



MIND MATTERS

Department of Psychiatry Newsletter
Spring 2013

From the Department Head

The first of our adult acute care units (17 beds) opened at South Health Campus (SHC) on January 14, 2013. Thank you to Dr. Toba Oluboka for doing an excellent job at organizing this innovative new site. The psychiatrists working at SHC include our own recruits Toba Oluboka, Novin Ihsan, Helen Yeung and Sonya Malhotra as well as two new recruits Juliana Kirova (from Edmonton) and Eddie Onugha (from BC). Welcome to the new recruits!

The 8 adolescent beds planned for SHC open on April 18, and we anticipate the opening of 8 additional adult beds in May. The Day Hospital and Outpatient services are also slated to open in May. The site will provide a unique opportunity for continuity of care with the same nurses and psychiatrists providing care to inpatients as well as outpatients. There is an Emergency Outreach Team that works out of the emergency room with a parallel assessment process.

Dr. David Tano and Kim Frache are directing the reassessment of our community outpatient services. This should improve consistency of available treatment in the city and improve access and flow. It will also facilitate integration of addiction services into our clinics. It is an opportunity to evaluate our service provision and improve on it.

Congratulations to the seven newly matched residents in our program. We had a record number of 91 applicants this year. From the University of Calgary, we welcome Beata Komierowski, Lisa Miocevic, Faisal Sheikh, Michael Szymczakowski, and Rita Watterson; from the University of Alberta, Carmen Pittman; and from the University of Ottawa, Natalia Ng (*pictures on page 2*).

Creative team names and costumes were enjoyed again this year at the Department of Psychiatry curling bonspiel. The winning team this year was Dr. Darcy Muir's team (The Curlamajiggers) with Drs. Margie Oakander, David Tano and Tim Ayas. The prize for the best name went to the "Sheet Disturbers," comprised of the EPTS team including Dr. Raedler, Bonnie Anderson, Sherri Gussman and Cathy Reid. The Best Costume prize went to the CET team with Jayson Williams, Sheryl Hibbert, Matt Ball and Asha Connery. The team with the lowest score, but interesting plastic baby dolls, went to "Mommy Rocks" with Drs. Lisa Gagnon, Reilly Smith, Zahra Mohammed and Katherine Bright. A highlight was Dr. Smith's pigtails. These events create camaraderie in the department; thank you to everyone for coming out. Also, a big thank you to Marie Drescher, Mary McRae, and Melissa Raymond for organizing the curling again this year. Pictures from the bonspiel are included on page 16.

The 26th Anniversary of Sebastian K. Littmann Research Day was a big success. There were 116 participants, 23 presentations and

*Continued on
page 2*

In this Issue

Addiction & Mental Health SCN	3
Outpatient Update	4
Department Head Search	5
Single Session Walk-in Program	6
Arnika Centre	7
Events	7
Undergraduate Update	8
Postgraduate Update	9
Who's New?	10
Mathison Centre	12
Littmann Research Day.....	13
Research Update	14
Bonspiel Highlights	16
Awards	16

Continued from page 1

over 20 poster presentations submitted and displayed. Gustavo Turecki was the keynote speaker with his presentation on “How life events get under the skin: Insight into the relationship between early-life adversity and suicide risk.”

Congratulations to Trevor Cook for Best Presentation by a Graduate Student, Angie Paulson for Best Presentation by a Resident, and Thomas Stark for Most Innovative Presentation by a Resident. Thank you to Dr. Scott Patten and Yvette Kosidowski for doing another excellent job with organizing the event. More information and highlights of Littmann Day are included on page 13.

The search for the Director of the Mathison Centre for Mental Health Research and Education continues, as well as the search for the Department Head of Psychiatry. Progress on the Department Head search is detailed on page 9, and details on the Director position are available at www.ucalgary.ca/psychiatry/files/psychiatry/mathisondirector.pdf.

Finally, welcome back to Tammy Nelson, and many thanks to Tammy for doing an excellent job with the newsletter!

Submitted by Dr. Beverly Adams

New Department of Psychiatry PGY-1 residents



Beata Komierowski



Carmen Guenther



Lisa Miocevic



Faisal Sheikh



Natalia Ng



Rita Watterson



Michal Szymczakowski

Addiction & Mental Health SCN Update

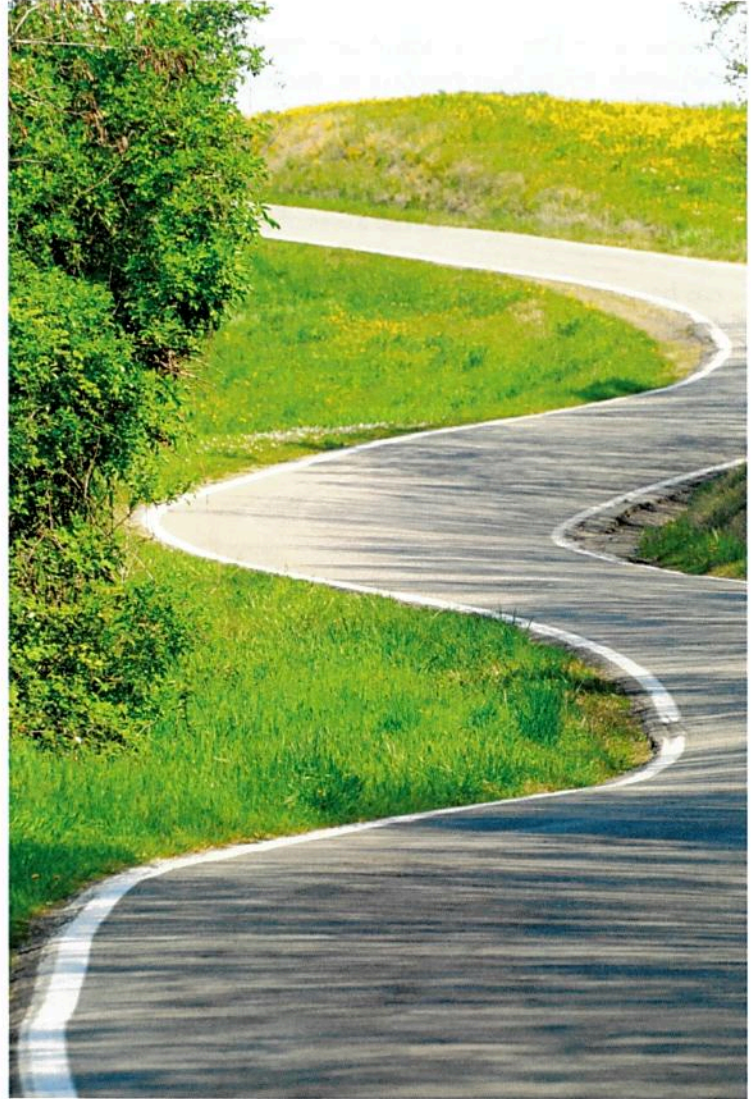
The Addiction and Mental Health Strategic Clinical Network (AMH – SCN) has been pursuing an audacious goal of making Alberta the most advanced province in Canada for the prevention, diagnosis and treatment of depression within the next five years. To do this, we need to build on the work already done developing clinical treatment pathways in both adult and adolescent depression. We are testing pathways already in use and expect more specifics by April.

Not only are we (Dr. Peter Silverstone, Cathy Pryce, Marni Bercov, and a growing list of support staff) working on these pathways, but a technology assessment has been initiated with regards to rTMS. We are conducting a cost-benefit review of the Med Psych unit at the PLC to determine if this is a model which needs to be spread. These reviews have short turn-around times from the Strategic Clinical Network (SCN), and are one of the ways in which we hope the SCN will help us turn evidence into practice within Alberta.

We continue to work with the Seniors SCN to review the use of antipsychotics in long term care. This group has found evidence indicating that approximately 20 percent of patients in long-term care should be reasonably prescribed antipsychotic medication. Currently, our numbers in Alberta are closer to 35 percent. There is a risk of falls and sudden death with these medications. We look forward to the conclusions drawn by this project.

A group of three Research Networks has been formed in affiliation with the SCN: one focuses on depression, another on alcohol addiction, and the third on mental health/illness in children and youth. We hope that these networks will help bring evidence to practice and assist in generating new knowledge to be used in the Alberta context.

We continue to look for ways to connect with doctors, nurses, mental health staff, patients and families to promote a common purpose for and engagement with the Addiction and Mental Health Strategic Clinical Network. We would be happy to hear of ideas promoting this connection with the SCN. In future, I hope to be able to give you much finer detail about our work with Depression Pathways.



*Submitted by Dr. Michael Trew
Senior Medical Director, AMH – SCN
Michael.Trew@AlbertaHealthServices.ca*

Outpatient Update

Hello and happy spring!

My name is Dr. David Tano, and over the past six months I have had the opportunity to take on the position of Section Chief for Outpatient Mental Health Services. It has been a very exciting and busy time, as I learn more about the clinics, the system as a whole, and as I reflect and learn about my own skills—especially in the areas of leadership.

It has been an exciting time surveying the lay of the land for our outpatient services and witnessing the excellent work within the Calgary Zone. I'm impressed by the passion of our front-line staff in treating and serving the mentally ill population of Calgary. I thank you for your ongoing commitment and determination.

We are providing a phenomenal service to our patients, once they enter our system; however, accessing timely and appropriate care is a challenge for many patients.

In reviewing our services and treatment programs, it is evident that, despite our deep commitment, there remain significant gaps in the system; many of our patients are falling through the cracks. We are providing a phenomenal service to our patients, once they enter our system; however, accessing timely and appropriate care is a challenge for many patients.

Recognizing these difficulties, I have been meeting with clinical medical directors, managers and directors to discuss improving accessibility, efficiency and overall function. In response, some exciting new projects have been undertaken, including the "AIM Process". Many of you have gone through this process as it slowly moves through various clinics within the Zone. The AIM process can seem tedious; however, those who have gone through the process report that it was helpful, especially in revealing deficiencies or inefficiencies within clinics.

In addition, we have embarked on a project to increase collaboration, communication, education and standardization within the core community clinics—The North East Clinic,



Dr. David Tano

Central Clinic (previously ATT) and the North West Clinic. Our hope is to improve the quality of care within the clinics from good to excellent. We hope to decrease much of the paper work and improve overall patient care throughout the Calgary area.

In April, we welcomed the Arnika Centre into Alberta Health Services. Arnika Centre will be relocated from the Vecova Centre to the Sunridge Building (Sunridge Retail Centre, 3465 26 Ave NE). As many of you know, the Arnika Centre has provided excellent care to the PDD population for many years. It is a great honour to have Arnika under the umbrella of AHS.

Working with our colleagues in family medicine is vital in helping the mentally ill receive the care they deserve. The Shared Care program already services 650 of the 1300 family physicians here in the Calgary area. We hope to learn from their expertise so that we can further enhance communication and collaboration between family medicine and the Department of Psychiatry. We have initiated discussions with the Primary Care Network and the new Family Care Centre to further increase this collaboration.

Change is always difficult. I ask that you continue to strive for excellence in treating mentally ill patients within your communities. Our patients are hurting and lonely—many are very ill. Due to various systemic issues, they are falling through the cracks and ending up in situations of homelessness and dereliction. Please consider what happens to

patients once they leave your clinics. I know you are all aware of the difficult financial times approaching us. Despite these difficulties, we will continue to provide excellent patient care, not only within our clinics, but also between clinics and in the community at large.

If you have any comments or wish to make suggestions, please do not hesitate to email me.

Submitted by Dr. David Tano

Department Head Search

A search and selection committee has been formed to coordinate the search for the next Head of the Department of Psychiatry (Calgary Zone AHS, and U of C).

This committee of 15 is co-chaired by Dr. Jon Medding, Dean of the University of Calgary medical school, and Dr. François Belanger, AHS Executive Vice President, Calgary Zone. It is comprised of representatives from AHS, various departments from the U of C medical school, a resident representative, and five psychiatrists.

Our five psychiatry representatives were chosen to reflect various groups within the department. As much as possible, consideration was given to represent GFT's, clinical staff and the three active treatment hospitals, with consideration of gender and a spectrum of faculty seniority.

Following is the list of Department of Psychiatry representatives:

- Dr. Arlie Fawcett, clinical faculty, PLC
- Dr. Lisa Harpur, clinical faculty, RGH
- Dr. Bernard Sowa, FMC, clinical faculty, psychiatry administration
- Dr. Scott Patten, GFT, research
- Dr. Chris Wilkes, GFT, ACH

Candidate suggestions should be channeled, confidentially, to the selection committee through our psychiatry representatives.



The search and selection committee had its first meeting on January 10, 2013, and it agreed on the content of the advertisement and criteria for selection of the Department Head. This posting should appear shortly in the major journals. The Committee is looking for a candidate who will ideally bring strong leadership and vision academically, clinically and administratively to advance the growth of the department. Local, national and international candidates are encouraged to apply. I encourage any interested colleagues to apply.

I will provide updates as this process moves forward. If you have any questions or concerns, please do not hesitate to contact me.

*Dr. Bernard Sowa MB ChB, LMCC, FRCPC, FGCP
Interim Deputy Department Head, Psychiatry*

What can you do in an hour?

Single Session Walk-in Therapy at South Calgary Health Centre

Single Session Mental Health Walk-in opened at South Calgary Health Centre in November 2004. The service is open 5 shifts per week¹. Health care consumers can access the service by simply 'walking-in'; there is no referral process, no exclusions, no fee and no appointment. Consumers complete two forms in the waiting room; the content of the forms provides focus for the session. On average the consumer waits 20 minutes before being seen by a mental health professional (psychologist, nurse or social worker) for an hour of therapy. Since opening, the walk-in service has provided over 6000 sessions to individuals, couples and families of all ages. Several pre-post evaluations² of the service have demonstrated a statistically significant decrease in distress levels in clients following the one-hour therapy session. Client satisfaction has also consistently been rated as high.



In 2012³, we completed a longitudinal outcome study on the service. We wanted to know if the changes that we had previously seen immediately following the therapy session were maintained one month later. One-hundred and twenty six clients participated. The 98 participants who had completed all of the questionnaires were included in our study. Participants told us they were satisfied with the quality of the services offered and reported a significant decrease in distress level. They also reported greater hopefulness after the session. At one month follow-up, clients reported a further decrease in distress level, even greater hopefulness, and improved coping and decreased problem severity. Almost half of the clients asked felt that one session was enough. Results suggest that study participants who experienced a decrease in distress level and improved coping benefited most from the new ideas presented in the therapy session. These clients felt motivated and able to implement the new ideas shortly after the session.

¹The service is open 4-7 PM Monday through Thursday and 12-3 PM on Sundays. It is closed statutory holidays and long weekends.

²Syverson, A. (2006). South Calgary Health Centre new mental health services evaluation: Final report. 2006. Calgary, Alberta: Calgary Health Region; Harper-Jaques S, McElheran N, Slive A, & Leahey M. (2008). A comparison of two approaches to the delivery of walk-in single session mental health therapy. *Journal of Systemic Therapies*;27(4):40-53.

³Harper-Jaques, S. & Foucault, D. (2012) Clinical outcomes and client satisfaction of a Mental Health walk-in single session therapy service in Calgary, Alberta. Unpublished report.

Submitted by Sandy Harper-Jaques, RN, MN, RMFT & Darlene Foucault, PhD, RPsych

Want to know more? Please refer to the articles referenced above or contact us at 403-943-9377 or sandy.harper-jaques@albertahealthservices.ca.

Arnika Centre

In 1999, the Canadian Psychiatric Association established a task force to encourage the development of psychiatric resources for intellectually disabled persons within Canada. Likewise, community resource programs, parents and guardians advocated for a specialized resource to deal with patients in this community. Dr. Susan Carpenter, an expert in the field, pursued the mandate to develop a specialized mental health service in Calgary. In addition, physician residents in the University of Calgary Departments of Psychiatry and Family Medicine began receiving training in the assistance of patients with both mental health issues and intellectual disabilities.

In 2002, Arnika Centre was established with funding from the Alberta Mental Health Board and Persons With Developmental Disabilities. Arnika Centre is a mental health centre for persons, aged 16 and older, with an intellectual disability and a mental health concern. It fills the need for specialized assessment and treatment of this unique patient population who often have complex health issues such as comorbid neurological conditions, mobility problems, speech deficits, and genetic disorders. The Arnika Centre team works with the guardians, parents, patients, residential support system, and vocational support system to stabilize the patient in the community. Creation of a unified approach to mental health concerns is often the first step.

In the last 10 years, Arnika Centre has had a varying interdisciplinary team of psychiatrists, psychologists, nurses, social workers, and neurologists. At its peak, approximately 550 patients were served per year in approximately 2200 appointments. Of these patients, approximately 100 new patients were seen each year. The services provided at Arnika Centre seem to have reduced the need for hospitalization of the target patient population. This is demonstrated by fewer long-term hospitalizations of patients with these conditions in Calgary than in other regions in the province.

The Mental Health and Addictions portfolio of Alberta Health Services is developing a new service based on the 10 year trial project called Arnika Centre. This new service will continue to stabilize patients in the community and also integrate with other Alberta Health and Wellness services.

Arnika stats

- 35% of Arnika Centre's patients have an autism spectrum disorder
- 21% have psychotic disorders
- 21% have seizure disorders
- It is estimated that 30% of persons with intellectual disability are subject to mental illness

The statistics of Arnika Centre are consistent with other clinics of this nature in Canada and internationally.

Submitted by Dr. Susan Carpenter

Events

Forensic Annual Spring Conference

The Challenge of Intentional Behavior Change

Friday, April 26, 2013
Radisson Hotel

www.forensiccpd.org

Women's Mental Health Day Conference

Anxiety Disorders in the Perinatal Period

Friday, May 10, 2013
Radisson Hotel

Contact Courtney Snell at csnell@ucalgary.ca for further information

Undergraduate Education Update

Currently, there's action at every level of undergraduate training, including wrapping-up Course VII, planning for summer block, reviewing student applications for psychiatry-based events, and managing spring pre-clerkship electives.

Angeles in March. Also, we supported students to attend the Alberta Psychiatric Association's meeting in Banff; we are accepting undergraduate papers for the COUPE competition; and two students are being supported to attend the Psychiatry Interest Group National Conference in San Francisco during the APA (May 17-19).



Thanks to faculty members and residents for helping to make Dr. Stokes' first year in Course VII flow as smoothly as possible. It took 30 lecture hours, 12 hours of small group teaching led by 67 teachers, and 48 hours of faculty and resident work to provide clinical correlation. Thank you to all the faculty members and residents who joined us for the first time. Course VII has been the top-ranked medical school course for several consecutive years; we can be proud of this, but we cannot rest on our laurels.

Dr. Thomas Raedler took over the controls of the clerkship program with Dr. Tim Ayas now in charge of the evaluations. Our clerkship remains the top-ranked clerkship at the University of Calgary. On March 4, 2013, we will begin the clerkship training for the Class of 2014. By April 2014, we will have 182 clerks training in psychiatry, including 18 Rural Integrated Community clerks.

Spring electives ran March 4 to April 14, 2013, with 21 clerks doing two-week electives. Six clerks were funded by the Norlien Foundation to go to the Betty Ford Clinic in Los

Congratulations to the students who raised \$800 for Dr. Cindy Baxter's work in Haiti. Members of the Psychiatry Interest Group played a key role in helping raise funds for this cause. Psychiatry Interest Group co-chairs Sandra Cortina and Sara Iablokova, as well as Qasim Hirani, have been fundamental in volunteering time for Psychiatry Interest Group projects.

We had a spectacular turn out for CaRMS this year with 18 local applicants interviewed and 23 local applications. We had 68 external applicants, of whom 25 candidates were interviewed. Fifteen of the external applicants had completed electives in our Calgary program.

Administratively, we are in the process of reviewing our current budget in preparation for next year's budget. Also, we welcome Jill Vaughan as Dr. Brager's new assistant. Jill has been most helpful to Pauline Burgess and others who assist our undergraduate program.

Submitted by Dr. Nancy Brager

Postgraduate Education Update

We have been very busy with postgraduate education the last few months, completing CaRMS interviews. Thank you to all psychiatrists, faculty, residents and staff who have taken part in the CaRMS process. Many of you have attended our lunch-hour sessions; taken part in interviews; oriented and welcomed applicants; and written letters for our applicants. Overall, you have played an important role in convincing our candidates that Calgary has a great training program. Your passion for what you do is contagious to our medical students. Our program offers an exceptional training experience, as supported by the number of applicants who chose to apply this year.

The Faculty Mentor system continues to develop. I will be meeting with a group of residents shortly to discuss future directions for the program. I want to take this opportunity to remind all faculty members that up to 6 sessionals per year are available to compensate for time spent with official resident mentees. To claim sessional time, simply e-mail Anabella Montero and let her know you have met with your resident mentee on a specific date. Also, if you're interested in participating in the mentoring program, contact Anabella Montero at Anabella.montero@albertahealthservices.ca.

Dr. Wanda Lester has been doing an excellent job of managing psychotherapy training. The new PGY-1 year that incorporates practical skills of early psychotherapy development

has been well received. It includes mindfulness training under the guidance of Dr. Alan Donsky as well as the basic building blocks for future training.

The mock oral examinations continue to proceed well. I appreciate participation from our staff psychiatrists as examiners. This year there have been several new examiners, which is always appreciated. The next sessions run May 31 and June 21.

Several residents are actively involved in research, and they presented at Litmann Day and the Alberta Psychiatric Association Conference. Congratulations to Dr. Thomas Stark who has been awarded the Coordinators of Postgraduate Psychiatric Education Award for the best novel paper in medical education by a psychiatry resident.

This winter, I completed the Final-In-Training-Evaluation-Reports (FITERs) for our PGY-5 residents, and I want to thank all the preceptors who have completed comments in the ITERs for each resident rotation. Your comments provide a solid understanding of how a trainee has progressed, and I include them directly in the FITER that is sent to the Royal College. Our junior colleagues will be writing and then sitting their Royal College examinations between April 30 and May 3. We wish them all the best during this process.

Submitted by Dr. Jordan Cohen

Call 4 a Cause

Call 4 a Cause is an annual resident-driven fundraiser. Residents select one scheduled call shift in the month of December and donate their stipend from that night.

This past year, the goal was to raise \$10,000 for the Margaret Chisholm Resettlement Centre. This Centre provides temporary accommodation, resources and support to newcomers (refugees and new immigrants). The fundraiser was expanded to involve multiple residency programs including: psychiatry, radiology, obstetrics, pediatrics, internal medicine, family medicine and neurology. Psychiatry staff also joined residents in donating to the worthy cause and were very generous!

A friendly competition between programs was waged to see which program would have the highest proportion of residents involved. Like last year, the psychiatry program had the most participation with 66%, closely followed by the neurology program with 60% participation!

\$10,650.24 was raised for the Margaret Chisholm Resettlement Centre. A great success!

Who's New?

Dr. Nina Gudeon

Dr. Nina Gudeon has a degree in Biology from Cornell University in New York and a Medical Degree from Memorial University in Newfoundland. She completed her psychiatry residency at the University of Calgary along with a fellowship in Child and Adolescent Psychiatry. She is currently working with the Community Outreach of Paediatrics and Psychiatry in Education (COPE) program providing assessments in schools along with providing consultative child psychiatry services through the South Calgary Health Clinic.

Dr. Claire Hart



Dr. Claire Hart moved to Calgary from Jakarta, Indonesia to attend the University of Calgary, where she completed her undergraduate and medical degrees as well as her psychiatry residency training. During residency, she began training to become a certified group psycho-

therapist and also enjoyed teaching at the medical school. Her professional interests include psychosis, interpersonal group therapy, and cognitive behavioral therapy. In July 2012, together with psychiatrist Dr. Joann McIlwrick, she opened SW Calgary Psychiatry, a community practice. She is currently working there and has also enjoyed the opportunity to provide vacation coverage when needed on U22 at FMC since last July.

Dr. Novin Ihsan



Dr. Novin Ihsan finished a BSc. degree in Pharmaceutical Sciences at the University of British Columbia followed by an MD degree at the same university. She then moved to Calgary to complete her residency in Psychiatry. She is the Clinical Medical Director for both Outpatients and

Day Hospital at the new South Health Campus. Her prac-

tice includes both inpatient and outpatient care. Dr. Ihsan is multilingual and has a strong interest in cross-cultural Psychiatry as well as geriatric mental health. She is also involved in teaching residents.

Dr. Juliana Kirova



Dr. Juliana Kirova was born and raised in Sofia, Bulgaria. She completed medical university in Sofia and the psychiatry residency program at the University of Alberta. She is currently employed at the South Health Campus.

Dr. Kirova's interests include working with adolescents and young adults, maternity mental health, and group and individual psychotherapy using CBT/IPT and mindfulness-based approaches. Dr. Kirova is looking forward to opportunities to work as a part of an Adolescent Dialectical Behavioral Treatment Program. She enjoys teaching and working in a team-based environment.

Dr. Sonya Malhotra



Dr. Sonya Malhotra completed a Bachelor of Science degree in Biology at Queen's University and a Bachelor of Science Honours in Psychology at the University of Calgary. She attended medical school at the University of Ottawa and recently completed psychiatry

residency at the University of Calgary. After completing residency, Dr. Malhotra did locums at the Foothills Hospital and the Rockyview Hospital covering adult inpatients and other services. She is now based out of the South Health Campus and is involved in adult inpatients and consultation liaison psychiatry. Additionally, she is doing group psychotherapy including CBT, CBT for psychosis and IPT group. Dr. Malhotra has an interest in medical education and is involved in teaching the communications course. She hopes to be involved further with mentoring and teaching students.

Dr. Daniel Okoro

Dr. Okoro comes to us with varied experience in clinical and administrative psychiatry spanning three continents. He hopes to benefit the Calgary region with this wealth of knowledge. In the last three years he has worked with the Canadian forces as Base Civilian Psychiatrist in Cold Lake,

AB. Dr. Okoro is proud that throughout this period, no Canadian Soldier or Veteran connected to the Base Clinic committed suicide.

Dr. Okoro loves to travel. He plays golf well. He plays the Conga drums very well incorporating the rhythms of Central and West African soukous and Afro-Cuban salsa. Dr. Okoro is an avid jazz buff and swears by the cathartic and therapeutic benefits of jazz improvisation and syncopation.

Dr. Okoro is putting finishing touches on the second edition of his book "Random Musings in Psychiatry: Study Aids for Board Examination for Residents and Practitioners". Dr. Okoro is a Fellow of the Royal College of Physicians of Canada and a Diplomate of the American Board of Psychiatry and Neurology. He was elected a Fellow of the American Psychiatric Association in May 2012.

Dr. Nneka Orakwue-Ononye

Dr. Nneka Orakwue-Ononye, on completion of her primary medical degree, went on to do her psychiatry residency in Ireland under the University College Dublin (UCD) training scheme. She obtained a Diploma in Clinical Psychiatry (DCP) in 2005 and became a member

of the Royal College of Psychiatrists UK in 2008. She also completed a three-year higher specialist training program in Child and Adolescent Psychiatry in Ireland and further obtained a Masters degree in Leadership and Management Development at the Royal College of Surgeons Ireland (RCSI) just prior to her relocation to Calgary.

Dr. Orakwue-Ononye has an interest in adolescent psychia-

try and Fetal Alcohol Spectrum Disorders. She also enjoys teaching and looks forward to being part of the Child Psychiatry division in Calgary.

Dr. Izu Nwachukwu

Dr Izu Nwachukwu completed his Higher Specialist Training in Ireland in May 2011. His clinical interest was in affective psychoses. While in training, he obtained a Diploma in Clinical Psychiatry (DCP) from the Royal College of Physicians of Ireland in 2005 and membership of the Royal College of Psychiatrists, UK (MRCPsych) in 2007. He subsequently acquired

the Fellowship of the Royal Academy of Medicine in Ireland in 2008. He completed an M.Sc degree in Health Care Management at the Institute of Leadership, Royal College of Surgeons in Ireland and is currently pursuing an M.Sc in Medical Education at the University of Dundee, Scotland.

Following his postgraduate training, Dr. Nwachukwu worked as a consultant psychiatrist with Wexford Mental Health Services in Ireland until his recent relocation to Calgary. Dr. Nwachukwu also held the position of Lecturer in Psychiatry at University College Dublin and has published in a number of local and international peer-reviewed journals.

Dr. Nwachukwu's special interests are in primary care liaison, clinical governance and medical education. He is delighted to have the opportunity to further his personal and professional development in this department. He plays soccer and cycles for leisure.

Other New Physicians to our Department:

Dr. Rachel Hnatowich - Child & Adolescent (ACH)

Dr. Remi Olaosun - Geriatrics (RGH)

Dr. Edward Onugha - Inpatient (SHC)

Dr. Heidi Solty - Outpatient (PLC)

Dr. Keith Courtney - Forensic (PLC)

Dr. Diana Czechowsky - Outpatient (RGH)

Dr. Anne Duffy - Child & Adolescent (FMC)

Dr. Fereshteh Jalali - Inpatient (PLC)

Mathison Centre for Mental Health Research and Education

Launched in March 2012, the Mathison Centre for Mental Health Research and Education is located on both the 1st and 4th floors of the Teaching, Research and Wellness Building on the Foothills Medical campus. The Centre was made possible by a \$10 million investment from Ronald P. Mathison, President and Chief Executive of Matco Investments Ltd. This generous donation has given the University and Faculty of Medicine a further boost in mental health research and education.

Dr. Glenda MacQueen along with Dr. Samuel Weiss, Head of the Hotchkiss Brain Institute (HBI), played a pivotal role in the establishment of the Mathison Centre. The

Mathison Centre continues to be embedded in the HBI, following similar guidelines in membership as well as research and education support policies. The Centre is held accountable by the Department of Psychiatry and the Faculty of Medicine. This is achieved through an academic advisory group, chaired by the Head of the Department of Psychiatry.

In August 2012, Dr. Donald Addington was appointed Interim Director of the Mathison Centre. Since then, he has led a group in establishing the mission, vision and operating principles for the Centre. The Centre will continue to grow as recruitment proceeds for a new director and new associate members.

Currently, the Mathison Centre has 11 members including Dr. Donald Addington (Interim Director of the Centre), Dr. Jean Addington, Dr. Cynthia Beck, Dr. Andrew Bulloch, Dr. Anne Duffy, Dr. Frank MacMaster, Dr. Glenda MacQueen, Dr. Scott Patten, Dr. Thomas Raedler, Dr. Rajamannar

Ramasubbu and Dr. JianLi Wang. Each member of the Centre brings their own expertise to mental health and promotes further collaborative efforts across specialties. In addition to the investigators, the Mathison Centre also boasts a large group of students and post docs, as well as experienced research and support staff.



In addition to outstanding research, the Centre is involved in education and collaborative pursuits in mental health, such as the annual Child and Youth Mental Health Symposium at the University of Calgary. The Centre offers support and new hope to families in Calgary, throughout Alberta and around the world.

If you have any questions, please contact the Interim Director, Dr. Donald Addington (addingto@ucalgary.ca (403) 944-4548) or the Centre Coordinator, Stephanie Wong (skawong@ucalgary.ca (403) 210-6877).

For more information, visit www.mathison.ucalgary.ca.

Submitted by Dr. Donald Addington

Sebastian K. Littmann Research Day

The 26th Annual (2013) Sebastian K. Littmann Research Day took place on March 1, 2013 at the Kinsmen Learning Centre at the Alberta Children's Hospital. Abstracts from the event are archived in the University of Calgary Institutional Archive and indexed in Google Scholar (<http://dspace.ucalgary.ca/jspui/handle/1880/49457>), and you can link to them through the Research Day website (www.psychiatryresearchday.ca). Please bookmark this site, because we will be providing information about next year's event as soon as it is available.

Congratulations to the award winners:

1. **Best Presentation by a Resident:** Dr. Angela Paulson. *Treatment of Repetitive Behaviors in Autistic Disorder with Selective Serotonin Reuptake Inhibitors: A Systematic Review and Meta-analysis*
2. **Most Innovative Project by a Resident:** Dr. Thomas Stark. *University of Calgary Postgraduate Psychiatry Training Programme Half-Day Academic Curriculum Review: An example to the practical use of the Kern six-step approach for curriculum development and program administration*

3. **Best Presentation by a Graduate Student:** Trevor Cook. *Prevalence and incidence of a major depressive episode in Canadian community-dwelling seniors: Results from the National Population Health Survey.*

The research day was one of the largest in recent years—with 20 poster presentation and two sets of parallel presentations, including numerous presentations from faculty members, post-doctoral students, residents, graduate students and clinicians. The event was attended by several of the Department's emeritus professors as well as Senior AHS personnel—providing an amazing mix of innovation, tradition and application. The keynote presentation was delivered by Dr. Gustavo Turecki, an internationally acclaimed figure in the field of psychiatric epigenetics.

Submitted by Dr. Scott Patten



Dr. Gustavo Turecki & Dr. Scott Patten at Littmann Day

Recruiting for Clinical Trials

The Mathison Centre for Mental Health Research and Education is currently recruiting for clinical trials in schizophrenia research.

Current studies include:

- Glycine transport inhibitors for negative and sub-optimally controlled positive symptoms of schizophrenia
- Paliperidone 3 month vs. 1 month injectable

PI: Dr. Thomas Raedler

For more information, please call the research office at 403-210-6903.

Research Update

Health Services Research from the Psychosis Research Unit in 2012

Four articles highlight the health services research work of the psychosis research unit in 2012. Two have a broader application and were published in *Psychiatric Services*. Two had a more Canadian focus and were published in the *Canadian Journal of Psychiatry*. The main theme of these articles is the quality of mental health services.

Development of a Core Set of Performance Measures for Evaluating Schizophrenia Treatment Services

Donald Emile Addington, M.B.B.S.; Emily McKenzie, M.Sc.; JianLi Wang, Ph.D.; Harvey P. Smith, Ph.D.; Beverly Adams, M.D.; Zahinoor Ismail, M.D. *Psychiatric Services* 2012;doi: 10.1176/appi.ps.201100453.

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Validity of Hospital Admission as an Outcome Measure of Services for First-Episode Psychosis

Donald Emile Addington, M.B.B.S.; Emily McKenzie, M.Sc.; JianLi Wang, Ph.D. *Psychiatric Services* 2012;doi: 10.1176/appi.ps.201100118. Copyright © 2012 by the American Psychiatric Association.

Psychosis Literacy in a Canadian Health Region: Results From a General Population Sample

Donald Addington, MBBS; Sandy Berzins, MSc (PhD Candidate); Maryann Yeo, RN, PhD.

CanJPsychiatry 2012;57(6):381–388

Conformance to Evidence-Based Treatment Recommendations in Schizophrenia Treatment Services

Donald Addington, MBBS; Emily McKenzie, MSc; Harvey Smith, PhD; Henry Chuang, MD; Stephen Boucher, MD; Beverly Adams, MD; Zahinoor Ismail, MD. *CanJPsychiatry* 2012;57(5):317–323

Submitted by Dr. Donald Addington

Recent Publications

Dr. Anne Duffy

Adolescent substance use disorder during the early stages of bipolar disorder: A prospective high-risk study. Duffy, A., Horrocks, J., Milin, R., Doucette, S., Persson, G., Grof, P. (2012). *Journal of Affective Disorders*, 142(1-3), 57-64. doi: 10.1016/j.jad.2012.04.010.

The nature of the association between childhood ADHD and the development of bipolar disorder: A review of prospective high-risk studies. Duffy, A. (2012). *Am J Psychiatry*, 169, 1247-1255.

Biological indicators of suicide risk in youth with mood disorders: what do we know so far? Lewitzka, U., Doucette, S., Seemuller, F., Grof, P., Duffy, A. (2012). *Curr Psychiatry Rep.* doi: 10.1007/s11920-012-0329-0.

Brain structural signature of familial predisposition for bipolar disorder: replicable evidence for involvement of the right inferior frontal gyrus. Hajek, T., Cullis, J., Novak, T., Blagdon, R., Kopecek, M., Propper, L., Stokova, P., Duffy, A., Hoschl, C., Uher, R., Paus, T., Young, T., Alda, M. (2012). *Biological Psychiatry*. doi: 10.1016/j.biopsych.2012.06.015.

Commentary on: Trichotillomania, Bipolar Disorder and White Matter Hyperintensities in a Six-Year Old Girl. Duffy, A. (2012). *J Can Acad Child Adolesc Psychiatry*, 21(3), 216.

Biological indicators of illness risk in offspring of bipolar parents: targeting the hypothalamic-pituitary-adrenal axis and immune system. Duffy, A., Lewitzka, U., Doucette, S., Andreazza, A., Grof, P. (2012). *Early Interv Psychiatry*, 6(2), 128-37. doi:10.1111/j.1751-7893.2011.00323.x

Dr. Zahinoor Ismail

Cognitive Performance of Individuals With Schizophrenia Across Seven Decades: A Study Using the MATRICS Consensus Cognitive Battery. Rajji TK, Voineskos AN, Butters MA, Miranda D, Arenovich T, Menon M, Ismail Z, Kern RS, Mulsant BH. *Am J Geriatr Psychiatry*. 2013 Feb;21(2):108-18. doi: 10.1016/j.jagp.2012.10.011. Epub 2013 Jan 22.

Predicting hospital length of stay for geriatric patients with mood disorders. Ismail Z, Arenovich T, Grieve C, Willett P, Sajeev G, Mamo DC, Macqueen GM, Mulsant BH. *Can J Psychiatry*. 2012 Nov;57(11):696-703.

Delusions increase functional impairment in Alzheimer's disease. Fischer CE, Ismail Z, Schweizer TA. *Dement Geriatr Cogn Disord*. 2012;33(6):393-9. doi: 10.1159/000339954. Epub 2012 Jul 17.

Cholinergic pathways and cognition in patients with schizophrenia: a pilot study. Rajji TK, Chow TW, Voineskos AN, Links KA, Miranda D, Mamo DC, Ismail Z, Pollock BG, Mulsant BH. *Schizophr Res*. 2012 Aug;139(1-3):46-52. doi: 10.1016/j.schres.2012.06.006. Epub 2012 Jun 22.

Neuroimaging of delusions in Alzheimer's disease. Ismail Z, Nguyen MQ, Fischer CE, Schweizer TA, Mulsant BH. *Psychiatry Res*. 2012 May 31;202(2):89-95. doi: 10.1016/j.psychres.2012.01.008. Epub 2012 Jun 14.

Impact of neuropsychiatric symptoms on caregiver burden in patients with Alzheimer's disease. CE Fischer, Z Ismail, TA Schweizer. *Neurodegenerative Disease Management*. June 2012, Vol. 2, No. 3, Pages 269-277, DOI 10.2217/nmt.12.19 (doi:10.2217/nmt.12.19).

Recent Grants

Dr. Zahinoor Ismail received the following grants:

CIHR \$50,000. Neuroimaging Profiles of Neuropsychiatric Subgroups in Mild Cognitive Impairment and Early Alzheimer's Disease. Millikin C (PI), Ismail Z, Fischer C, Schweizer

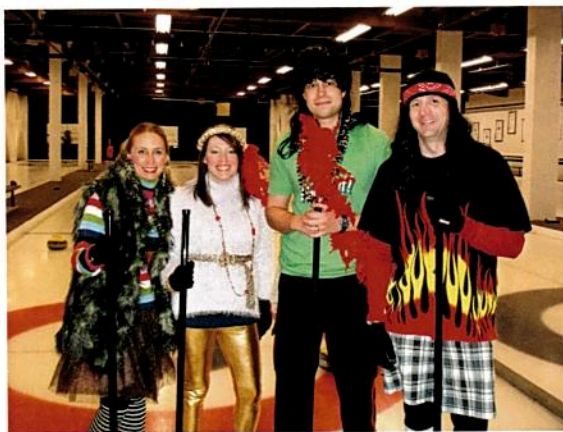
Kathy Taylor Chair in Vascular Dementia \$15,000. Functional Neuroimaging of Depressive Symptoms in Mild Cognitive Impairment. Ismail Z (PI)

2013 Curling Bonspiel Highlights



Highest Score - "Curlamajiggers"

Tim Ayas, Dave Tano, Margie Oakander, Darcy Muir



Best Dressed Team - "Manic Monday"

Sheryl Hibbert, Asha Connery, Jayson Williams, Matt Ball



Best Team Name - "Sheet Disturbers"

Thomas Raedler, Sherri Gussman, Bonnie Anderson, Cathy Reid

Awards

Congratulations
to the following award winners

Dr. Cynthia Beck

Silver Couch Award

Department of Psychiatry Residency program

*Recognizing Dr. Beck's outstanding efforts in teaching
critical appraisal skills*

Dr. Abdul Rahman

Western Legacy Award

Calgary Stampede

*Recognizing Dr. Rahman's outstanding contribution
in promoting western values and preserving western
heritage within the community*

Dr. Aaron Mackie

Dr. Philip Stokes

Dr. Lauren Zanussi

Gold Star Award

Psychiatry, Course 7

University of Calgary

*Recognizing exceptional classroom instruction, as voted
by the Class of 2014*

Dr. Cynthia Baxter

Dr. Lisa Gagnon

Dr. Aaron Mackie

Dr. Margaret Oakander

Dr. Reilly Smith

Dr. Philip Stokes

Dr. Jason Taggart

Dr. Lauren Zanussi

Dr. Benjamin Grintuch

Dr. Rosalyn McAuley

Dr. Kanwal Mohan

Dr. Robert Tanguay

Hellbender Honour Roll

*Recognizing excellent instructors who have made an
impact, as voted by the Class of 2014*