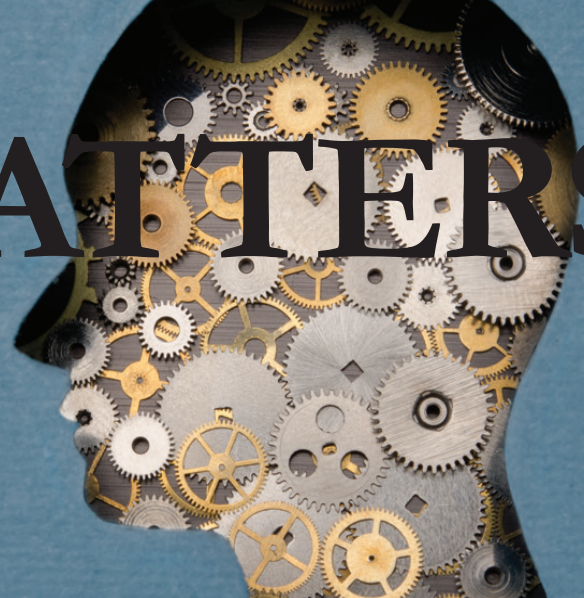


# MIND MATTERS



Department of Psychiatry Newsletter, Calgary  
Winter 2015

## From the Department Head

Since the fall of 2014 we have enjoyed an influx of well-trained new faculty to the Department of Psychiatry: Dr. Joe Raiche has an interest in transgenderism and perinatal psychiatry; Drs. Dina Munim and Jonathan Tan are working in the area of child and adolescent psychiatry, and with the transitional youth population; and Dr. Vidya Raj joins us with an interest in consultation-liaison psychiatry with a focus in cardiology. We are also pleased to see our graduated residents working in Calgary: Drs. Amanda Berg, Rhea Balderston, Eric Fung, Darrin Leung, Kanwal Mohan, Thomas Stark and Manrit Takhar. Please see page 6 for more information about our newest colleagues.

Near the end of 2014, we learned of Joan Campbell's imminent retirement from the role of Executive Director for Addictions and Mental health. This is an exciting transition in Joan's life, but we do miss her wisdom and expertise in the field. I will personally miss her "kumbaya" sessions. Thank you to Joan for all her tireless effort. I also welcome Janet Chafe, the new executive director of our portfolio, as well as Dr. Lisa Harpur, the new site chief of Rockyview General Hospital, and thank Dr. John Tuttle for his many years of service in the site chief position.

We hope to finalize the Mathison Centre director position shortly. Dr. Andy Bulloch has done an amazing job of making the Mathison Centre vibrant over the past year; it has become an active and inviting location for both trainees and faculty. Twelve Mathison members participated in the Run for Schizophrenia and were able to raise \$1,860 for the cause. Another successful event, entitled "Outrun the Stigma", was held on October 5, 2014 at the University of Calgary Main Campus.

A celebration of the tenth anniversary of the Hotchkiss Brain Institute (HBI) was held October 18, 2014. Jay Ingram hosted an entertaining and informative evening about brain health. The Department of Psychiatry continues to enjoy an excellent collaboration with the HBI and is looking forward to the next ten years under the leadership of Dr. Sam Weiss.

There has been a tremendous amount of change over the past three years in the Department of Psychiatry; on October 16th the department hosted a fall social as a thank you to everyone who has facilitated this change and improved patient care. We recognized new and graduated residents, new faculty members, Mathison Centre and HBI members, operations staff and excellence in mental health programs. Many thanks to those people who helped organize the event. The atmosphere at the fall social was incredible and engendered the spirit of our colleagues' tireless work in mental health.

The department recently participated in the Rich Man Poor Man dinner and silent auction hosted by the University of Calgary medical students. I was most impressed by two of our first-year residents, Kim Williams and Caley Shukalek, who share a sincere commitment to global mental health. They were previous hosts of this dinner and have plans to start a mental health curriculum in Tanzania. I understand that several of our faculty plan to be involved, including Drs. Mackie, Fitch and Sellmer. This global responsibility to mental health issues is tremendous, and the Department of Psychiatry fully supports this endeavor.

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*Submitted by Dr. Beverly Adams, Head, Department of Psychiatry*

# Jean Addington receives grants totalling \$5 million



**Dr. Jean Addington, a member of the Department of Psychiatry, Mathison Centre for Mental Health Research and Education and Hotchkiss Brain Institute, has received \$5 million in grants over the past few months for her research in mental health. Details are below.**

## **Canadian Psychiatric Risk and Outcome Study**

Dr. Addington was awarded a \$1.5 million grant from the Canada Brain Research Fund to improve our understanding of youth mental health. The goals of the study are to identify youth at risk before they develop a serious mental illness (so that intervention can begin as soon as possible) and to understand the triggers of mental illnesses. Dr. Addington and a team of researchers will assess a wide range of clinical and psychosocial factors to determine predictive indicators of key outcomes. These outcomes include increasing disability, secondary substance abuse, not participating in education or employment opportunities, new self-harm, worsening physical health and mental illness development.

In addition to the clinical component of this study, researchers will examine brain scans and blood analysis of participants to identify biological factors that may contribute to the development of mental illness in youth.

Dr. Addington will be working with Calgary researchers from the Mathison centre, the Hotchkiss Brain Institute and the Alberta Children's Hospital Research Institute, including Drs. Glenda MacQueen, JianLi Wang, Signe Bray and Catherine Lebel. The study will also partner with researchers from the University of Toronto and will recruit 240 study participants (160 participants from Calgary and 80 participants from Toronto).

5 million



## North American Prodrome Study 3 (NAPLS 3) Predictors and Mechanisms of Conversion to Psychosis

As the principle investigator for the NAPLS 3 study at the University of Calgary, Dr. Jean Addington has been awarded \$2 million for the renewal of the project. This is a five-year study funded by the National Institute of Mental Health (NIMH) for a nine-site, longitudinal study aimed at identifying the brain processes underlying the progression of the clinical syndromes that characterize the psychosis prodrome. The goals are as follows:

- to determine the pre-onset trajectories of grey matter decline and disrupted resting-state brain connectivity in clinical high risk (CHR) individuals who develop psychosis using MRI, and
- to identify inflammatory and plasticity mechanisms associated with transition to psychosis.

Over a two-year period, the study will repeatedly measure these indicators and examine changes in physiological indices of brain function, social and cognitive functioning and symptom progression. The multi-site collaboration will follow large CHR (n= 378) and demographically matched comparison (n= 162) samples that will undergo comprehensive assessments of biological and behavioral changes. This approach will answer important questions about the origins of the brain changes that give rise to psychosis, and will provide insights into likely approaches to halting or mitigating the pathological process and advance our understanding of risk prediction, both critical steps in prevention.

## Cognitive Behavior Social Skills Training (CBSST) for Youth at Clinical High Risk of Psychosis (ReGROUP)

Dr. Addington has received \$1.5 million for the University of Calgary's participation in a three-site, NIMH-funded study to test the effectiveness and feasibility of action, as well as mediators and mechanisms, of a manualized cognitive behavioral social skills training (CBSST) intervention that will target functional difficulties associated with clinical risk states for psychosis. The goals are as follows:

- to examine whether CBSST, compared to a placebo intervention (psychoeducation), improves functioning in youth at clinical high risk (CHR) of psychosis, and
- to determine whether reduction in defeatist beliefs and improvement in social competence mediate change in psychosocial functioning in CHR youth in the CBSST arm.

## Awards

### Dr. Donald Addington

#### ALBERTA MEDICAL ASSOCIATION 2014 MEDAL FOR DISTINGUISHED SERVICE

Dr. Addington received this award for outstanding personal contributions to the medical profession and Albertans.

### Dr. Vina Goghari

#### HBI/PFIZER CANADA RESEARCH AWARD

This award and grant money will support Dr. Goghari's research on the underlying brain abnormalities in bipolar disorder.

### Dr. Glenda MacQueen

#### 2014 CANADIAN COLLEGE OF NEUROPSYCHOPHARMACOLOGY HEINZ LEHMANN AWARD

This award recognized Dr. MacQueen's outstanding research on behavioural and neural markers of depression in humans.

### Dr. Lloyd Maybaum

#### 2014 CALGARY AND AREA MEDICAL STAFF SOCIETY (CAMSS) ADVOCACY AWARD

The CAMSS Advocacy award is presented to a Calgary and Area Physician's Association (CAPA) member who best advocates for physicians caring for patients.

### Dr. Scott Patten

#### GRADUATE STUDENTS' ASSOCIATION AWARD FOR SUPERVISORY EXCELLENCE

This award allowed graduate students to recognize Dr. Patten's extraordinary supervisory skills and positive contribution to their learning experiences at the University of Calgary.

## Gold Star Teaching Awards

#### DRS. CARL ADRIAN, DALE DANYLUK, TOBA OLUBOKA, PHILIP STOKES, JASON TAGGART AND ROY TURNER

The 2014 class of clinical clerks from the University of Calgary nominated the above six faculty from our department for the 'Gold Star Award' for outstanding undergraduate medical teaching.

## Associate Dean's Letter of Excellence

Drs. Katalin Mayer, Karen Tanguay, Nancy Brager, Alexandra Di Ninno, Benjamin Grintuch, Aaron Mackie, Elena Petrov, Blair Ritchie, Sergio Santana, Brett Sawchuk, Reilly Smith, Sterling Sparshu, Philip Stokes, Rob Tanguay, Pamela Weatherbee, Lauren Zanussi and Tim Ayas were given this award for undergraduate medical education.

# Postgraduate Education Update

We're halfway through a busy academic year and lining up for an equally busy latter half. One of the busiest events is CaRMS, which opened in late November to a record-breaking 113 applications, but running a close second is accreditation. We are thankful to Unit 24 for allowing us to use the solarium during CaRMS for both the all-day hospitality and the luncheon, which is attended by many faculty and residents, as well as the CaRMS applicants.

## Mentoring Program

The mentoring program is now entering its third year. I wish to thank all the faculty mentors who have contributed to this invaluable portion of training. For those residents and/or faculty who are finding it challenging to meet in person, I encourage you to use video meetings via Skype or similar media technology. This year there may be a turnover of mentors for the residents who just started their third year of training; however, if pairs wish, they can maintain the same mentoring relationships. Year one of the mentoring program has a clearly assigned four-session curriculum with career counselling and teaching tools to help guide the mentor and resident in their discussions. The senior years will focus on career transitioning and preparation for practice. If anyone lacks the curriculum tools or has any questions, please contact Anabella Montero at [Anabella.montero@albertahealthservices.ca](mailto:Anabella.montero@albertahealthservices.ca). If anyone is not currently part of the mentoring system, but is interested in becoming a formal mentor to a resident, please contact Anabella.

## 360-degree Evaluation

We have started a 360-degree evaluation process, piloted during the second and third years of training within the Child and Adolescent rotations. This has been adapted with permission from the College of Physicians and Surgeons of Alberta from the Physician Achievement Review (PAR) program. Each resident will be expected to self-evaluate and be evaluated by members of the multidisciplinary team. Residents will bring this feedback to their subsequent fireside chats with the program director, with the goal being to reflect on strengths and areas for future improvement. In this way we are modeling the current PAR evaluation that occurs for all practicing physicians in our province.

## Feedback Process

The residents have been evaluating the current process for providing feedback to their preceptors. They want an opportunity to provide respectful, practical feedback that can occur regularly during all rotations and is documented using a method that is simple, directive and takes a minimal amount of time to complete; to date, the Training Committee has looked at two drafts and is hoping to provide workshops to both faculty and residents on this topic.

**360-degree Evaluation** **feedback**  
**PRECEPTORS AND RESIDENTS**  
**CaRMS Accreditation**  
**Mentoring Program**  
**Residency Training Committee**

## Accreditation

Auditors for the Royal College will return as a part of the six-year cycle of accreditation for all postgraduate residency programs at the University of Calgary. The accreditation process involves evaluating general standards of the psychiatry department in terms of teaching environment, teaching sites and the residency program in general. The auditors will also look at how the department meets specific training requirements for the specialty of psychiatry, including new changes in shared care, long-term care and addictions.

Pauline Burgess and I will be reminding residents and preceptors to ensure that regular processes occur as efficiently as possible over the next several months. One important example of this is the need for an expedient turnaround of evaluations from preceptors to residents. As always, preceptors should provide frequent feedback on residents' performance throughout their rotations. Residents and preceptors are expected to review the objectives and basic clinical expectations at the beginning of each rotation (as per the Blue Book of Rotations on the department website) and to be familiar with postgraduate medical education documents (e.g., evaluation process, policy on intimidation and harassment and workplace safety).

The department has done very well in the 2003 and 2009 accreditations, as well as in the internal reviews. I am proud of and confident in our residents, preceptors and department regarding our training program. I know we will continue to address any

challenges that arise. I hope that anyone who has concerns about our residency program will let me know now, so that we can address them ahead of the accreditation visit. All faculty and residents who are active members of the Residency Training Committee should plan to be present during the accreditation visit on February 24, 2015. I am grateful to our faculty teachers for the education they provide to the next generation of psychiatrists, as well as to the entire department under the leadership of Dr. Beverly Adams. This program would not run without the organizational skills of Pauline and Anabella, who will be even busier due to the accreditation process. Most of all, I am so proud of our residents, who ensure through their professionalism and leadership that our program continues to be innovative and reputable.

As we move towards the CanMEDS competency-based curriculum, I hope that we will evaluate milestones of achievement and edit the In Training Evaluation Reports (ITERS) to only reflect details that are not already addressed in the milestones for specific CanMEDS roles (medical expert, leader [formerly manager], collaborator, communicator, health advocate, scholar and professional).

*Submitted by Dr. Jordan Cohen, Residency Program Director*

## Undergraduate Education Update

We're already three-quarters of the way through the class of 2015 and are mid-way through Course VII and spring electives. Education never stops!

On October 3, we happily returned to the Calgary Zoo for the annual undergraduate retreat. Many residents and support staff attended, as well as the newest Associate Dean of UME, Dr. Sylvain Coderre, and Assistant UME Dean, Dr. Pamela Veale. After presentations from Drs. Raedler, Ayas and Stokes, PGY-4 Sterling Sparshu presented his project from his medical education elective. Drs. Coderre and Veale seemed truly impressed with the members of the department and their thoughtful contributions to all aspects of undergraduate medical education.

This time of year is the big push for local spring clerkship elective opportunities at the start of the clerkship year. This year we begin the new schedule that has an increase from six to eight weeks of electives, which means this period starts in mid-February (versus early March) and runs until mid-April. We continue to collaborate with the Norlien Foundation to offer ten students the opportunity to attend the Betty Ford experience within these eight weeks. Students have been contacting Pauline since the summer, so we

anticipate filling all ten spots. As always, if you would like to take an elective clerk between February 16 and April 12, please let Pauline know. Our local CaRMS applicant numbers remained high again this year (22 out of a class of 174), and I believe it's due largely to dedicated teachers in our department for both Course VII and elective opportunities.

We were able to accommodate significantly fewer visiting local electives this fall. A very big thank you to Dr. Karl Tomm and the Family Therapy Program for taking 14 students over this period.

The Psychiatry Medical Interest Group has been working with our residents to provide evening events and question and answer time; these are very fruitful sessions and give residents the opportunities to act as mentors and encourage future collaborations.

Thank you to the department for their continued financial support of that mandatory component to any student-centered evening event—pizza!

*Submitted by Dr. Nancy Brager,  
Psychiatry Undergraduate Program Director*

## Who's New?



### Dr. Kanwal Mohan

Dr. Kanwal Mohan completed a Bachelor of Science degree at the University of Alberta in Edmonton. She then moved to Calgary to attend medical school and residency in psychiatry through the University of Calgary. During residency she was actively involved in the residency

training committee and was chief resident. In August she began working on Unit 27 (adult inpatient unit) at the Peter Lougheed Centre (PLC). She also joined the psychiatry inpatient consultation liaison service at the PLC. Dr. Mohan has broad interests in psychiatry, which include consultation liaison as well as early psychosis.



### Dr. Dina Munim

Dr. Dina Munim trained in psychiatry in England and obtained her membership of the Royal College of Psychiatrists in London (UK) in 2007. Her training included all aspects of psychiatry subspecialties, such as assertive community team and developmental disabilities. She was also a co-investigator in a

clinical trial on schizophrenia sponsored by a pharmaceutical company. In 2013 Dina completed her Medical Council of Canada exams and started a one-year fellowship program in child and adolescent psychiatry at the University of Calgary. She successfully completed exams in psychiatry to become a fellow of the Royal College of Physicians and Surgeons of Canada in 2014. Dina strives to develop specialist skills in child psychiatry. She has a special interest in the Treatment-Resistant ADHD Clinic and is involved with the Autism+ Clinic. She particularly enjoys working with children and adolescents and their families in inpatient and outpatient settings.

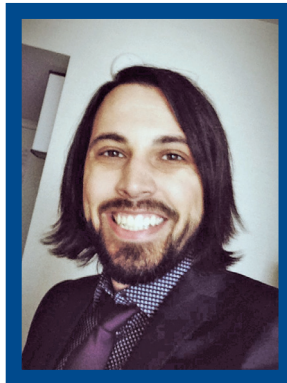


### Dr. Oluyemisi Ajeh

Dr. Yemisi Ajeh joined the forensic psychiatry team in August 2014 and has been working at the Forensic Assessment and Outpatient Service. She also works at the Calgary Correctional Centre and the Calgary Remand Centre.

Yemisi obtained her medical degree in 1995 from the Obafemi Awolowo University in Ile-Ife, Nigeria. Her

postgraduate training was completed in the United Kingdom, where she did a clinical fellowship in forensic psychiatry as part of her higher specialist training. While her main interest is in forensic psychotherapy, she is also interested in medical education. Yemisi has been actively involved in the training of undergraduate medical students, and has a postgraduate certificate in medical education from Queen's University Belfast.



### Dr. Joe Raiche

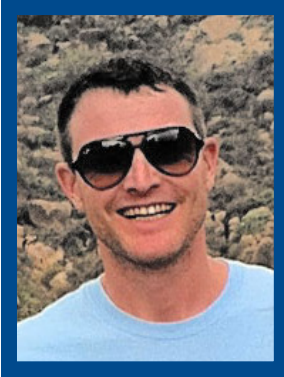
Originally from Lethbridge, Dr. Joe Raiche completed his Bachelor of Science in Biochemistry at the University of Lethbridge before moving to Edmonton. He completed his medical training and psychiatry residency at the University of Alberta, where he served as chief resident. During this time he built on his interest in human sexuality and focused his training in perinatal

mental health and transgender psychiatry—the latter under the mentorship of Dr. Lorne Warneke.

Joe is pleased to have recently started his outpatient practice at Foothills Medical Centre this past July. He is pleased to be part of the established perinatal psychiatry group in Calgary, and to offer psychiatric care to those individuals from Calgary and southern Alberta with gender dysphoria who are transitioning. He currently splits his time between the Women's Mental Health Clinic and his outpatient transgender psychiatry clinic at Foothills Medical Centre.

In his spare time, he can be found mastering the art of double-bogey on the golf course, hitting errant tennis balls into adjacent courts, and snowploughing his way down black diamond ski runs.





### Dr. Thomas Stark

Dr. Thomas Stark is a lifelong Calgarian, who completed his residency training in psychiatry at the University of Calgary. He completed a Master of Science degree through the Department of Community Health Sciences, specializing in Medical Education concurrently with his residency education.

Among Thomas's professional interests are general outpatient psychiatry, chronic care, early psychosis, addictions psychiatry, and medical education and research. Currently, he is based at the Peter Lougheed Centre (PLC) and works in chronic care through the Carnat Centre; chronic care and concurrent disorders through the Claresholm Centre for Mental Health and Addictions; inpatient services at the PLC Short Stay unit; and outpatient services as a consultant psychiatrist at the East Calgary Family Care Clinic.

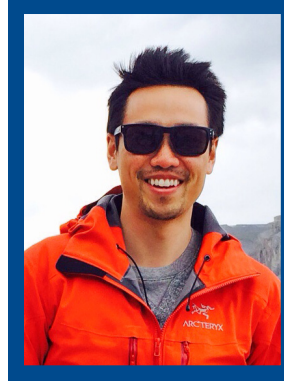
Thomas looks forward to collaborating with his colleagues in providing clinical care and supporting medical education and research.



### Dr. Jack Chu

Dr. Jack Chu, originally from Calgary, moved to Edmonton to begin his post-secondary education at the University of Alberta. He graduated from the faculty of medicine in 1988, and completed his general practice licensing training and a psychiatry residency program. He practiced psychiatry at

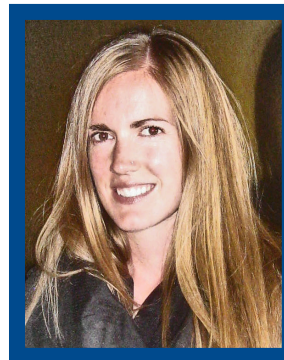
the Royal Alexandra Hospital in Edmonton for twenty years before moving back to Calgary with his wife and four children in March 2014. Currently working at the Rockyview General Hospital, Jack enjoys the beautiful scenery around him and plans to work there for the rest of his career. He loves taking care of his patients and making a difference in their lives. In his spare time Jack enjoys watching and playing sports like soccer, hockey and football. He embraces Calgary's vast selection of sports teams but will always cheer for the Edmonton Eskimos and Edmonton Oilers.



### Dr. Darrin Leung

Dr. Darrin Leung obtained his Bachelor of Health Sciences degree and his medical degree from the University of Alberta in Edmonton. He recently completed his psychiatric residency at the University of Calgary and is currently working in the field of geriatric psychiatry. His time is spent on inpatient Unit 48 at the Rockyview General Hospital and

on the geriatric consultation liaison team. His research interests include an ongoing study investigating the use of 3-D immersive film as a new form of reminiscence therapy. Darrin's recreational interests include cycling and spending time with his wife and new daughter, Sophie.



### Dr. Rhea Balderston

As a Calgary graduate, Rhea Balderston is excited to join her colleagues on Unit 49 at the Rockyview General Hospital. Rhea spends most of her spare time outside, hiking and cycling in Canmore.

## Other new department psychiatrists:

**Dr. Noura Al Faraj**  
Inpatient (PLC)

**Dr. Amanda Berg**  
Outpatient (SMCHC)

**Dr. Eric Fung**  
Inpatient & Emergency (RGH),  
ACT team (SMCHC)

**Dr. Jonathan Tan**  
Child & Adolescent (FMC)

# Wellness at the Addiction Centre

Patients of the Addiction Centre, an outpatient concurrent-disorders treatment program, have a new opportunity to focus on their wellness. Our program's bio-psycho-social model is excellent at addressing psycho-social issues with patients; however, the biological component of the program needed more emphasis. Addiction Centre patients often report problems with sleep, nutrition, medication side effects, sexual health and chronic pain. These concerns, along with the health risks associated with substance use and withdrawal, made a compelling argument to increase patient access to primary care while involved in treatment at the Addiction Centre. In 2011 the nurse practitioner (NP) role was established to look at unique ways of addressing physical health concerns and facilitating healthy lifestyle changes with this population.

The establishment of this role created an opportunity for adult and adolescent patients to meet with the NP to review health concerns, receive important health promotion and disease prevention education and learn how to incorporate healthy behaviours into their lives. The expanded scope of practice of the NP means that patients can have laboratory work ordered, medications prescribed and referrals made, as needed.

Building on this unique nursing initiative, 2014 saw the introduction of the Wellness Clinic for patients in our level three group program. Using a modified group medical visit model, patients meet with a registered nurse and the NP in a group setting. Along with weekly health assessments, this clinic allows common experiences to be shared and facilitates the efficient provision of education and resources to a group of patients. Individuals needing more in-depth care are able to access follow-up appointments.

Primary care support from the NP has benefitted the multidisciplinary team at the Addiction Centre. By working collaboratively with primary care providers and Addiction Centre psychiatrists and therapists, the NP can help identify and address patients' co-morbid health concerns, assist patients in navigating the health care system and reduce the burden on primary care clinics. It is not uncommon for patients at the Addiction Centre to meet with their therapist, psychiatrist and the NP in one day to efficiently address several health concerns and move forward with their treatment plan.

## Next Steps

The success of the Wellness Clinic and the ongoing identification of health concerns in our patients has resulted in the expansion of wellness services to patients currently on our wait-list for group programming. This new group is co-facilitated by the NP and a physician. The addition of physician time and expertise has further enhanced the services available to this vulnerable population. As

patients on the wait-list are often contemplating reducing their substance use, this is an opportune time to provide health education around withdrawal and detoxification, offer resources that patients can use to support healthy changes and provide them with a quicker connection to both physician and NP support.

The Addiction Centre's wellness initiatives are a partnership between nurses and other members of the treatment team, including psychiatrists and therapists. With a unique, autonomous and primary-care scope of practice, the NP supports team members as they care for an often underserved population facing a myriad of health concerns.

*Submitted by Cristina Zaganelli, Nurse Practitioner at the Addiction Centre, Foothills Medical Centre*

## A New Textbook in Addiction Medicine



I am pleased to announce the publication of the *Textbook of Addiction Treatment: International Perspectives*, sponsored by the International Society of Addiction Medicine and published by Springer. There are currently four multi-authored textbooks used in the field, but they mostly

reflect the empirical evidence and practices in the United States; a broader worldwide perspective for a global public health problem was required.

In collaboration with Dr. Giuseppe Carrà from the Universities of Milan and London and Dr. Marc Galanter from New York University, we have for the last four years spearheaded the development of this reference textbook, involving the contributions of 282 authors from 30 countries. The textbook is split into four volumes, with 2,500 pages in total and including 149 chapters highlighting the breadth and depth of addiction medicine and psychiatry; a special section reviews psychiatric comorbidities.

Several contributors are from the University of Calgary, including Drs. Stephen Amadala, Sam Chang, David Crockford and Meyen Hertzsprung, and their work is much appreciated. Special thanks also go to Cheryl Noonan, who was my assistant during this whole process, for her dedication, and the Department of Psychiatry for its steadfast support. I hope you will find this reference textbook helpful in our work with patients suffering from addiction, as well as inspiring in the planning of relevant systems of care.

*Submitted by Dr. Nady el-Guebaly, Senior Editor*



# Rich Man Poor Man event raises funds and awareness



The Rich Man Poor Man dinner is an annual fundraising event organized by ambitious and passionate University of Calgary medical students in first and second year. This year's dinner was the sixth annual event and its theme was similar to many such events across Canada: highlighting global economic and health disparity. The vast majority of the world's population lives in poverty and must endure the hardship into which it is born, while a minority is born into a life where it does not know true want. To highlight this imbalance, most of the guests at the dinner receive a 'poor man' dinner while a single guest at each table receives the 'rich man' dinner. However, do not let the poor man dinner dissuade you from attending in future years, as the vegetarian meal is always delicious.

I was lucky enough to attend this year's dinner with my fellow first-year resident Kimberley Williams under the invitation of the Department of Psychiatry. This event is near and dear to our hearts, as we helped second-year resident Rita Watterson with the event three years ago and we planned the fourth event ourselves. We were joined by Dr. Beverly Adams; Dr. Arlie Fawcett; Dr. Dave Tano and his wife, Mrs. Monica Tano; and Dr. Lisa Harpur and her husband, Mr. Pedro Amestica. Other faces from the department included Dr. Dave Terriff, Dr. Diana Czechowsky and third-year resident Dr. Gina Vaz. Dr. Adams was the lucky recipient of the 'rich (wo)man' dinner at our table. While she did enjoy her succulent steak on a bed of sautéed vegetables and red velvet cake, she was overcome by guilt (perhaps due to the theme of the night) and shared small pieces with all of us 'poor men and women' around the table. The poor men and women enjoyed a black bean curry on rice and pudding dessert, but of course we appreciated that sliver of seared, red steak and rich cake supplied by our selfless local rich woman.



The event is not limited to a dinner; speakers come from the supported organizations, a silent auction raises further proceeds and a photo booth captures some silly moments. This year the dinner supported Flying Doctors of Canada ([www.flyingdoctors.ca/](http://www.flyingdoctors.ca/)), Calgary Urban Project Society (CUPS) ([www.cupscalgary.com/](http://www.cupscalgary.com/)) and the University of Calgary Student Run Clinic ([www.calgarysrc.com/](http://www.calgarysrc.com/)). The last of these organizations works in multiple locations around the city, including Inn from the Cold (the charity being supported by the psychiatry resident initiative, Call for a Cause). The silent auction is the night's main source of funds and has many desirable items, including weekend getaways at several of the Fairmont hotels, private dinners at some of Calgary's most prized restaurants and beautiful art created by countless

multi-talented medical students. As you can see from the pictures featured, the staff at the event were willing to take off their serious psychiatrist hats and replace them with miniature cowboy hats, pink hair hats and Uncle Sam-styled Cat in the Hat hats—maybe we could increase the fundraising total if people were willing to donate a few of the original photos to the cause. An unexpected but welcome highlight of the night was the auctioning

of Dr. Sylvain Coderre, Associate Dean of the Cumming School of Medicine UGME. He hopped around the stage, hoping to entice bids for a night out with him and his wife. In the end he managed to wrangle over \$400 out of the highest bidder.

Throughout the night the wine flowed and the conversation did not stop. The event was an excellent opportunity to enjoy a splendid meal, rich or poor, relax with colleagues and friends, take home some goodies and, most importantly, donate to many excellent causes that are attempting to improve the life and health of people less fortunate.

*Submitted by Caley Shukalek*

# Addiction and Mental Health Strategic Clinical Network Update



One of the key priorities of the Strategic Clinical Network (SCN) is improving the identification and treatment of depression across individuals' lifespans. Two SCN initiatives that focus on this priority are a clinical trial looking at treatment for depression in adults and the investigation of implementing repetitive transcranial magnetic stimulation (rTMS) in Alberta.

## Adult Depression Project Update

Recruitment for the randomized clinical trial phase of the project was completed at the end of September, with 1,340 patients enrolled in the trial. Once follow-up calls are completed in December, data will be analyzed to examine differences in outcomes and costs for the four treatment modalities, including a clinical pathway.

In addition to the data from the trial, interviews and focus groups are being held with patients, physicians and mental health teams in Primary Care Networks across Alberta to determine which methods of treatment physicians and mental health teams are currently using for depression. The SCN will also look for physician and mental health team feedback on what resources and supports they would use to support the treatment of depression in primary care.

## TMS Project Update

In January 2013 the SCN submitted rTMS to the Alberta Advisory Committee for Health Technology (AACHT) for review under the Alberta Health Technologies Decision Process. The purpose of this submission was to develop provincial policy pertaining to this technology. The primary policy question under review is whether rTMS should be established as a publically funded service for people with treatment resistant major depressive disorder.

The AACHT approved this technology for review, and the University of Calgary was commissioned to develop a Health Technology Assessment (also known as an STE Report) relating to the clinical and economic effectiveness of this technology. The STE Report was reviewed by an expert advisory group composed of clinical and research experts, and is now available on the Alberta Health website at [www.health.alberta.ca/documents/AHTDP-rTMS-Resistant-Depression-UofC.pdf](http://www.health.alberta.ca/documents/AHTDP-rTMS-Resistant-Depression-UofC.pdf). The STE Report was presented to the SCN for its feedback.

The Alberta Advisory Group on Health Technologies is currently reviewing the STE Report and will be recommending a policy decision in upcoming months. Introduction of rTMS will require the development of a care pathway, indicating which patients would receive electroconvulsive therapy and which patients would receive rTMS. A strong data system will also be required to analyze information. The SCN has an opportunity to influence the introduction and implementation of rTMS in Alberta.

If you wish to learn more or be involved in either of these projects, contact the SCN at [addictionmentalhealth.clinicalnetwork@albertahealthservices.ca](mailto:addictionmentalhealth.clinicalnetwork@albertahealthservices.ca)

**Stay tuned for early results of our EMPATHY project in the next edition of Mind Matters.**

Follow us on twitter @amh\_scn

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





## Mathison Centre News

On August 23, 2014, the Mathison Centre for Mental Health Research and Education participated as a team in the Open Minds Walk and Run to support the Schizophrenia Society of Alberta. The Mathison team consisted of Geri Anderson, Sandy Berzins and her children (Noah and Marena), Carmelle Bolo, Andrew Bulloch, Darren Clark, Bernice Fonseca, Megan Gray, Emilie Magaud, Keltie McDonald, Karissa Nyman, Lisa Buchy, Manu Schuetze and Kristina Lyngberg. Congratulations to three medal winners: Noah Berzins (gold, men's 5 km run), Lisa Buchy (silver, women's 10 km run) and Bernice Fonseca (bronze, women's 5km run). The team members were also awarded a prize for the best dressed entry, as they proudly displayed their brand new, bright yellow Mathison centre t-shirts.

A number of individuals (trainees and faculty members) provided sponsorships for the event; many thanks go to Yan Liu, Michael Spilker, Bev Adams, Don Addington, Bernadette and Thomas Raedler, and Andrew Bulloch. In total the Mathison team raised \$1,860, which was the third-highest figure of the eight participating teams.

This team event was the first one for the Mathison centre; many people are grateful to Bernice Fonseca and Emilie Magaud for their hard work organizing the event, which has bolstered the esprit de corps in the centre. Future team events (such as Run for Little Ones and a hiking trip in the mountains) are in the planning stages.

*Submitted by Andrew Bulloch, Interim Director, Mathison Centre for Mental Health Research & Education*

## Hotchkiss Brain Institute Celebrates 10 Years of Service

In October 2014, the Hotchkiss Brain Institute celebrated 10 years of excellence in mental health research and education. In recognition of the 10th anniversary, the HBI hosted two events as part of the Future of Neuroscience Symposium: a public talk from neurologist and author Baroness Susan Greenfield and an all-day Scientific Symposium featuring seven of the world's leading neuroscientists. Photos from the Future of Neuroscience Symposium events are available at [www.hbi.ucalgary.ca/node/1540](http://www.hbi.ucalgary.ca/node/1540) [www.hbi.ucalgary.ca/node/1540](http://www.hbi.ucalgary.ca/node/1540).



## Researchers in profile



### **Dr. Matthew Hill, Assistant Professor**

**CUMMING SCHOOL OF MEDICINE, DEPARTMENT OF CELL BIOLOGY AND ANATOMY AND DEPARTMENT OF PSYCHIATRY; HOTCHKISS BRAIN INSTITUTE**

My work focuses on the effects of stress on the brain and how these changes are relevant for mental illness. Most of my research has focused on the endocannabinoid system (the brain's version of cannabis, similar to how endorphins are the brain's version of morphine) and its importance in regulating the stress response and tapering the adverse effects of stress on the brain.

The current projects in my lab investigate the neural mechanisms by which stress modulates endocannabinoid signalling, how this is relevant for the induction and regulation of fear and anxiety and the therapeutic potential of enhancing endocannabinoid neurotransmission to promote resilience to stress. Moreover, I have recently begun examining how endocannabinoid signalling is regulated by inflammation to determine if it contributes to the development of psychiatric comorbidities with inflammatory diseases, such as irritable bowel syndrome or arthritis. I also am involved in several clinical translation projects examining endocannabinoids, inflammatory markers and hormones in various psychiatric conditions, such as depression and post-traumatic stress disorder.

I am involved in several national and international scientific societies, including both the Canadian and American Colleges of Neuropsychopharmacology. I was the president of the Canadian Consortium for the Investigation of Cannabinoids (CCIC) from 2011–2014. The CCIC is a non-profit organization that develops educational programs and continuing medical education courses to educate physicians about the potential therapeutic benefit and dangers associated with cannabinoid-based therapies. Due to my translational work, I also act as a scientific advisor for Pfizer on

their endocannabinoid-based projects.

My research is currently funded by operating grants from both the Canadian Institutes of Health Research and Natural Sciences and Engineering Research Council of Canada, as well as a newly acquired Brain Canada grant shared with Jaideep Bains, Quentin Pittman, Stephanie Borgland and Keith Sharkey. This team will employ state-of-the-art technologies to examine how functional changes in neural circuits following exposure to stress during various developmental periods impacts emotion and reward processing to increase vulnerability to mental illness.

### **RECENT RELEVANT PUBLICATIONS:**

Ramasubbu, R., Vecchiarelli, H.A., Hill, M.N. & Kiss, Z. (in press). Brain derived neurotrophic factor and subcallosal deep brain stimulation treatment for refractory depression. *World Journal of Biological Psychiatry*.

McLaughlin, R.J., Hill, M.N. & Gorzalka, B.B. (2014). Prefrontocortical endocannabinoid signaling and the regulation of stress and emotionality. *Neuroscience and Biobehavioral Reviews* 42C: 116–131.

Hill, M.N., Bierer, L.M., Makotkine, I., Golier, J.A., Galea, S., McEwen, B.S., Hillard, C.J. & Yehuda, R. (2013). Reductions in circulating endocannabinoid levels in individuals with post-traumatic stress disorder following exposure to the world trade center attacks. *Psychoneuroendocrinology* 38(12): 2952–2961.

Hill, M.N. & Patel, S. (2013). Translational evidence for the involvement of the endocannabinoid system in stress-related psychiatric illnesses. *Biology of Mood and Anxiety Disorders* 3: 19.

Hill, M.N., Anilkumar, S., Filipski, S.B., Iverson, M., Stuhr, K.L., Keith, J.M., Cravatt, B.F., Hillard, C.J., Chattarji, S. & McEwen, B.S. (2013). Disruption of fatty acid amide hydrolase activity prevents the effects of chronic stress on anxiety and amygdalar microstructure. *Molecular Psychiatry* 18(10): 1125–1135.

Hill, M.N., Hellems, K.H., Verma, P., Gorzalka, B.B. & Weinberg, J. (2012). Neurobiology of chronic mild stress: Parallels to major depression. *Neuroscience and Biobehavioral Reviews* 36(9): 2085–2117.

**Dr. Hill made Avenue Calgary's Top 40 Under 40 list in 2014. This award is given annually to 40 individuals under the age of 40 who are demonstrating outstanding accomplishments.**



### Dr. Sandy Berzins

I began my PhD in epidemiology in 2008, after acquiring a Master of Science in Health Behaviour from the University of Waterloo in Ontario and then working in research and evaluation for 16 years. I have been a graduate student at the Mathison Centre for Mental Health Research and Education since 2009 and appreciate being a trainee member at such an exciting time of advancement in mental health knowledge.

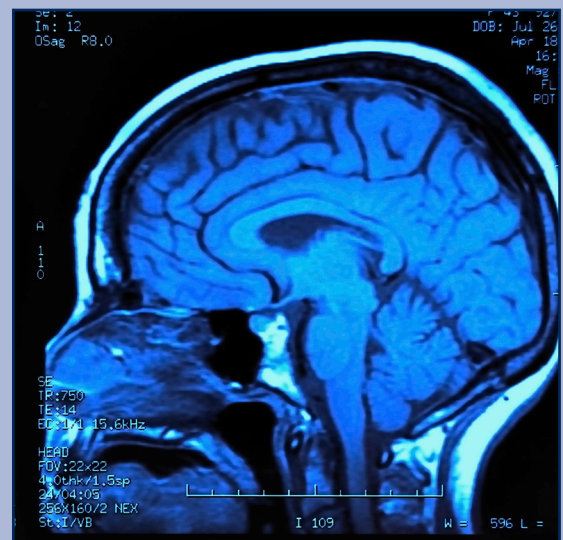
My research at the Mathison centre focused on determinants of depression in multiple sclerosis (MS) and involved conducting the first prospective study to measure depressive symptoms in MS in real time. The objectives of this cohort study were to estimate the incidence of major depression in people with MS and to conduct an exploratory analysis on potential determinants of incidence of depression in MS. The cohort involved 188 participants, who completed over 3,000 questionnaires, making this one of the largest studies of this topic ever conducted. It was a unique opportunity to evaluate risk factors and variability of depressive symptoms in people with MS longitudinally.

My key findings were that the course of depression may be different in men and women; problems with depression do not aggregate early in the MS course or in younger people; and traditional psychiatric risk factors are important, even though MS is a neurological disease. Clinical implications included finding that patients' self-rated ability to cope with the demands of their daily life could inform the need for further assessment. As well, there was a group of participants with high depressive symptom variability who shared some risk factors with the depressed patients, but the significance and course of mood variability are unknown. The pattern of symptoms observed led me to conclude that the current conceptualization of depression in MS as an episodic illness with time-limited episodes may not be the best way to characterize the illness. Key risk groups for depression in MS include people with existing depressive symptoms, traditional depression risk factors (childhood trauma, low self-esteem and self-efficacy, high use of emotion-focused coping and low use of task-oriented coping) and more advanced MS illness.

## Research Update: Deep Brain Stimulation for Treatment-Resistant Depression

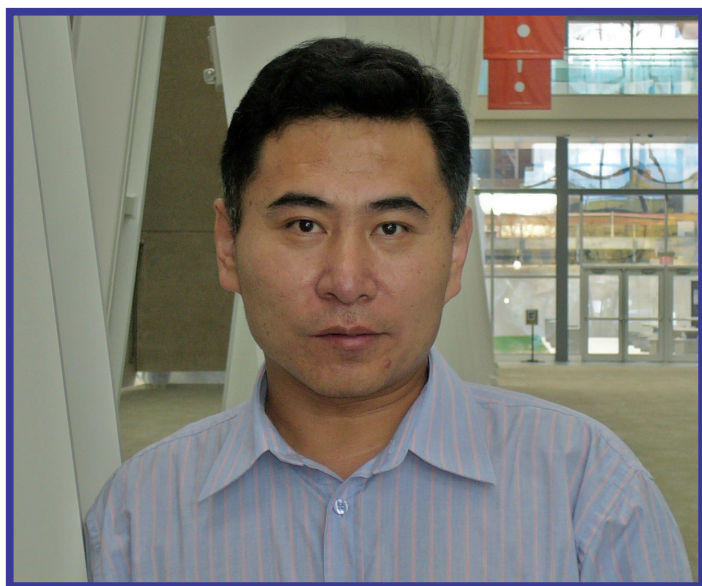
The first study patient with treatment-resistant depression (TRD) is in remission following subcallosal cingulate (SCC) deep brain stimulation (DBS). The first patient, a 28-year-old male who was diagnosed with Major Depressive Disorder at age 11 and who failed to improve with twelve different medication trials, four sessions of electroconvulsive therapy and years of psychotherapy, attained clinical remission at six months after DBS. Four patients have been operated on to date and four patients are waiting for surgery after screening >100 referrals. We need 17 more subjects with TRD to reach our target sample size of 25 patients over the next two years. We have partnered with the Faculty of Nursing to look at the burden of recovery/non-recovery in patients who have experience with SCC-DBS. The examination of biomarkers is an important component of this research. We recently published a paper on brain-derived neurotrophic factor in SCC-DBS, in the World Journal of Biological Psychiatry (Ramasubbu et al WJBS 2014; Sep 17: 1-4).

We welcome patient referrals and requests for more information. Please contact Raj Ramasubbu –CO-PI at 403-210-6890 or rramasub@ucalgary.ca, or the study coordinator, Sandra Golding, at 403-210-6905 or sgolding@ucalgary.ca.



# Men's mental health in the workplace: addressing an unmet need

**Collaborative research team awarded \$1.9 million grant from Movember Foundation to lead national research initiative in men's mental health**



*Dr. JianLi Wang*

Mental health problems in the workplace are a growing public health concern, costing Canadian companies \$20 billion annually. Researchers know that women are twice as likely to suffer depression than men – but that does not mean men are immune to depression. A new Canada-wide research project, led by the University of Calgary, is the first to specifically target men in the workplace to address their attitudes towards e-health solutions for mental health.

A \$1.9 million grant from the Movember Foundation will help a multidisciplinary research team led by Dr. JianLi Wang, a member of the Mathison Centre for Research and Education and the Hotchkiss Brain Institute, and colleagues across the country to investigate ways to identify, prevent and reduce male depression in the workplace. The project was one of three national team grants

announced through the Movember Foundation's Canadian Mental Health Initiative, which seeks to improve the mental health and wellbeing of men and boys.

Using an online tool that he developed, called Predicting Depression, Dr. Wang's study will first identify men in the workplace who are at high-risk for, but do not currently suffer from, depression. As well, the study will employ innovative e-mental health (information and communication technologies to support and improve mental health) strategies, to provide accessible, non-stigmatizing support.

Dr. Wang's study involves three interrelated projects: 1) understanding male workers' e-health literacy, their needs for reducing stress and their preference for e-mental health services; 2) creating and implementing a comprehensive e-mental health program and interactive work-life coaching program which will be evaluated through a randomized controlled trial; and 3) developing online open-access educational resources and programs to provide solutions for work-related challenges faced by workers in male-dominated industrial sectors.

Results from the study may also address the economic challenges of mental illness in the workplace.

While employers understand the importance of addressing mental health issues at work, they may be reluctant to take action because they are not sure of what they should do and the potential return on investment of supporting mental health programs. E-mental health interventions present low cost and effective solutions for employers.

The first part of the study involves recruiting 500 men from across Canada to survey their attitudes toward e-health tools. Anyone interested in the study can email: [jlwang@ucalgary.ca](mailto:jlwang@ucalgary.ca).

*Submitted by Janice Lee, Hotchkiss Brain Institute*



# Psychopharmacology Research Unit (PRU) Update



**Over the past 60 years, many different psychiatric medications, including antidepressants, antipsychotics, anxiolytics and mood stabilisers, have been introduced into clinical practice.**

We now have safe and effective pharmacological treatments for many psychiatric disorders. These medications have been life-changing and life-saving for many people suffering from these disorders. Despite this progress, we still see many individuals who either do not benefit from the current psychopharmacological treatments or who experience severe side effects from these treatments. At the same time many conditions remain for which we do not yet have safe and effective pharmacological treatments available (including negative symptoms and cognitive dysfunction in schizophrenia, eating disorders, autism and dementia).

I have had the honour to serve as Medical Director of the Psychopharmacology Research Unit (PRU) since 2012. The PRU focuses on conducting clinical trials as a way of finding new medications that will be more effective and better tolerated than the currently available treatments. We also participate in studies looking at new indications for established medications.

Traditionally, our research-unit has focused on clinical trials in schizophrenia. We are currently expanding the scope of our unit to include other psychiatric disorders, such as depression, bipolar disorder and child and adolescent psychiatry.

Participants in clinical trials receive very thorough assessments and care. In addition, we can also offer treatment with medications that are not yet commercially available. Please feel free to contact either me (Thomas.Raedler@albertahealthservices.ca) or our clinical trials coordinators, Geri Anderson (Geri.Anderson@albertahealthservices.ca) and Tara Morash (Tara.Morash@albertahealthservices.ca), by email or at 403-210-6903 if you wish to receive further information about current studies. You can also find us on the internet at [www.ucalgary.ca/pru](http://www.ucalgary.ca/pru). We need your support to continue to provide these services.

*Submitted by Dr. Thomas J Raedler*

# Research notes

## Recent Grants

### 2014 Department of Psychiatry/ Calgary Health Trust Research Grant Competition

This annual competition, reactivated in 2013, attracted a record number of submissions.

#### SUCCESSFUL TRAINEE RECIPIENTS:

Dr. Kaitlin Chivers-Wilson (Resident, Department of Psychiatry):  
“Women, Violence and Trust: Exploring the relationship between plasma oxytocin and alexithymia”

Dr. Rachel Grimminck (Resident, Department of Psychiatry):  
“Augmentation of Clozapine with Long Acting Injectable Antipsychotics in Treatment Resistant Schizophrenia”

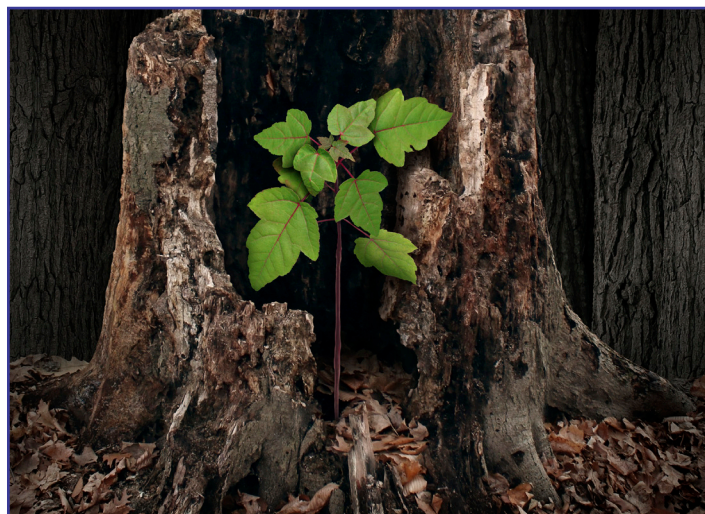
Laina Beth McAusland (Graduate Student, Medical Sciences):  
“Feasibility of the use of biofeedback as an intervention to target anxiety in young people at clinical high risk for developing psychosis”

Dr. Rita Watterson (Resident, Department of Psychiatry):  
“Descriptive Epidemiology of GAD in Canada”

#### SUCCESSFUL FACULTY RECIPIENTS:

Dr. Anne Duffy (Professor, Department of Psychiatry). “Peripheral markers associated with the development of bipolar disorder”

Shawn Currie & Priscilla Liu (Information & Evaluation Unit, Department of Psychiatry/AHS). “Validating a New Measure of Client Experience in Addiction and Mental Health Services”



### Dr. Anne Duffy

Hotchkiss Brain Institute Pilot Funding Grant: “Epigenetic pathways associated with the early clinical stages of bipolar disorder”

### Dr. Zahinoor Ismail

Dr. Ismail was awarded three grants:

Abbot Pharmaceuticals: \$27,250 “Clinical and technical performance of Active B12 against total B12” Sadrzadeh SHM, Naugler C, Ismail Z (August 2014-2015)

Addiction and Mental Health Strategic Clinical Network Seed Grant: \$15,000 “Rising prescriptions for quetiapine for depression: Understanding influence on prescribing behaviour and identifying the knowledge to action gap”, Pringsheim T. PI, Cooke L, Patten S, Ismail Z, Nixon L, Hill T (Nov 2014)

Canadian Institute of Health Research and Partners for the Canadian Consortium on Neurodegeneration in Aging (CCNA): \$1,011,616 “Prevention and Treatment of Neuropsychiatric Symptoms” (CCNA Team 11): Herrmann N., Lanctôt KL, Seitz D, (Team Leaders), Astell A, Bourbonnais A, Bruneau MA, Burhan A, Davies S, Fischer C, Ismail Z, Kroger E, Landreville P, Maxwell C, Ovidiu L, Pollock B, Rajji T, Thorpe L, Van Bussel L, Voyer P, Wilchesky M. (Apr 2014-Mar 2019)

### Drs. Tamara Pringsheim and Don Addington

Drs. Tamara Pringsheim and Don Addington were awarded a Mathison Centre Seed Grant: \$40,000 “Canadian Clinical Practice Guidelines for the Treatment of Schizophrenia and Other Psychotic Disorders” (2014-2015)

### Drs. Tamara Pringsheim and Martina Ann Kelly

Drs. Tamara Pringsheim and Martina Ann Kelly were awarded a grant from the Alberta Mental Health Strategic Clinical Network: \$15,000 “Rising prescriptions for quetiapine for depression: Understanding influences on prescribing behaviour and identifying the knowledge to action gap” (2014-2015)

### Dr. JianLi Wang

Seed grant from Mathison Centre: \$13,000 “Disclosing Personalized Depression Risk Information: A pilot study” (2015-2016)



## Publications

### Dr. Assen Alladin

Alladin, A. Mindfulness-based hypnosis: Blending science, beliefs, and wisdoms to catalyze healing. *American Journal of Clinical Hypnosis*, 2014, 56, 285-302 (peer reviewed)

Alladin, A. The wounded self: New approach to understanding and treating anxiety disorders. *American Journal of Clinical Hypnosis*, 2014, 56, 368-388 (peer reviewed)

Alladin, A. The power of belief and expectancy in understanding and management of depression. *American Journal of Clinical Hypnosis*, 2013, 55, 249-271 (peer reviewed)

Alladin, A. Healing the wounded self: Combining hypnotherapy with ego state therapy. *American Journal of Clinical Hypnosis*, 2013, 56, 3-22 (peer reviewed)

### Dr. Anne Duffy

Duffy A. Early identification of recurrent mood disorders in youth: the importance of a developmental approach. *Evid Based Ment Health*. 2014 Oct 31. pii:ebmental-2014-101993. doi: 10.1136/eb-2014-101993. [Epub ahead of print] PubMed PMID: 25362102. Selected as Editor's Choice Paper by Department of Psychiatry, Oxford University, UK

Doucette S, Levy A, Flowerdew G, Horrocks J, Grof P, Ellenbogen M, Duffy A. Early parent-child relationships and risk of mood disorder in a Canadian sample of offspring of a parent with bipolar disorder: findings from a 16-year prospective cohort study. *Early Interv Psychiatry*. 2014 Oct 30. doi:10.1111/eip.12195. [Epub ahead of print] PubMed PMID: 25356767

Duffy A, Horrocks J, Keown-Stoneman C, Doucette S, Grof P. Authors' reply. *Br J Psychiatry*. 2014 Aug;205(2):159. doi: 10.1192/bjp.205.2.159. Epub 2014 Aug 1. PubMed PMID: 25252323

Duffy A. Author's reply. *Br J Psychiatry*. 2014 Jun;204(6):494. doi: 10.1192/bjp.204.6.494. PubMed PMID: 24891302

Duffy, A. Interventions for Youth at Risk of Bipolar Disorder. *Current Treatment Options in Psychiatry*, 2014, Vol 1, Issue 1, 37-47. SpringerLink. doi: 10.1007/S40501-013-0006-x

Duffy, A. Towards a comprehensive clinical staging model for bipolar disorder. Integrating the evidence. *Canadian Journal of Psychiatry*. CJP-2014-037-PER, in press

### Book Chapters:

Duffy, A. "Chapter 1: Progression of bipolar disorder in youth: Defining the early clinical stages in development of bipolar disorder", in *Bipolar Disorder in Youth*. Strakowski S. M., DelBello M. P., Adler C. M., Eds, Oxford University Press, NY, NY. pp 3-12, 2015

Duffy, A. "The implications of manic-like symptoms for subsequent psychopathology" in *Clinical Insights: Mental Health in Adolescents: Bipolar Disorder*. Future Medicine Ltd., London, UK, 145-148, 2014

### Dr. Zahinoor Ismail

Ismail Z, Arenovich T, Granger R, Grieve C, Willett P, Patten S, Mulsant BH. [www.ncbi.nlm.nih.gov/pubmed/25330847](http://www.ncbi.nlm.nih.gov/pubmed/25330847) \t "\_blank" Associations of medical comorbidity, psychosis, pain, and capacity with psychiatric hospital length of stay in geriatric inpatients with and without dementia. *Int Psychogeriatr*. 2014 Oct 21:1-9. [Epub ahead of print]

Egeto P, Fischer C, Ismail Z, Schweizer T. Lacunar stroke, deep white matter disease and depression: a meta-analysis, *Int Psychogeriatr*. 2014 Jul;26(7):1101-9

Ismail Z, Malick A, Smith E, Schweizer T, Fischer C. Depression versus dementia: is this construct still relevant? *Future Medicine: Neurodegenerative Disease Management*, 2014 Apr; 4(2):119-126

Mulsant BH, Blumberger D, Ismail Z, Rabheru K, Rapoport M. A Systematic Approach to Pharmacotherapy for Geriatric Major Depression. *Clinics in geriatric medicine* 30.3 (2014): 517-53





## Dr. Frank MacMaster

Yang XR, Kirton A, Wilkes TC, Pradhan S, Liu I, Jaworska N, Damji O, Keess J, Langevin LM, Rajapakse T, Lebel RM, Sembo M, Fife M, MacMaster FP. Glutamate alterations associated with transcranial magnetic stimulation in youth depression: a case series. *J ECT*. 2014 Sep;30(3):242-7. First study of the neurobiology of the effect of rTMS in young people

MacMaster FP, Langevin LM, Jaworska N, Kemp A, Sembo M. Bipolar Disord. Corpus callosal morphology in youth with bipolar depression. 2014 Aug 28. doi: 10.1111/bdi.12247. [Epub ahead of print]

Langevin LM, MacMaster FP, Dewey D. Distinct patterns of cortical thinning in concurrent motor and attention disorders. *Dev Med Child Neurol*. 2014 Aug 25. doi: 10.1111/dmcn.12561. [Epub ahead of print]

Heck E, Jaworska N, DeSomma E, Dhoopar AS, MacMaster FP, Dewey D, MacQueen G. A survey of mental health services at post-secondary institutions in Alberta. *Can J Psychiatry*. 2014 May;59(5):250-8

Barlow KM, Brooks BL, MacMaster FP, Kirton A, Seeger T, Esser M, Crawford S, Nettel-Aguirre A, Zemek R, Angelo M, Kirk V, Emery CA, Johnson D, Hill MD, Buchhalter J, Turley B, Richer L, Platt R, Hutchison J, Dewey D. A double-blind, placebo-controlled intervention trial of 3 and 10 mg sublingual melatonin for post-concussion syndrome in youths (PLAYGAME): study protocol for a randomized controlled trial. *Trials*. 2014 Jul 7;15:271. doi: 10.1186/1745-6215-15-271

Jaworska N, MacMaster FP, Yang XR, Courtright A, Pradhan S, Gaxiola I, Cortese F, Goodyear B, Ramasubbu R. Influence of age of onset on limbic and paralimbic structures in depression. *Psychiatry Clin Neurosci*. 2014 Apr 28. doi: 10.1111/pcn.12197. [Epub ahead of print]

Reynolds S, Carrey N, Jaworska N, Langevin LM, Yang XR, Macmaster FP. Cortical thickness in youth with major depressive disorder. *BMC Psychiatry*. 2014 Mar 20;14:83. doi: 10.1186/1471-244X-14-83

Langevin LM, Macmaster FP, Crawford S, Lebel C, Dewey D. Common white matter microstructure alterations in pediatric motor and attention disorders. *J Pediatr*. 2014 May;164(5):1157-1164.e1. doi: 10.1016/j.jpeds.2014.01.018. Epub 2014 Feb 25

MacMaster FP, Carrey N, Langevin LM, Jaworska N, Crawford S. Disorder-specific volumetric brain difference in adolescent major depressive disorder and bipolar depression. *Brain Imaging Behav*. 2014 Mar;8(1):119-27. doi: 10.1007/s11682-013-9264-x

Jaworska N, MacMaster FP, Gaxiola I, Cortese F, Goodyear B, Ramasubbu R. A preliminary study of the influence of age of onset and childhood trauma on cortical thickness in major depressive disorder. *Biomed Res Int*. 2014;2014:410472. doi: 10.1155/2014/410472. Epub 2014 Mar 6

## Dr. John McLennan

Vallerand I, Kalenchuk A, McLennan JD (in press) Behavioural treatment recommendations in clinical practice guidelines for ADHD: a scoping review. *Child and Adolescent Mental Health* (First published online: [www.onlinelibrary.wiley.com/doi/10.1111/camh.12062/abstract](http://www.onlinelibrary.wiley.com/doi/10.1111/camh.12062/abstract))

Wagner D, Vallerand I, McLennan JD (in press) Treatment receipt and outcomes from a clinic employing the ADHD treatment guideline of the Children's Medication Algorithm Project. *Journal of Child and Adolescent Psychopharmacology* (First published online: [www.online.liebertpub.com/doi/abs/10.1089/cap.2014.0014](http://www.online.liebertpub.com/doi/abs/10.1089/cap.2014.0014))

## Dr. Daniel Okoro

Okoro, D. C. (accepted for publication at a later date) Post traumatic stress disorder: The misappropriation of military suicide causation and medication treatment of PTSD. *CJP* 2014 (151) Let.R1

## New Appointments

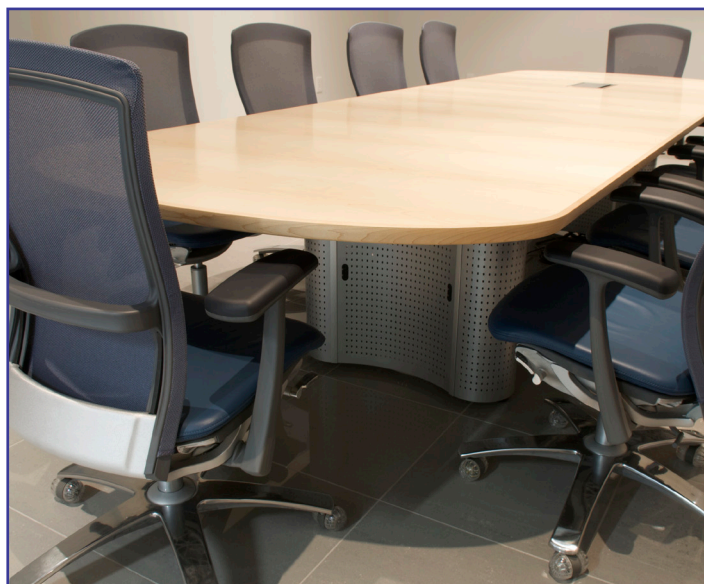
### Dr. Assen Alladin

Dr. Assen Alladin was elected President-Elect of the American Society of Clinical Hypnosis (2015-2016).

### Dr. Anne Duffy

Co-Chair of the International Society for Bipolar Disorders (ISBD) Task Force

Member of the International Society for Bipolar Disorders and the International Group for Studies of Lithium-Treated Patients Task Force.





## Research Participants Needed

### rTMS and Depression Study

We need healthy control participants for our study on rTMS and depression.

To be considered for the study, individuals must be between 12-21 years of age, right-handed and in good general health.

Individuals excluded from the study include the following:

- People with a history of seizures or epilepsy, hypertension, learning disabilities or additional neurological or psychiatric diagnoses,
- People taking psychotropic medication,
- Pregnant women, and
- People with braces (because we are using MRI as part of the study).

*For further information, contact [brainkids@ucalgary.ca](mailto:brainkids@ucalgary.ca).*

### Treatment Resistant Depression Study

We are looking for adolescents with treatment-resistant depression. We are doing a study of a potential new treatment for depression called transcranial magnetic stimulation (or TMS).

To be considered for the study, individuals must meet the following criteria: (1) be between 12-21 years of age and suffer from depression, (2) have used antidepressants for at least 8 weeks, with no significant improvement in depression symptoms, and (3) be right-handed. A person cannot participate in the study if they have had previous seizures or epilepsy, hypertension, or additional neurological diagnoses, or they are pregnant or have braces (because we are using MRI as part of the study).

Individuals excluded from the study include the following:

- People with a history of seizures or epilepsy, hypertension, or additional neurological diagnoses,
- Pregnant women, and
- People with braces (because we are using MRI as part of the study).

*For further information, contact [brainkids@ucalgary.ca](mailto:brainkids@ucalgary.ca).*

### Forum Study

The Psychopharmacology Research Unit is continuing to look for appropriate participants for the Forum Study (previously named the Envivo Study).

This clinical trial involves an investigational drug,  $\alpha 7nAChR$  agonist, which is being developed as a potential treatment for cognitive impairment associated with schizophrenia.

Patients must meet the following requirements to participate in this trial:

- Be between 18 and 50 years old,
- Reside in a stable living situation,
- Have an identified informant (support person),
- Be medically diagnosed with schizophrenia for at least three years, with illness in a non-acute phase, and
- Be treated with a stable dose of an atypical antipsychotic drug (other than clozapine) for at least eight weeks prior to the study.

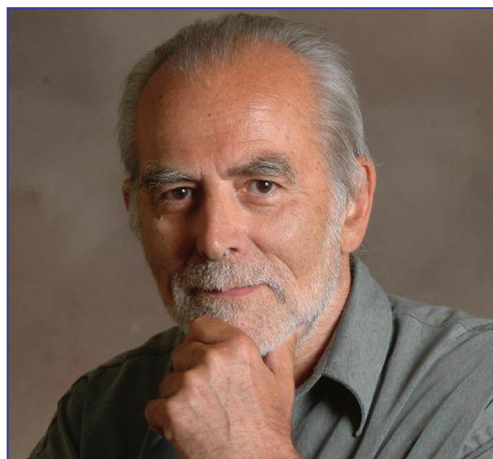
*For more information about this study, please contact Dr. Thomas Raedler at [Thomas.raedler@albertahealthservices.ca](mailto:Thomas.raedler@albertahealthservices.ca) or the clinical trials coordinator, Geri Anderson, at 403-210-6903 or [geri.anderson@albertahealthservices.ca](mailto:geri.anderson@albertahealthservices.ca)*



# Events

## Announcing the 28th Annual Sebastian K. Littmann Research Day

The 28th Annual Sebastian K. Littmann Research Day will take place on March 13, 2015. We are very fortunate that Dr. Paul Grof has accepted the role of keynote speaker for this event. Dr. Grof is the director of the Mood Disorders Centre of Ottawa



Dr. Paul Grof

(www.mdco.ca), professor, Department of Psychiatry, University of Toronto, and founder of the Igsli Group (international group for studies of lithium responsive illnesses (www.Igsli.org). He has been a major figure in the field of bipolar

disorder from the introduction of lithium carbonate as a treatment for the disorder.

Dr. Grof will also be hosting a drop-in session for anyone interested. The topic, "How to develop an effective specialty program for patients with affective disorders: lessons learned", will occur on Thursday March 12 from 12:30–2:00 pm in the Day Hospital atrium, second floor Special Services Building, Foothills Medical Centre. At 3:30 pm on the same afternoon, Dr. Grof will make a presentation entitled "History of lithium use" to the History of Neuroscience Research Group in Health Sciences Centre 500.

The Sebastian K. Littman Research Day will be held at the Village Park Inn, its traditional venue. This great venue has plenty of free indoor parking under the hotel, which is located across from McMahon Stadium on Crowchild Trail. A call for abstracts will go out early in late November 2014; please consider submitting an abstract (ideas, literature reviews, case reports, studies, etc.) This is a free event and everyone is welcome to attend, with or without a presentation.

For more information, visit: [www.hbi.ucalgary.ca/event/2015-03-13/28th-annual-sebastian-k-littmann-research-day](http://www.hbi.ucalgary.ca/event/2015-03-13/28th-annual-sebastian-k-littmann-research-day) or [www.people.ucalgary.ca/~patten/Seb\\_Littmann\\_Main.html](http://www.people.ucalgary.ca/~patten/Seb_Littmann_Main.html)

## Department of Psychiatry 10th Annual Curling Bonspiel

FRIDAY, FEBRUARY 27

Calgary Winter Club

4611-14 Street NW

For more information or to register, please contact Yvette Kosidowski at (403) 943-4710 or [yvette.kosidowski@albertahealthservices.ca](mailto:yvette.kosidowski@albertahealthservices.ca).

## Youth Mental Health Day Adolescent cannabis use and psychosis: Where does the evidence stand?

WEDNESDAY, MARCH 25

University of Calgary, Health Sciences Centre

With presentations from:

Sir Robin Murray, King's College, London, UK

Dr. Steven Laviolette, Western University, ON

Dr. Yasmin Hurd, Mount Sinai Hospital, New York, NY

[www.hbi.ucalgary.ca/event/2015-03-25/](http://www.hbi.ucalgary.ca/event/2015-03-25/youth-mental-health-day)

[youth-mental-health-day](http://youth-mental-health-day)

*Mind Matters is distributed to psychiatry medical staff and faculty, psychiatry residents, program directors and section chiefs, Alberta Health Services executives, and psychiatry support staff.*

*Submissions & Inquiries:*

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