been funded, one led by Dr. JianLi Wang on workforce mental health, and another led by Dr. Anne Duffy on establishing a clinical case registry.

In May 2013, Mr. Ron Mathison hosted the first Mathison Series in Youth Mental Health with keynote speaker Michael H. Wilson, Chairman of Barclays Capital Canada Inc. and former Finance Minister. Mr. Wilson is active in a number of professional and community organizations, including NeuroScience Canada Partnership, the Centre

for Addiction and Mental Health, the Canadian Cancer Society, the Canadian Council for Public-Private Partnerships and the Canadian Coalition for Good Governance. His speech, *Making Mental Health Matter: It Starts With Our Kids*, elicited excellent audience engagement, discussion and motivation in prioritizing youth mental health in health care.

We would like to extend congratulations to Dr. Rajamannar Ramasubbu for winning a \$100,000 Pfizer Psychiatry Research Award for his research in the predictions of individual-treatment response based on brain changes at the early phase of antidepressant treatment. "This award represents a major advance towards improving treatment outcomes for major depression. The current trial-and-error approach delays recovery and causes significant side effects. By working towards an individualized and personalized model, we hope to ensure early intervention so patients are matched with the right medication early on," says Dr. Ramasubbu. We would also like to congratulate students Carmelle Bolo and Kristen Fiest. Carmelle won the Best Poster Award at the 14th International Congress of the IFPE (International Federation of Psychiatric Epidemiology) in Leipzig Germany for her project entitled "*The effect of receiving workplace mental health accommodations on the outcome of mental disorders*". Kirsten Fiest won the Canadian League Against Epilepsy 2013 Graduate Student Research Award with a project related to the first chapter of her thesis, published in *Neurology*, called "*Depression in Epilepsy: A systematic review and meta-analysis*". We are very proud of having such enthusiastic and successful students as part of the Centre!

I am pleased to announce three new members to the Mathison Centre. **Dr. Vina Goghari** is researching basic cognitive and affective processes and how they go awry in severe mental illness such as schizophrenia and bipolar affective disorder; **Dr. Matthew Hill** has research interests in understanding the mechanisms by which exposure to stress causes changes in neural functioning and behaviour, with a particular emphasis on anxiety; and **Dr. Tamara Pringsheim** has research interests in the use of antipsychotic medications in vulnerable populations, including children, the elderly, and individuals with neurodegenerative disorders such as Parkinson's Disease and Huntington Disease. We also have two new Post-

Doctoral Fellow recruits to the Mathison Centre: Dr. Lisa Buchy (Supervisor Dr. Jean Addington) and Dr. Yan Liu (Supervisor Dr. JianLi Wang). We are delighted to have these new additions to our growing members and trainees!

For more information, contact Interim Director Dr. Donald Addington (addingto@ucalgary.ca, 403-944-4548) or visit www.mathison.ucalgary.ca.

Submitted by Dr. Donald Addington

Access Mental Health

Celebrating 10 years of service

Access Mental Health is a central point of access to addiction and mental health information, options, consultation and referral. Mental Health clinicians are available by telephone to assess an individual's current clinical need and will recommend the most appropriate location to get that need met. The service is available to individuals across the lifespan and across levels of need.

This year, we are celebrating 10 years of successful service by responding to record demand. In May 2013, we received 1029 fax requests and 2950 calls, which is an all time high. Despite this incredible volume, clinicians were still able to answer calls within two minutes an average of 80% of the time.

Our next decade is off to an exciting start. We have recently onboarded screening activities for Geriatric Mental Health and South Health Campus Adult Outpatient Clinics. We will be further expanding our clinical and administrative areas to take on additional addiction and mental health clinics over the upcoming months.

To promote awareness and utilization of the Access Mental Health service, we have been busy doing media events, and we are currently working on the redesign of our program promotional material. If you would like to find out more about what we have to offer or want to make a referral, please call our main line at 403-943-1500, Monday to Friday between 8am and 5pm.

A&MH Strategic Clinical Network Projects

The Addiction and Mental Health Strategic Clinical Network is working on three key areas of project development, as described below.

Employing a Multisectoral Pathway Toward Healthy Youth (EMPATHY) Depression Project

There is evidence that prevention at several different stages in childhood can mitigate the risk of mental illness and addiction. This project is focused on prevention, early identification and rapid treatment in the middle/junior high school period.

The EMPATHY program will evaluate the results of school interventions and can be adjusted to best meet the needs of diverse communities across Alberta. It is designed to measure objective results at the High School level, and is designed with internal controls, as the students who participate in this protocol will enter the high schools over time.

It is expected that the program will decrease costs across a range of ministries (health, education, justice, human services), both for youth as well as their families who have been involved.

This program is scheduled to be piloted in Red Deer in the fall of 2013 in collaboration with Addiction & Mental Health, Red Deer Public Schools and the local primary care network.

Alcohol Care Pathway Project

In consultation with key researchers and zone stakeholders, the Strategic Clinical Network is expressing interest in examining and comparing patient outcomes and costs for brief interventions, an outpatient day program, a residential treatment program and an inpatient program. These four levels of intervention will be delivered to a group of clients who use alcohol services, with outcomes being compared between treatment types. A secondary analysis will examine which social determinant factors of health create positive outcomes for alcohol treatment. Which

treatment modality works best for which population will be a key finding, as well as comparing value for money and examining levels of patient satisfaction.

In the fall, the Strategic Clinical Network will be taking this project to all of the Alberta Health Services zones across the province to gauge interest and begin conversations.

High Utilization/Complex High Needs Population

It has been well established that Alberta spends the second highest amount on health care in the country but cannot generally attribute the best clinical outcomes. Recent examination of the costing data suggests that a very small proportion of the population uses the majority of the resources. The organization is in the midst of trying to identify these high users of health care so that we can better understand their needs and plan for their care. Overall, the goal is to produce better outcomes and reduce overall cost to the system. Some of the most expensive costs are incurred by frequent calls to Emergency Medical Services either to provide treatment and release, or transport to emergency departments. This initiative will develop and implement new care pathways for the emergency medical system for patients suffering from mental health and addictions concerns. This will result in better care for patients and reductions in use of emergency services. This project will be piloted in a large urban centre and the results will be shared across the province.

How Can you Be Involved?

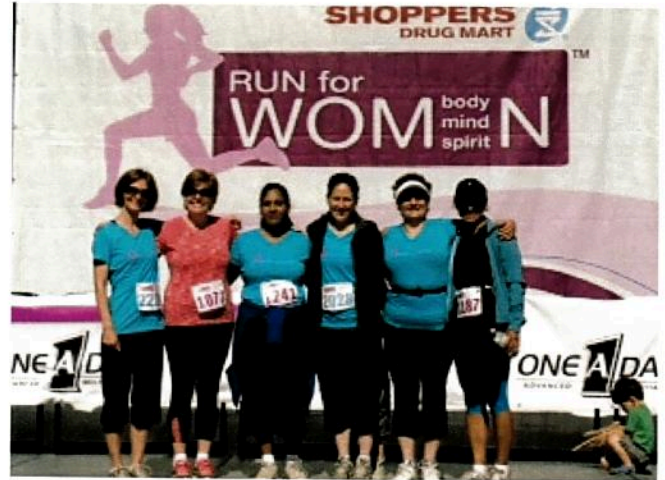
If any of these projects resonate with you, and you would like to be a part of this work, please contact Andrea Allen (780-735-0218, Andrea.allen@albertahealthservices.ca).

*Submitted by Marti Rustulka, Project Coordinator
Addiction and Mental Health Strategic Clinical Network*

Shoppers Drug Mart Run Supports Women's Mental Health Clinic

On July 27, over 750 registrants join us on a beautiful July morning for a 5 or 10km walk/run, as well as a little girls' 1km race as part of the Shoppers Drug Mart Run for Women. It was a wonderful event with Jennifer Heil starting the day with an inspirational talk about her trials as an Olympian and as a new mother (she was just 2 months postpartum at the race). Many of our Department of Psychiatry staff supported us with donations and/or their time. We would like to congratulate all our participants, but especially Dr. Nancy Brager who placed first in the 10km race in her category. All the proceeds for the local run support the Women's Mental Health Clinic in partnership with the Calgary Health Trust. Thank you to everyone who supported us and thank you to our corporate sponsors. We hope to see you out next year!

*Submitted by Dr. Lisa Gagnon,
Women's Mental Health Clinic, FMC*



Sheri Cassity, Lisa Gagnon, Rumina Sorathia, Katherine Bright, Elena Petrov & Lorraine Natho

Events & Announcements

Psychotherapy Day

Keynote speaker: John F. Clarkin, PhD

Saturday, October 5, 2013
Best Western Village Park Inn, Calgary

www.cppef.ca

27th Annual Sebastian K. Littmann Research Day

Friday, March 14, 2014
Kinsmen Learning Centre,
Alberta Children's Hospital

www.psychiatryresearchday.ca

Sexual Behaviours Clinic now open!

Forensic Psychiatrist Dr. Cynthia Baxter, MD
www.drbaxtermd.com
Ph: (403) 460-5955

Undergraduate Education Update



Undergraduate education continues to evolve – new projects, people and events to anticipate! The effects of the new DSM 5 are being integrated into the curriculum, and the University of Calgary has begun the task of extracting DSM IV TR questions from test banks. This times nicely with the MCC Blueprint project and the revamp of its question bank. Still on the national level, congratulations to Ratika Srivastava in the U of C's Class of 2015 for winning the national Canadian Organization of Undergraduate Psychiatric Educators (COUPE) award for Best Undergraduate Paper for her submission entitled: "Dissociative Identities as Allies and Enemies: The Development of Dissociative Identity Disorder in Childhood Trauma Victims." With this award, Rastika will have her travel and expenses paid to attend the CPA

in Ottawa to receive her plaque at the AGM. Ratika is currently working with Dr. Raedler in a Med 440 elective. Also, congratulations to Ashwin Ramasubbu, son of our own Rajamannar Ramasubbu and Queen's University medical student, for his paper "The Future of Psychiatry: Cautious Optimism", which won the Synergy Essay Contest.

Two of our residents have volunteered for Discovery Days, hosted at the medical school for local Grade 11 students. Thanks to Pritpal Atwal and Randall Krall for continuing the tradition of resident support of future undergraduates.

In addition to going to the usual sites, our newest clerks are attending South Health Campus (SHC) for training. Three clerks per six-week block are at South Health Campus; Rockview Hospital is also taking three clerks—down from five clerks in past years. We welcome Drs. Ihsan, Malhotra and Kirova from SHC to the world of clerk teaching, joined by veteran faculty, Dr. Oluboka.

We have several new faces in undergraduate medical education. Dr. Pam Veale is the new Assistant Dean for Clerkship, Ms. Valerie Sugrue has moved to the role of Psychiatry Clerkship coordinator and Ms. Nancy Colp is my new administrative assistant. We welcome all the new faces and look forward to introducing them to you.

Submitted by Dr. Nancy Brager

Due to the June flood, the annual psychiatry undergraduate retreat on October 11 has been moved from the Zoo to the Four Points Sheraton. Please call Nancy Colp at (403) 944-2637 for further information and to RSVP if you are interested in attending.

Postgraduate Education Update

The residency program welcomes new faces in both student and faculty positions. In addition to the seven PGY-1s that joined us this spring, we would also like to introduce Dr. Vera Krejcik, who officially transferred into our program in September. Dr. Krejcik is a local grad and is integrating seamlessly into the program. In faculty positions, Dr. Tim Culver assumed the role of Psychotherapy chair on August 1 from Dr. Wanda Lester. We wish Wanda well as she continues to develop her practice, and we look forward to her continued support of resident training. Dr. Culver will continue implementing changes to psychotherapy training, as we address the challenges of increased residents and exposure to an ever-widening range of modalities to meet Royal College requirements. Dr. Blair Ritchie has taken over the role of overseeing resident training in addictions from Dr. David Crockford. He will meet regularly with residents to help them attain requirements in this area.

Over the summer, the mentoring ad hoc committee has been working on ways and means to enhance the mentoring program, giving the relationship some structure and suggestions. Thank you to faculty members who signed and returned their contracts; we appreciate your leadership in this important venture and expect some upcoming materials to help form the mentoring relationship.

Practice exams for the PGY-2s, -3s, and -4s will be running October 25, November 1 and November 22. Invites should be going out in mid-September.

CaRMS has begun updating their web site, which means next year's interviews are not far off. In anticipation of a continuing strong local interest in our specialty, we have set aside an additional half day on January 9 for local interviews. January 16, 23 and February 6 will be full days of interviewing. Our CaRMS committee will be setting up events surrounding the interviews; they've done a fantastic job in recent years, and I'm sure this year will be no exception.

Congratulations to Dr. Darrin Leung (PGY-5) on receiving the 2013 Canadian Conference on Dementia Future Leader Award (Geriatric Psychiatry). The award will be presented at the Canadian Conference on Dementia, in October. It recognizes postgraduate residents who exhibit

exceptional commitment in the area of dementia.

On behalf of the residency training program, I extend best wishes to our seven new graduates that began practice all over western Canada—from Lindsay Blair in Whitehorse to Andriyka Papish in Regina, to those who chose to stay in Calgary/Claresholm. We look forward to hearing about how your practices are unfolding, and remember, we're only a phone call away!

Submitted by Dr. Jordan Cohen

University of Calgary Subspecialty Programs 2014-2015

The Department of Psychiatry, University of Calgary is calling for applications for entry to 2 subspecialty programs (Child and Adolescent Psychiatry and Forensic Psychiatry) which are in the process of Royal College of Physicians and Surgeons accreditation. The Child and Adolescent program is two years in length. It is expected that residents enter this program as PGY5s and complete it with a PGY6 year. Exceptions may be made for a resident seeking to enter the program as a PGY6 and completing the program with a PGY7 year. The Forensic Psychiatry program is a one year program with entry for the PGY6 year.

For details about the programs and application forms/instructions, please refer to:
<http://www.ucalgary.ca/psychiatry/subspecialty>

Application Deadlines: October 15, 2013

Interviews will take place in late October 2013. Successful candidates will receive invitations to join by November 15, 2013.

All current PGY 4 or 5 residents are eligible to apply to the Child and Adolescent Psychiatry Subspecialty Program and all current PGY 5 residents are eligible to apply to the Forensic Psychiatry Subspecialty Program.

Psychosis Clinical Trials Program Update



The clinical trials program collaborates with physicians and staff in outpatient psychiatry to give patients options to their current treatment. Patients involved in clinical trial protocols have access to treatment benefits including:

- Opportunities to benefit from treatment 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.

We currently have two active clinical trials:

SearchLyte Program

Phase III, multi-center, randomized, 12-week, double-blind, parallel-group, placebo-controlled study to evaluate the

efficacy and safety of RO4917838 in patients with sub-optimally controlled symptoms of schizophrenia treated with antipsychotics followed by a 40-week double-blind, parallel-group, placebo-controlled treatment period

- PI: Thomas Raedler, MD
- Inhibitor of the type 1 glycine transporter (GlyT1)
- For patients with sub-optimally controlled positive symptoms of schizophrenia
- Patients must be over 18 years old, have a reliable caregiver or support person, have a diagnosis of schizophrenia, are receiving antipsychotic medications, and continue to have positive symptoms despite treatment and clinical stability.

Aripiprazole Injectable Study

A 28-week, randomised, open-label study evaluating the effectiveness of aripiprazole once-monthly versus paliperidone palmitate in adult patients with Schizophrenia

- PI: Thomas Raedler, MD
- For patients in need of a change of their current antipsychotic treatment and who would benefit from an extended treatment with a once-monthly formulation
- Patients must be between the ages of 18 and 60, have been prescribed oral antipsychotics for at least three months prior to screening, and have a reliable caregiver or identified responsible person to ensure compliance with study procedures

Contact Clinical Trials Coordinator, Geri Anderson, at 403-210-6903 or geri.anderson@albertahealthservices.ca if you have any questions about our studies or about the program.

Submitted by Geri Anderson, Clinical Trials Coordinator