



Mind|Matters

Department of
Psychiatry
Newsletter
Calgary Zone
Fall 2016

FROM THE DEPARTMENT HEAD

We have had a great start to another academic year.

Dr. Beverly Adams, Head, Department of Psychiatry



*Dr. Michal Goetz (left) and Dr.
Christopher Wilkes (right)*

Thank-you to Dr. Chris Wilkes for his tireless efforts in planning the International Meeting for IACAPAP in Calgary September 18th-22nd which was a great success. We were able to host Dr. Michal Goetz, a visiting professor from Prague interested in ADHD research and in studying the offspring of parents suffering from bipolar affective disorder. He will also be hosting the next IACAPAP meeting in Prague 2018. Welcome to Dr. Marie Claire Bourque, the recipient of the Kristin Sivertz Resident Leadership Award, who will join us in PAS at FMC and the Elbow River Healing Lodge as new faculty. Thank-you to our

Site Chiefs who have accepted new responsibilities in the delivery of services at our acute care sites: Dr. Lauren Zanussi at FMC, Dr. Arlie Fawcett at PLC, Dr. Novin Ihsan at SHC and Dr. Lisa Harpur at RGH. They are responsible for inpatient and outpatient services, consultation liaison, and emergency at their respective sites. This will allow a deeper dive into the many issues of psychiatric service delivery in acute care.

Our new and improved Fall Social was another resounding success and allowed us to thank all those who continue to deliver excellence in patient care.

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CAAMHPP Update from Dr. Chris Wilkes



Brent Scout



Mayor Naheed Nenshi (left) Dr. Bruno Falissard (right)



Dr. David Swann

On September 18th to the 22nd Calgary hosted the world's most prominent meeting for child and adolescent mental health and Psychiatry. This meeting integrated: the 22nd Inter-national Congress of the Inter-national Association of Child and Adolescent Psychiatry and the Allied Professionals (IACAPAP) and the 36th Annual meeting of the Canadian Academy of the Child and Adolescent Psychiatry (CACAP). The IACAPAP Congress has not been in Canada since 1954 and this joint meeting hosted over 1200 attendees from about 70 different countries, which included a diverse variety of Professionals including Psychiatrists, Psychologists, Social Workers, Nurses, Educators and Teachers as well as Users and Carers at the Calgary Telus Convention Centre. The Congress had over 600 papers and 25 key note addresses spread over 5 days and featured the theme of "Fighting Stigma; promotion of resiliency and positive mental health." Some of the Key Note speakers featured our local champions for mental health reform such as Nancy Mannix and Sheldon Kennedy as well as our own specialist in Bipolar Disorders, Ann Duffy.

The opening ceremony started by Brent Scout from Treaty 7, also known as Nii danamska of the Blackfoot Nation honouring the Blackfoot land and people by giving an opening prayer and blessing followed by drumming and dancing. There was a special warm welcome for Dr Bruno Falissard, President of IACAPAP from Mayor Naheed Nenshi who awarded him the "White Hat". This was followed by a welcome from the Honourable Dr. David Swann; MLA for the Liberal party and co-author of the Alberta Mental Health review.

Finally the chair of the Mental Health Commission, Michael Wilson gave an inspirational address about the importance of decreasing stigma regarding mental health problems and promoting better access for treatment for those in need if we are to avoid the devastating effects of suicide.

On the Fifth day Brent Scout from Treaty 7 gave the closing prayer and song together with his wife Bonnie Healy. This was followed by tributes to several Child and Adolescent Psychiatrists who have passed away in the last year and recognised their contribution to the care of Children and Adolescents around the world. Then the Donald Cohen Fellowship program and the 20 sponsored young mental health professionals from around the world came on the stage and thanked the audience and Congress Organizing Committee for this opportunity for networking and learning from key leaders in our field and for the mentoring they received from the many distinguished speakers including our local mentors Dr Monique Jericho and Dr Gina Dimitropoulos from AHS and Mathison centre. Finally Dr. Michal Goetz announced that Prague would be hosting the IACAPAP Congress in July 2018 and awarded a free registration prize to one of the delegates attending. Dr Michal Goetz is currently a visiting professor in the Department of Psychiatry at present and currently working with Dr Wilkes and Dr Duffy. He also gave Grand Rounds for the Division of Child and Adolescent Psychiatry on Child Psychiatry in the Czech Republic this September. Finally Dr. Wilkes would like to thank our department head Dr. Beverly Adams for the generous support she has given to this Congress.

Christopher Wilkes, MD



Calgary Hearts and Minds Program (CHAMP)

The members of CHAMP are (from left to right): Raj Dharmalingam (clerk), Ingrid Hanisch (clerk), Vidya Raj (psychiatrist), Alisen Derksen (LPN)

CHAMP is a new AHS program that opened at South Health Campus in August 2016. It is a joint initiative between the Departments of Psychiatry and Cardiology with the goal of providing outpatient psychiatric consultation and short term psychiatric care to patients with cardiac disease.

Patients are assessed by Dr. Vidya Raj, MB ChB, Assistant Professor of Psychiatry and Family Practice. She is a trained consultation-liaison psychiatrist with a particular interest in cardiology (she is married to Libin Cardiovascular Institute's Dr. Satish Raj, Associate Professor of Cardiac Sciences, and her father has a history of heart disease).

Direct referrals of any adult patient under the care of a cardiac service are accepted from cardiologists, cardiac surgeons and

cardiac nurse practitioners via fax. This is an embedded clinic within the outpatient cardiology department to minimize patient stigma. While all psychiatric conditions are welcomed in referral, the most common reason for referral is depression.

Depression is at least 3 times more common in cardiac patients than in the general population and linked with a 2-3 times increased risk of death in the coming years. The CHAMP program aims to offer treatment to these patients with the goal of monitoring their progress and hopefully improving this statistic. Following psychiatric assessment and short term treatment, patients are referred back to their general practitioners or on to more long term community mental health services as indicated.



Dr. Marie Claire Bourque (or MC as her friends call her) grew up in the small Acadian village of Ste-Anne du Ruisseau in Southern Nova Scotia. She pursued her interest in human performance via the completion of a Bachelor's (Dalhousie) and Master's (University of Western Ontario) degree in Kinesiology. She then completed her Medical School at the University of Calgary in 2011. She moved back to Nova Scotia to complete her residency training in Psychiatry through the Dalhousie Psychiatry Residency Training Program. She is thrilled to join the teams at the Psychiatric Adult Services (FMC), Consult Liaison Services (FMC) and Adult Aboriginal Mental Health at the Elbow River Healing Lodge. In her spare time she enjoys Zumba, various dance classes, spin class, walking her dog, and eating delicious foods.

Dr. Nathan Finkbeiner

Nathan was born and raised in the Edmonton area; he completed an undergraduate degree in pharmacology at the University of Alberta. Thereafter, Nathan spent a year working as a pharmaceutical sales representative before moving to Calgary with his then girlfriend/now wife Sarah, to pursue medical school. Having come in with aspirations for medical oncology, followed by orthopaedic surgery, Nathan ultimately found my way to psychiatry with tremendous support and encouragement. Five years, two kids, and a few quizzes later, he completed his residency here in town... again, with tremendous support and encouragement. Following an extended one-day vacation, Nathan began his career with the inpatient group on Unit 25 at the Peter Lougheed Centre, keeping his dance card relatively open otherwise. On occasion, he is involved in a shared-care arrangement with a sports medicine clinic, and is considering opportunities in concussion-related endeavours. Additionally, he looks forward to taking on learners and involving himself in teaching opportunities where possible! In his spare time you might find him spending it with the family in the mountains or camping, hacking away at shinny hockey, or searching endlessly for the Edmonton Oilers' past glory.



Dr. Robert Tanguay

Rob completed his B.Sc.(hons) in Neuroscience at the University of Lethbridge then attended medical school at the University of Calgary where he continued his residency along with a fellowship in Addiction's Medicine. He has been actively engaged with the Alberta Psychiatric Association and is currently a board member for its Foundation. He has enjoyed being involved in presenting at various local, national, and international conferences and evening lectures as speaking is something he truly enjoys. He is also a committee member for the new Prevention and Longevity conference where he is speaking on Mindfulness, something he has been practicing and teaching patients in different modalities including Mindfulness Based Stress Reduction, Cognitive Therapy, Relapse Prevention, and he most recently became a certified MB Chronic Pain Management facilitator. Dr. Tanguay is now currently working on his Pain Medicine Fellowship with interests in the pharmacological and psychological understanding and treatment of pain. He is passionately working at the Opioid Dependency Program, as a group therapist at DBT, and as a psychiatrist and addiction's specialist at the Chronic Pain Clinic where much of his focus is in opioid tapers. Rob couldn't be more excited, as he feels honoured to be a part of the Psychiatry Department here in Calgary. He is actively involved in education, teaching medical students and psychiatry residents as a primary preceptor in shared care and addictions. Most importantly Rob is a father, husband, brother, son, and friend, continuing to strive to have balance in his life between his career, his family, and his friends.

Padmaja Genesh with the Calgary Alzheimer's Society, left, stands with Dr. Zabinoor Ismail whose research has produced a rating scale that could help with early detection of dementia. (Natasha Frakes/CBC)



The Department of Psychiatry in the News

Article featuring our very own Dr. Zabinoor Ismail was published on July 27th, 2016 on www.CBC.ca/news

Dementia research at University of Calgary could help with early detection and treatment

Behaviour changes, not memory lapses, could be an early indicator of larger issues to come. Researchers at the University of Calgary believe there are early detection signs for dementia that have little to do with memory and a lot to do with behaviour. Dr. Zabinoor Ismail is the lead researcher and says he and his team have developed a checklist for doctors and family members that ask questions about mood, anxiety and social behaviour. That checklist can lead to patients receiving anti-dementia medication far sooner than they currently do. "In the longer-term, if we capture these people early, and then you wonder, if we actually give them anti-dementia drugs that we've been giving too late because we're diagnosing dementia too late, if we give them very early can we prevent or hasten the onset of cognitive-decline dementia?" said Ismail.

The project started four years ago, and led to the creation of a rating scale that was easy enough for family members to use. The rating scale looks for changes in mood that could be signs of a larger problem Ismail said his research does not mean that just because grandma is grumpy she'll eventually have dementia, but if she is behaving differently for at least six months and it's affecting those around her, she could be at risk. Padmaja Genesh with the Calgary Alzheimer's society said the checklist could reduce the wait time for seeing a specialist. "That is something that is non-invasive, that is accessible, that is affordable. In that way this is really valuable," she said. The checklist is being used at the cognitive neuroscience clinic at Foothills Hospital and Ismail said it's being distributed internationally.

Psychopharmacology

Research Unit Update

A message from the Medical Director of the Psychopharmacology Research Unit (PRU)

Dr. Thomas Raedler

As the Medical Director of the Psychopharmacology Research Unit (PRU) I would like to give you a brief update on the recent activities of our clinical trials unit. First of all we would like to thank you for your ongoing support of our program. With your help we were able to recruit several participants for our clinical trials program.

We just completed recruitment for the BI 1289.6 study ('A Study to Investigate the Efficacy, Safety and Tolerability of Four Different Doses of BI 409306 Compared to Placebo Given for 12 Weeks in Patients With Schizophrenia on Stable Antipsychotic Treatment'; ClinicalTrials.gov identifier: NCT02281773). This Phase II study is investigating a new compound for treatment of cognitive impairment associated with schizophrenia (CIAS). First results of this clinical trial should be made available by the end of 2016. We recently received the final results of the phase III EVP-6124 clinical trial (ClinicalTrials.gov identifier: NCT01714661), which investigated another compound for CIAS. This compound did not prove effective in this clinical trial. We are currently participating in the following clinical trials. We are still looking for subjects for all trials:

The Real Life Assessment of Abilify Maintena (ReLiAM) study is a phase IV study (ClinicalTrials.gov identifier: NCT02131415). This non-interventional prospective cohort study follows subjects with schizophrenia, who are being switched to Abilify Maintena, for two years. Toba Oluboka, MD, David Crockford, MD, Rory Sellmer, MD, Zahinoor Ismail, MD and Novin Ihsan, MD serve as co-investigators.

The NaBen study (Adaptive Phase II Study to Evaluate the Safety & Efficacy of Sodium Benzoate as an Add-on Treatment for Schizophrenia in Adolescents; ClinicalTrials.gov identifier: NCT01908192) assesses the effects of sodium benzoate, a well-known food-additive, on symptoms of schizophrenia in adolescents with schizophrenia between the ages of 12 and 17 years. We are expecting to be approved for a similar study in

adults with schizophrenia (including subjects treated with clozapine) over the next few months. Beverly Adams, MD and Iliana Garcia-Ortega, MD serve as co-investigators.

We recently received ethics-approval for the **ADVANCE** studies (Active Reference (Fluoxetine) Fixed-dose Study of Vortioxetine in Pediatric Patients Aged 7 to 11 Years With Major Depressive Disorder (MDD); ClinicalTrials.gov identifier: NCT02709655; Active Reference (Fluoxetine) Fixed-dose Study of Vortioxetine in Pediatric Patients Aged 12 to 17 Years With Major Depressive Disorder (MDD); ClinicalTrials.gov identifier: NCT02709746)

We are also expecting to receive ethics-approval for an open-label extension study (Long-term, Open-label, Flexible-dose, Extension Study of Vortioxetine in Child and Adolescent Patients With Major Depressive Disorder (MDD) From 7 to 18 Years of Age; ClinicalTrials.gov identifier: NCT02871297). These studies compare Vortioxetine, a new antidepressant, with fluoxetine, an older SSRI-antidepressant, in the treatment of pediatric and adolescent patients with major depressive disorder. Please be aware that these studies also include a psychological intervention component. Recruitment for these studies will start over the next weeks once our clinical trial site has been initiated. Iliana Garcia-Ortega, MD and Chris Wilkes, MD serve as co-investigators.

We continue to rely on your support for our clinical trials program. Please feel free to contact Geri Anderson (Geri.Anderson@ahs.ca) or Tara Morash (tmorash@ucalgary.ca) by email or phone (403.210.6903) if you wish to have more information about one of these studies, or if you wish to refer a subject for possible participation.

Thomas J Raedler, MD, Medical Director, PRU, Mathison Centre for Mental Health Research & Education



Update on the Mathison Centre

From Dr. Andrew Bulloch

Deputy Director

Research & Education



The Mathison Centre for Mental Health Research & Education has been involved in various notable initiatives since Winter 2015. Highlights of these include the development of new partnerships, securing funding for strategic projects, recruiting of new staff, organization and involvement in high profile research events and increase in its membership.

First, we have continued to develop and consolidate new and existing partnerships with notable institutions as part of our community engagement efforts. A number of newly evolving partnerships have merged tied to research projects of mutual interest to the Centre and our partners. Notable among our new partners are the Sheldon Kennedy Child Advocacy Centre and Rocky View School Board.

Our Centre saw some growth in membership with the welcoming on board of new associate members to its cohort of researchers. The new researchers are from diverse knowledge backgrounds including population and public health, social work, community health sciences, and psychology.

Following a successful award from the Brain and Mental Health Strategic Research Fund program, the Mental Health NeuroTeam in partnership with the Mental Health Commission of Canada (MHCC) and Rockyview School Board has kicked off on a project to investigate the association between mental health and school success, and also test the impact of the HEADSTRONG anti-stigma intervention on school success. Stay tuned for more details on this and other upcoming projects on course within our Centre!

In August Josephine Adda joined our team as our Projects & Partnerships Coordinator. The role will support our Director and the leadership team in advancing our project and partnership development activities. Josephine moved from a similar role at the University of Alberta. Welcome Josephine!

In September, we were a diamond partner to the IACAPAP (International Association for Child and Adolescent Psychiatry and Allied Professionals) 2016 conference held in Calgary. The event under the theme 'Fighting Stigma, Promoting Resiliency and Positive Mental Health' brought together attendees from some 70 countries to present a program that covered broad based themes to increase both awareness and prevention of mental health problems for children and youth around the world, and advocate for evidenced-based treatments which are both neuro-developmentally sensitive and trauma informed. We mounted a booth to showcase the activities of our centre and engage with attendees at the conference.

The Mathison Trainee Organization (MTO) has continued to engage in innovative community outreach and educational activities. As part of MTO community outreach efforts, a cohort of trainees in collaboration with the HBI delivered a series of talks focused around mental health to the Deer Park United Church community. These talks were an opportunity for our Centre to engage with the public and also offered our trainees an opportunity to share their knowledge as budding researchers.

Dr. Andrew Bulloch, Deputy Director, Mathison Centre for Mental Health Research & Education



Lauren Hirsch MD and MSc Student

Department of Community Health Sciences, Cumming School of Medicine

I am currently a MD/MSc-Epidemiology student at the University of Calgary Cumming School of Medicine. I completed the MSc portion of my program in July 2016 after successfully defending my master's thesis "Second-generation antipsychotics and metabolic side effects in the Canadian population." Since then, I have been working towards my MD, with an expected graduation in June 2019. I was fortunate to be able to complete these two degrees through the Leaders in Medicine program, a clinician-scientist initiative unique to the University of Calgary.

Prior to my current studies, I completed a Bachelor of Science in Biological Sciences from the University of Calgary in 2010. I then worked in a variety of research roles, starting as a research assistant at Alberta's Tomorrow Project, a large-scale cohort study. I subsequently held research positions in both the Department of Emergency Medicine and the Department of Clinical Neurosciences. These roles inspired me to pursue further education in order to develop my own research interests. I have had opportunities to be involved in both graduate and undergraduate education as a teaching assistant and hope to continue to teach moving forward with my career. I have been actively involved in the University of Calgary and Mathison Centre student communities, holding executive roles on the Community Health Sciences Student Executive, Mathison Centre Trainee Organization, and the Emergency Medicine Interest Group.

I would like to thank the other Mathison Centre members, especially my supervisors Dr. Tamara Pringsheim and Dr. Scott Patten, mentor Dr. Andrew Bulloch, and colleagues Dr. Isabelle Vallerand and Kathryn Wiens for their support and guidance during my time at the Mathison Centre!

Recent Publications:

Lauren Hirsch and Tamara Pringsheim. 2016. Aripiprazole for autism spectrum disorders (ASD). *Cochrane Database of Systematic Reviews*. Issue 6. Art. No.: CD009043. DOI: 10.1002/14651858.CD009043.pub3.

Jaeun Yang, Lauren Hirsch, Davide Martino, Nathalie Jette, Jodie Roberts and Tamara Pringsheim. 2016. The prevalence of diagnosed Tourette syndrome in Canada: A national population based study. *Movement Disorders*.

Lauren Hirsch, Alex Frolkis, Nathalie Jette, Thomas Steeves, and Tamara Pringsheim. 2016. Parkinson's Disease Incidence: A systematic review and meta-analysis. *Neuroepidemiology*, 46: 292-300.

Tamara Pringsheim, Lauren Hirsch, David Gardner, Daniel Gorman. 2015. The Pharmacological Management of Oppositional Behaviour, Conduct Problems, and Aggression in Children and Adolescent, Part 1. *Canadian Journal of Psychiatry*. 60(2); 42-51.

Tamara Pringsheim, Lauren Hirsch, David Gardner, Daniel Gorman. 2015. The Pharmacological Management of Oppositional Behaviour, Conduct Problems, and Aggression in Children and Adolescent, Part 2. *Canadian Journal of Psychiatry*. 60(2): 52-61.



Isabelle Vallerand MD and PhD Student

Department of Community Health Sciences, Cumming School of Medicine

My first exposure to research and innovation began as a BSc student in Psychology at the University of Ottawa, where I had the opportunity to work on developing a mental health screening app (The Health Check Plus) that is now used in several medical clinics in Ottawa. This project stemmed from the idea that initiating conversations about mental health with health care providers can be quite challenging in terms of overcoming stigma. By conducting research to develop and test this mental health screening app, I was able to gain valuable computer programming skills but, most importantly, I learned how to apply research towards an identified need. Following this experience, I was recruited to work at the Children's Hospital of Eastern Ontario (CHEO), where I helped to launch an online health magazine aimed at promoting health literacy in youth. By gathering the latest research on hot topics for teens, I found myself learning something new every day and I began working on developing skills in communicating scientific facts to a general audience.

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Throughout my PhD I also had the opportunity to volunteer alongside other trainees with the Mathison Trainee Organization (MTO) led by Dr. Emilie Magaud. In this role, I helped to coordinate educational and community outreach activities. This entailed teaching workshops to other trainees in The Mathison Centre for Mental Health Research & Education, hosting sessions for People With Lived Experience (PWLE) to involve them in The Mathison Centre and also deliver workshops at a community centre where we engaged with community members living with mental disorders. In conversing directly with patients, I feel as though I have gained valuable insight as a researcher by learning to consider health conditions from their perspective. These experiences also inspired me to pursue my MD degree in order to have the opportunity to work with and help patients directly. In July 2016, I will be starting medical school at the University of Calgary where I plan to be involved in translational research, whereby I can gain a clinical understanding of disease and patient care, and use this to identify new research questions that may be studied using big data science. Similarly, as a future clinician-scientist, I hope to be able to apply my research findings on an individual patient level in order to optimize their care.

On a personal note, it has truly been a privilege to be a trainee in The Mathison Centre as I have had so many unique opportunities to conduct large-scale psychiatric epidemiology research, be surrounded by a tremendous wealth of expertise, and have received outstanding support from the centre to enable me to develop organization and leadership skills through the MTO initiatives. Thank you to all who have been a part of my training in The Mathison Centre!

Recent Publications

Trends in binge drinking in Canada from 1996 to 2013: a repeated cross-sectional analysis. Andrew G.M. Bulloch PhD, Jeanne V.A. Williams MSc, Dina H. Lavorato MSc, Scott B. Patten MD PhD (In Press) CMAJ-Open.

Accuracy of automated classification of major depressive disorder as a function of symptom severity. Ramasubbu R, Brown MR, Cortese F, Gaxiola I, Goodyear B, Greenshaw AJ, Dursun SM, Greiner R. *Neuroimage Clin.* 2016 Jul 27;12:320-31. doi: 10.1016/j.nicl.2016.07.012.5

The 5-HTTLPR and BDNF polymorphisms moderate the association between uncinate fasciculus connectivity and antidepressant treatment response in major depression. Tatham EL, Hall GB, Clark D, Foster J, Ramasubbu R. *Eur Arch Psychiatry Clin Neurosci.* 2016 Jun 8. [Epub ahead of print]

White matter integrity in major depressive disorder: Implications of childhood trauma, 5-HTTLPR and BDNF polymorphisms. Tatham EL, Ramasubbu R, Gaxiola-Valdez I, Cortese F, Clark D, Goodyear B, Foster J, Hall GB. *Psychiatry Res.* 2016 Jul 30;253:15-25. doi: 10.1016/j.psychres.2016.04.014. Epub 2016 Apr 27.

Intrinsic Local Beta Oscillations in the Subgenual Cingulate Relate to Depressive Symptoms in Treatment-Resistant Depression. Clark DL, Brown EC, Ramasubbu R, Kiss ZH. *Biol Psychiatry.* 2016 Mar 16. pii: S0006-3223(16)31113-1. doi: 10.1016/j.biopsych.2016.02.032. [Epub ahead of print]

The influence of 5-HTTLPR and Val66Met polymorphisms on cortical thickness and volume in limbic and paralimbic regions in depression: a preliminary study. Jaworska N, MacMaster FP, Foster J, Ramasubbu R. *BMC Psychiatry.* 2016 Mar 15;16:61. doi: 10.1186/s12888-016-0777-x.

Amygdala responses to quetiapine XR and citalopram treatment in major depression: the role of 5-HTTLPR-S/Lg polymorphisms. Ramasubbu R, Burgess A, Gaxiola-Valdez I, Cortese F, Clark D, Kemp A, Goodyear B, MacQueen G, Bech-Hansen NT, Foster J, Diwadkar VA. *Hum Psychopharmacol.* 2016 Mar;31(2):144-55. doi: 10.1002/hup.2521. Epub 2016 Feb 16

A negative randomised sham-controlled trial of ventral capsule/ventral striatum stimulation in treatment-resistant depression: an unsuccessful trial or treatment? Ramasubbu R. *Evid Based Ment Health.* 2016 May;19(2):59. doi: 10.1136/eb-2015-102110. Epub 2016 Jan 14.

Efficacy of Bright Light Treatment, Fluoxetine, and the Combination in Patients With Nonseasonal Major Depressive Disorder: A Randomized Clinical Trial.

Lam RW, Levitt AJ, Levitan RD, Michalak EE, Cheung AH, Morehouse R, Ramasubbu R, Yatham LN, Tam EM. *JAMA Psychiatry.* 2016 Jan;73(1):56-63. doi: 10.1001/jamapsychiatry.2015.2235. Erratum in: *JAMA Psychiatry.* 2016 Jan;73(1):90.

Canadian Network for Mood and Anxiety Treatments (CANMAT) 2016 Clinical Guidelines for the Management of Adults with Major Depressive Disorder: Section 6. Special Populations: Youth, Women, and the Elderly. MacQueen GM, Frey BN, Ismail Z, Jaworska N, Steiner M, Lieshout RJ, Kennedy SH, Lam RW, Milev RV, Parikh SV, Ravindran AV; CANMAT Depression Work Group. *Can J Psychiatry.* 2016 Sep;61(9):588-603. doi: 10.1177/0706743716659276. Epub 2016 Aug 2.

Apathy associated with neurocognitive disorders: recent progress and future directions. Lanctôt KL, Agüera-Ortiz L, Brodaty H, Francis PT, Geda YE, Ismail Z, Marshall GA, Mortby ME, Onyike CU, Padala PR, Politis AM, Rosenberg PB, Siegel E, Sultzer DL, Abraham EH. *Alzheimers Dement.* 2016 Jun 27. pii: S1552-5260(16)30282-5. doi: 10.1016/j.jalz.2016.05.008. [Epub ahead of print] Review.

Cerebral Amyloid Angiopathy Is Associated With Executive Dysfunction and Mild Cognitive Impairment.

Case NF, Charlton A, Zwiers A, Batool S, McCreary CR, Hogan DB, Ismail Z, Zerna C, Coutts SB, Frayne R, Goodyear B, Haffenden A, Smith EE. *Stroke.* 2016 Aug;47(8):2010-6. doi: 10.1161/STROKEAHA.116.012999. Epub 2016 Jun 23.

Anti N-methyl-D-aspartate receptor encephalitis: a game-changer? Fischer CE, Golas AC, Schweizer TA, Munoz DG, Ismail Z, Qian W, Tang-Wai DF, Rotstein DL, Day GS. *Expert Rev Neurother.* 2016 Jul;16(7):849-59. doi: 10.1080/14737175.2016.1184088. Epub 2016 May 17.

Discovering biomarkers for antidepressant response: protocol from the Canadian biomarker integration network in depression (CAN-BIND) and clinical characteristics of the first patient cohort. Lam RW, Milev R, Rotzinger S, Andreazza AC, Blier P, Brenner C, Daskalakis ZJ, Dharsee M, Downar J, Evans KR, Farzan F, Foster JA, Frey BN, Geraci J, Giacobbe P, Feilott HE, Hall GB, Harkness KL, Hassel S, Ismail Z, Leri F, Liotti M, MacQueen GM, McAndrews MP, Minuzzi L, Müller DJ, Parikh SV, Placenza FM, Quilty LC, Ravindran AV, Salomons TV, Soares CN, Strother SC, Turecki G, Vaccarino AL, Vila-Rodriguez F, Kennedy SH; CAN-BIND Investigator Team. *BMC Psychiatry.* 2016 Apr 16;16:105. doi: 10.1186/s12888-016-0785-x.

Diagnostic accuracy of the Depression subscale of the Hospital Anxiety and Depression Scale (HADS-D) for detecting major depression: protocol for a systematic review and individual patient data meta-analyses. Thombs BD, Benedetti A, Kloda LA, Levis B, Azar M, Riehm KE, Saadat N, Cuijpers P, Gilbody S, Ioannidis JP, McMillan D, Patten SB, Shrier I, Steele RJ, Ziegelstein RC, Loiselle CG, Henry M, Ismail Z, Mitchell N, Tonelli M. *BMJ Open.* 2016 Apr 13;6(4):e011913. doi: 10.1136/bmjopen-2016-011913.

Congratulations to the following individuals and teams who received awards over the past year!

Dr. Lauren Zanussi was awarded the 2015-2016 Students' Union Excellence Award for Teaching Excellence. For educators, one of the highest compliments is an acknowledgment from the students they have influenced.



Dr. Lauren Zanussi

Dr. Scott Patten was awarded the O'Brien Institute Research Excellence Award. This award is a high honour, recognizing his dedication to exceptional research and outreach in the epidemiology of depression.

Dr. Marie Claire Bourque was the recipient of the Kristin Sivertz Resident Leadership Award, from the Royal College of Physicians and Surgeons of Canada.

Dr. Vera Krejcik was awarded the 2016 CMA Award for Young Leaders in the resident category by the Canadian Medical Association (CMA). The CMA Award for Young Leaders is intended to celebrate the efforts of young physician leaders of tomorrow for their efforts today.

Dr. Aleena Shariff was awarded the Patrick Conway Award from the PGY-1 Medical Specialty residency program

Dr. Don Addington was awarded the Angelo Cocchi Award at the recent meeting of the International Early Psychosis Association in Milan, Italy.

Awards presented at the 2016 Fall Social

Dr. Jessica Lyons Perinatal Psychiatry Award
Carol Rupcich

Dr. Keith Pearce Award for Creativity & Innovation
ACE Working Group

Dr. Patrick Conway Award for outstanding contribution to Mental Health by an International Medical Graduate
Dr. Izu Nwachukwu

Award for Excellence in Mental Health Care by a Community Program
Indigenous Mental Health Team

Award for Excellence in Acute Care
Short Stay Unit Team

System Transformation Awards
CanREACH Team

Silver Couch Resident Teaching Award
Dr. Darcy Muir

Humanism in Psychiatry
Dr. Michael Stubbs

Change Maker in Psychiatry
Dr. Tim Ayas

Rookie of the Year
Dr. Rachel Grimminck

Multidisciplinary Team Award
Phyllis Jensen (RGH)

Dedicated Years of Service
Dr. John DeVries



The staff at the R and R unit wore orange to honor Dr. de Vries on June 30th, 2016

de Vries-Mason Trailblazer Award

In recognition of the indispensable contributions made by Dr. John de Vries and Dr. Christine Mason to Geriatric Psychiatry in Calgary, the “de Vries-Mason Trailblazer Award” will be awarded to deserving individuals who consistently demonstrate:

- A commitment to ongoing learning in geriatric mental health
- Enthusiasm in sharing knowledge with colleagues, students and inter-disciplinary team members
- Leadership in program development and advancing the practice of geriatric mental health
- A standard of practice that places emphasis on patient advocacy, compassion, integrity and ethical behaviour
- Mindfulness around personal wellbeing to enable a high standard of serving others

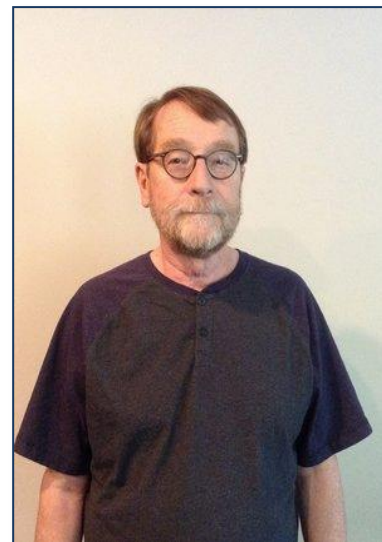
The Department of Psychiatry recognizes Dr. Christine Mason

Christine was a beloved and tremendously respected psychiatrist in Calgary for 37 years. She was very much ahead of her time in advocating for geriatric and consultation liaison psychiatry. She is fondly remembered by colleagues for her dedication, kindness and tenacity. In her memory, a plaque will be displayed at Peter Lougheed Centre.

Dr. Donald Angus who retired in July, 2016 was awarded Foothills Medical Staff Association Service Recognition Awards for his 43 years of service at the Foothills Medical Centre.

Each award winner was asked to submit their answers to a short questionnaire about their time at FMC.

1. **What is your fondest memory of your time here at Foothills?** My fondest memory is the farewell rounds that the team members of the Psychiatric Adult Service presented for my retirement this May.
2. **Of all your contributions here at Foothills, what are you proudest of?** I am proudest of my opportunity to help build the Psychiatric Adult Service through its evolution from the mid-seventies when it started out as the Crisis Service.
3. **What advice would the “you “of today give the younger version of yourself at the start of your practicing career?** My advice to my younger self would be to always keep the best interest of my patients as the main priority which was always the advice from my early mentors in the Department of Psychiatry.
4. **What do you see as the biggest challenge facing physicians at this time?** Today, the biggest challenge facing physicians today is to ensure their patients are the priority in the face of the giant bureaucracy of our health system.
5. **When you arrive at the Gates of heaven, what do you hope to hear St. Peter say?** In answer to what I would like to hear from St. Peter at the Pearly Gates, I know what I don't want to hear: "You uppity Front End Baby Boomers are too accustomed to getting into Med School or any job you want with virtually no competition but think it's because you are so worthy.



The Women's Mental Health Clinic would like to thank all the staff that came out to support the Shopper's Drug Mart Run for Women. This year's run raised almost \$68,000 which is amazing in this economic climate!! The clinic is now hiring a 0.8 FTE therapist with these and other years' funds. Please consider joining us again in May 2017.

The First 20 Years of the Calgary Early Psychosis Treatment Services

The Calgary Early Psychosis Treatment and Prevention Program began in 1996 and are still operating as the Early Psychosis Intervention Program (EPIP). It was one of the first programs of its kind in Canada and Internationally. The program was initially funded through a competitive program grant from the Alberta Mental Health Board awarded to Dr. Donald Addington. The funds enabled services in co-location with the schizophrenia program that was already in operation at the Foothills Hospital. The aim was to integrate the services as an additional component to existing services.

The initial funding was for a pilot program given two years to demonstrate that it met key objectives. The requirement to meet objectives set up an early focus on rigorous research evaluation that has continued to the present time. The program offered integrated evidence based treatment to individuals with a first episode psychosis. The focus was on early intervention and engagement combined with a number of evidence based practices such as pharmacotherapy, case management, family education and support, patient psychoeducation, integrated addictions treatment and cognitive behaviour therapy.

With this funding a number of significant competitive research grants supported a detailed single site whole population study that aimed to reduce the relapse rate by 50% compared with standard services. That is from 60% in two years to 30%. The program was successful and the results were published in a number of publications each focusing on specific outcomes such as quality of life and attempted suicide rates.

There have been a number of research focuses over time including collaboration with Calgary's inclusion in the first round of the US National Institutes of Health North American Prodrome Longitudinal study (NAPLS). The NAPLS research program has continued to the present time and is now in its third round of funding looking at various aspects of clinical high risk for development of a psychotic disorder. The research focus for the first episode psychosis program shifted from evaluating the program to the development of standardized ways of assessing the programs and developing standards and norms for such programs. This research has achieved international recognition with its most recent tool to be developed, the First Episode Psychosis Fidelity scale. This measure can be used to compare programs from different countries, which are organized and funded differently. It has been endorsed by EPION, the Ontario network of early psychosis programs, and is being used in the United States in some individual states such as Maryland and as a component in the evaluation of federally funded programs in 39 U.S. states.

The two clinical services at EPIP, one for people with a first episode of psychosis and the second for those at clinical high risk of developing a psychosis (PRIME), have continued to provide services to individuals and families in the Calgary Zone, through the Foothills Medical Centre site, to the present time. Year after year the program is increasingly busy in efforts to continue to provide timely and comprehensive evidence based care for the growing Calgary zone.

Department of Psychiatry Residency Program 2016-2017

This year,
July 1
marked
more than
the usual
end of
residency
for some
and the
start of it
for others.



In late June, Dr. Jordan Cohen was bid a fond farewell from his role as residency program director at a noon luncheon attended by residents and faculty alike. After brief but heartfelt speeches from Dr. Cohen and Pauline Burgess, the residents and Department presented him with gifts. This was followed by a recorded recitation of Seuss' *The Places You Will Go* by numerous past and present residents and some very charming younger participants. We all wish him well in his new endeavours in Vancouver at the new Hope Centre next door to the Lions Gate Hospital.

The residency program welcomed Dr. Greg Montgomery into this role, starting him off with providing orientation sessions to the new PGY-1s and PGY-2s.

His summer has been filled with meetings to fully inform him on all aspects of residency training both for our own residents and off service residents.

The program's newest residents arrived from medical schools

spanning all the way from the West coast to central Canada. We are happy to introduce to you in alphabetical order:

Wauldron Afflick (UofC), Jian Choo (UofA), Christine Desjardins (UofT), Mim Fatmi (UofA), Jordan Li (UofS), Dean Mrozowich (UofC), Susan Poon (UofC) and Mary Shen (UBC). Considering 5/8 of this group didn't know each other until the last week of June, they have already meshed into a remarkable and enthusiastic team. We expect great things! The program had a bumper crop of graduates that were all successful in their certifying exams this spring. Although we lost Ray Purdy and Kat Fleming to paths outside of the Calgary zone, we take solace in the fact that the remaining ten graduates are staying in and around Calgary to practice. These include: Pritpal Atwal, Kaitlin Chivers-Wilson (graduating December 2016), Karen Duncalf, Brooke Duncan, Nathan Finkbeiner, Karen Harrison, Rosalyn McAuley and Rob Tanguay. Mike Papirny and Sterling Sparshu will continue in the Child and Adolescent subspecialty stream for a sixth year of residency. In amongst all the exits and entrances,

the residency program has continued to work on various projects. Dates have been set for the fall practice exams for the PGY-2s, -3s and -4s. Over the summer, Drs. Grimminck and Vaz organized nine academic halfdays for our incoming PGY-1s on various aspects of Emergency Psychiatry. Dr. Hines provided weekly sessions at RVH to the PGY-2s to begin developing their interview skills. From mid-September onwards, Dr. Hines will be overseeing the weekly Friday morning STACER preparation at the PLC with the PGY-4s. The fall residency retreat will be overnight at the Banff Centre September 29-30, hosted by the three Chiefs. Dr. Sellmer has begun organizing the inaugural OSCE Day slated for April 7, 2017. CaRMS has opened up the program descriptions to Canadian medical school graduates both in Canada and United States. Based on anecdotal comments from local clinical clerks and the volume of visiting elective requests, we anticipate this to be another robust application year for our department when we open the applicant files on November 22.

KOLABO

Tanzania and Calgary Collaboration for Mental Health

The University of Calgary Department of Psychiatry and Catholic University of Allied and Health Sciences (CUHAS) in Tanzania have formed a partnership to improve teaching in mental health.

The purpose of this partnership is to help improve the psychiatric and mental health teaching for both graduate students and medical students at CUHAS in Tanzania. The ultimate goal is that this training will help improve the mental health of the local population.

A team of residents will be returning to Tanzania in October 2016 to pilot a two-week psychiatry course, with our local partners, to over 200 students (whom have almost nothing in terms of learning tools). The trip next month will be the next step in the project. Suzanne Black is the third resident joining Kathy Fitch and Rachel Grimminck.

Information about the program can be found in the Health Sciences section on Africa at:

<http://www.ucalgary.ca/ghealth/projects>

You may also donate directly to the project via the link: <https://netcommunity.ucalgary.ca/globalmentalhealthproject>



Picture taken in Tanzania, April 2015

**29th Annual Sebastian K. Littmann Research Day
(The Department of Psychiatry Research Day)**

Keynote Speaker:

Dr. Russell Schachar

Friday, March 03, 2017

The Research Day

Location to be confirmed

08:30 – 16:00 Hours

Updated information available at: www.psychiatryresearchday.ca

Dr. Schachar is a leader in cognitive and genetic studies of child psychopathology in particular Attention Deficit Hyperactivity Disorder (ADHD). His widely cited research in response inhibition stimulated the development of new models of inhibitory control, of ADHD and of the mechanism by which genetic and neural risk factors such as brain injury lead to behavioral disorders such as ADHD. These discoveries carry wide and significant implications for normal and atypical development, gene discovery, diagnosis and, ultimately, therapeutic breakthroughs.

Undergraduate Medical Education Retreat

Nov 4, 2016 at the Calgary Zoo

8am to 4 pm

Rich Man Poor Man Dinner & Silent Auction

Saturday November 5th, 2016

Telus Spark

Door at 6pm

Tickets 100\$

For Event info for to www.richmanpoorman.ca

Mood Day

February 10, 2016 at the Best Western Village Park Inn

The theme will be Bipolar Disorder and the renowned Dr.

Frederick Goodwin will be a keynote speaker

Visit <http://cumming.ucalgary.ca/cme/> for more information and to register

The 6th World Congress on ADHD

From Child to Adult Disorder

Vancouver, BC

April 20-23rd, 2017

<http://www.adhd-congress.org/>

The Women's Mental Health Day Conference

Focusing on Perinatal Mental Health

Friday, May 12th 2017, at Best Western Village Park Inn, in Calgary

<http://cumming.ucalgary.ca/cme/event/2017-05-12/womens-mental-health-day-conference>

The Canadian Conference on Dementia

November 2-4, 2017 in Toronto

Dr. Ismail is the co-chair and it is the definitive and most important dementia meeting in the country.

<http://www.canadianconferenceondementia.com/>

This poem was written for Dr. Sheri Cassity by
a patient

LIGHT-YEARS AWAY

By Dale Klarenbach

It seemed unavoidable
That whenever I said I was well
That I was denying that I was ill.

Perhaps my plans made it so-
My hidden agenda-
Complicating sincere encounters.

Yet who doesn't have hopes and dreams?

But with the plans came worries-
Worries that were greater
Than my fragile nature could handle.

Then I eagerly threw away my dreams.
Relieved, I admitted that I was ill.
It was then that I felt most well-

With nothing to do!

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

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UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Psychiatry



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