



MindMatters

DEPARTMENT
OF PSYCHIATRY
NEWSLETTER
CALGARY ZONE
SPRING 2016

FROM THE DEPARTMENT HEAD

A gift of \$13 million in provincial funds

Dr. Beverly Adams, Head, Department of Psychiatry

2015 was an excellent year for highlighting the importance of mental health. We received a gift of \$13 million in provincial funds, which we are using for a number of initiatives that will ease some capacity pressures. These initiatives include 8 beds at Wood's Homes (previously a successful pilot project), 15 community geriatric beds at the Kirby Centre, 30 community apartments, a 10-bed Crisis Stabilization Unit at Rockyview General Hospital, a group home for not criminally responsible patients, 12 transitional beds at the Claresholm Centre for Mental Health & Addictions, funding for community placement of two patients with complex pervasive development disorder, 3 beds for Protection of Children Abusing Drugs and an enhanced urgent team at Sheldon M. Chumir Health Centre.

In 2015, many of the departmental members and frontline staff in the addictions and mental health portfolio participated in the very thorough review by Dr. David Swann. The recommendations are comprehensive and will be monitored, evaluated and implemented through an oversight team.

I am excited about our specialized programs at the Foothills Medical Centre becoming part of the Brain and Mental Health Research clinics. These clinics are part of the University of Calgary Brain and Mental Health Research Strategy led by the Hotchkiss Brain Institute (HBI). The Mood Disorders Program is the first to be included, followed by the Early Psychosis Intervention Program and the new Obsessive Compulsive Disorder Clinic at the Alberta Children's Hospital, run by Dr. Paul

Arnold. This will enable the clinics to have a patient registry that will inform clinical service and academic endeavours. The same registry will be used by all of the Department of Clinical Neurosciences Clinics and will allow further collaboration.

We are currently recruiting for three more research positions in child and youth mental health; two positions will be associated with the Mathison Centre for Mental Health Research & Education and one will be linked to the Cuthbertson & Fischer Chair in Pediatric Mental Health. We appreciate the support of the HBI and the Alberta Children's Hospital Research Institute for these critical positions that will further enhance our child and youth mental health strategy.

Congratulations to Dr. Joe Raiche, who was featured in Avenue magazine's "2015 Top 40 Under 40" list. Dr. Raiche works with the LGBTQ population. This is an underserved group and Dr. Raiche has been an excellent advocate for much-needed resources.

I am pleased to work with Dr. Greg Montgomery as the new residency training director, who will be taking over from Dr. Jordan Cohen. We look forward to continuing a successful training program with excellent recruits and future colleagues.

We will be honouring the passing of Dr. Gerald McDougall at grand rounds on May 31, 2016. He had a quiet but effective way of beginning innovative mental health programs. His family will attend grand rounds and lunch will be provided. **MM**



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New obsessive compulsive disorder clinic at Alberta Children's Hospital

Dr. Paul Arnold & Donna Garrick

A 12-week group for clients and their parents that focuses on Exposure Response Prevention therapy (ERP therapy) is planned to start in April at the Alberta Children's Hospital.

The Obsessive Compulsive Disorder (OCD) Program at the Alberta Children's Hospital opened this past fall, helping its first patient in early October. This program is part of the Child, Adolescent and Addictions Mental Health and Psychiatry Program (CAAMHPP) Specialized Services, Mood, Anxiety and Psychosis Services (MAPS), located at the Richmond Road Diagnostic and Treatment Centre. It serves those clients under 18 years of age who have a confirmed diagnosis of OCD and have completed a trial of evidence-based therapy (medication and/or cognitive behavioural therapy) that has proved insufficient. Referrals are accepted from Access Mental Health or other services within CAAMHPP. Such referrals are directed to MAPS at the Richmond Road Diagnostic and Treatment Centre, where they are triaged and assigned to be seen at whichever site has the next available intake assessment. The OCD teams at both the Alberta Children's Hospital and the Richmond Road Diagnostic and Treatment Centre provide specialized, multidisciplinary assessment and treatment of these clients and their families through medication management and individual and family therapy. A 12-week group for clients and their parents that focuses on Exposure Response Prevention therapy (ERP therapy) is planned to start in April at the Alberta Children's Hospital.

Donna Garrick manages the OCD program at the Alberta Children's Hospital. The team also includes four staff members who are part time: nurse clinician Melissa Adrian, psychologist Dr. Andrea Bliss, family counselor Trynell Holland and secretary Ann Jasmin. Our psychiatrist is Dr Paul Arnold. Dr. Arnold is the director of the Mathison Centre for Mental Health Research & Education at the University of Calgary; he moved to Calgary recently from the Hospital for Sick Children in Toronto, where he directed a pediatric OCD clinical research program. Our clinic is set up to provide outstanding clinical service and facilitate research, including standardized clinical assessments. Soon we will be embarking on a funded, multi-modal research program, including both genetics and neuroimaging. The objectives of this study will be to determine predictors of clinical course and treatment outcome, which will ultimately inform development of new treatments. Our program is closely linked with other centres, including BC Children's Hospital in Vancouver, the Hospital for Sick Children in Toronto and St. Joseph's Healthcare Hamilton. Together with these centres across Canada, we are working to establish the first formal Canadian national network dedicated to research, best practice and health systems improvement in pediatric OCD. The central aim of this network will be to partner researchers, stakeholders and decision-makers to contribute to knowledge creation and knowledge translation. 



Who's New?



Dr. Brienne McLane

After finishing residency in Calgary in June, 2014, I moved with my generous family to Vancouver for the year so I could complete a neuropsychiatry fellowship. We enjoyed the beach, but believe it or not, we missed the snow and are very happy to be back home in Calgary. I have started with inpatients at the Foothills Medical

Centre on Unit 22, where I did a number of rotations during my training. I am very grateful for the support and camaraderie there—I am surrounded by people who have helped make this first year as comfortable as possible. Currently, my outpatient work in neuropsychiatry is predominantly in epilepsy. I have an undergraduate degree in cellular, molecular and microbial biology, with a research project looking at learning and memory in snails, and a Master of Medical Sciences, working in type I diabetes gene therapy. I started medical school thinking I would be an endocrinologist, and found myself drawn back to the brain (only a much more complicated one than in my lab snails), and here I am. It is a privilege to work with patients with mental illness, to be trusted with their experiences, and to work in an area that is exploding in both knowledge and understanding.



Dr. Rachel Grimminck

Dr. Rachel Grimminck grew up in Ontario, Quebec, Zimbabwe and Alberta. She completed her undergraduate degree at the University of Alberta in mechanical engineering, where she focused on biomedical engineering research. After engineering, she worked for a year with Engineers Without Borders Canada in Malawi in southeastern Africa before moving to Calgary in 2007, where she completed medical school and psychiatry residency. She is honoured and delighted to join the emergency psychiatry team and Unit 21 at the Foothills Medical Centre. She is also working towards the Certified Group Psychotherapist designation and leading an interpersonal psychotherapy group. Dr. Grimminck is passionate about teaching and really enjoys working with all levels of learners, from first-year medical students to senior psychiatry residents. In her spare time, she loves the outdoors, sports, traveling and trying new foods with her husband and friends.

Education


Update from the Child and Adolescent Psychiatry subspecialty training program

Dr. Waqar Waheed, Program Director of Child and Adolescent Psychiatry Subspecialty Training

We are pleased to welcome three new trainees to our program this summer (July 2016), Drs. Alex di Ninno, Randall Krall and Brett Sawchuk. These trainees are currently in their fourth year of psychiatry residency training at the Cumming School of Medicine at the University of Calgary.

Last fall, the subspecialty program received more applications than it had funded positions. However, we were able to accommodate an extra position for the 2016–2018 training cohort. We are thankful to Dr. Topps with the Postgraduate Medical Education office at the Cumming School of Medicine, who supported our request for an additional training position.

These incoming trainees will join Drs. Papirny and Sparshu, who are currently in their first year of subspecialty training. Our senior trainees, Drs. Rosas and Grintuch, are on track to graduate this year and begin their professional practice endeavours.

We continue to hold regular journal club meetings focused on child and adolescent psychiatry themes on Mondays from 3 p.m. to 4 p.m. at the Alberta Children's Hospital in conference room 15. 

Dr. Gerard Millward McDougall

October 19, 1934– December 31, 2015

Dr. David Miyauchi



It is an honour to pay tribute to Dr. Gerald Millward McDougall, who passed away on December 31, 2015, at the age of 81. He was a champion for mentally ill patients who were most in need.

Dr. McDougall was a very unassuming man who did not seek attention; despite his quiet demeanor, he had a burning passion to advocate for the severely mentally ill, the disabled and the downtrodden.

Dr. McDougall was the great, great grandson of George Millward McDougall, one of the first missionaries to arrive in Western Canada in 1862, and was also the grandson of John Chantler McDougall, who established the McDougall Stoney Mission on Highway 1A in Morley, Alberta (now a provincial historical resource). Dr. McDougall was always very proud of his heritage; he served as president of the McDougall Stoney Mission Society for many years to maintain the historical McDougall Stoney Mission site.

Dr. McDougall's inspiration to pursue psychiatry came after he completed a clinical rotation in psychiatry at the Alberta Hospital Ponoka in his final year of medical school. He was deeply affected by seeing the incarceration of mentally ill patients without the treatment accorded physically ill people in general hospitals. To prepare himself for a career in psychiatry, he attended Harvard Medical School, Stanford University School of Medicine and the University of British Columbia (UBC), where he was chief resident in 1965.

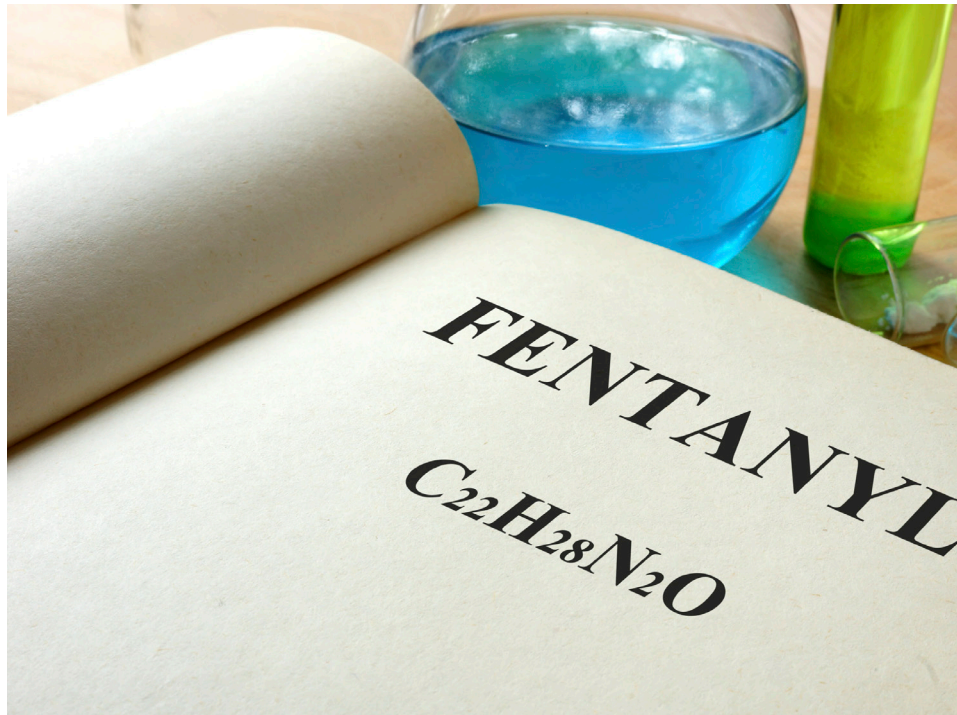
During his nine years in Vancouver, Dr. McDougall held the following positions: clinical associate professor; member of the Riverview Hospital; vice chair, Medical Advisory Board, Shaughnessy Hospital; member of Westside Community Care Team; consultant, Student Health Services, UBC; member of Narcotic Addiction Foundation of British Columbia; and member, Mental Health Advisory and Planning Committee, Metropolitan Board of Health of Greater Vancouver.

In 1974, Dr. McDougall accepted a position as associate professor at the Department of Psychiatry, Faculty of Medicine, University of Calgary, and as assistant director at the Department of Psychiatry, Calgary General Hospital. He contributed greatly to mental health services in Calgary through his leadership in education, research, clinical service, administration and development of better health services. He also had significant roles as department clinical skills co-ordinator, director of the Psychiatric Residency Training Program and director of the Psychiatric Teaching Unit at Calgary General Hospital. At the faculty level, he served as associate dean for Graduate Clinical

and Continuing Medical Education from 1979 to 1988. He also served as director for the Office of Medical Education from 1988 to 1991. In 1984, he was visiting professor at the Center for the Study of Schizophrenia, University of California, Los Angeles.

During his career, Dr. McDougall mentored graduate students, young researchers and clinicians, and authored over 45 scientific publications, books and policy reports. He was also a champion for mental health services research, in particular the study of continuity of care. He broke practice ground in developing a clinical information system across the hospitals and community clinics in Calgary, solving some difficult security issues at a time when the hospitals were under separate boards. He was also the senior clinical researcher on a province-wide study that showed that better care in the community could save hospital costs. Besides his hospital-based roles, Dr. McDougall was instrumental in initiating progressive community mental health programs, including the Assertive Community Treatment program, a community extension team, Diversion Services and rural clinics. His efforts to develop a continuum of care contributed to recognition of the Calgary Health Region as one of the most integrated regions in Canada, as reported in a study from York University.

In addition to his hospital- and community-based work, Dr. McDougall collaborated with Mary Nemeth and Jocelyn Lockyer to author the book *Teachers of Medicine: the development of graduate clinical medical education in Calgary* (1987), as well as co-authoring *Medical Clinics and Physicians of Southern Alberta* (1991) with Fiona Harris. (*article continues on page 10*)



The Fentanyl Crisis

Beverley Thompson

*Director, Southern Alberta Forensic Psychiatry Services, Urban Addictions
Addiction and Mental Health, Calgary Zone*


Fentanyl is often passed off as the new form of OxyContin and sold on the street as green beans, beans, green apples, apples, shady eighties, eighties, greenies or fake oxy. Fentanyl is about 100 times more toxic than morphine, heroin, or oxycodone.

In 2015, there were 272 Albertan deaths associated with fentanyl. Of these 272 deaths, 90 were in the Calgary zone. Addiction and Mental Health has worked very closely with Dr. Nicholas Etches, the medical officer of health, to support the rollout of take-home naloxone (THN) kits within its services. Naloxone can reverse symptoms of fentanyl and other opioid poisoning, and THN is a safe and effective harm-reduction strategy that aims to reduce morbidity and mortality related to overdoses of opioids such as fentanyl. Patients and clients can self-administer these kits.

Addiction and Mental Health has worked with key stakeholders to support the authorization for registered nurses (RNs) and registered psychiatric nurses (RPNs) to prescribe take-home

naloxone kits to patients and clients who are at risk of overdosing. A ministerial order is in effect until July 2016. Our nurse practitioner, Amy Woroniuk, has been an integral help as we assist our services staff in training RNs and RPNs to educate, prescribe and administer these kits.

The Addiction Centre and the Opioid Dependency Program have taken the lead (in consultation with Dr. Hugh Colohan, the section chief of addictions, and Dr. Ron Lim) in working with all services to implement the program. To date, we have staff from more than 20 services trained to assess people most at risk for overdose and work with patients within hospitals and clients in the community to ensure they remain safe by providing THN kits.

For further information on take-home naloxone kits and services to support patients with addictions, please visit www.albertahealthservices.ca/info/page12491.aspx. 

The Child, Adolescent and Addictions Mental Health and Psychiatry Program (CAAMHPP) started collaborative problem solving (CPS) training in Calgary in May 2015. Dr. Stuart Ablon from Boston, Massachusetts, provided Tier 1 CPS training to approximately 200 staff from CAAMHPP and Hull Services (a mental health service provider for children and families). In January 2016, approximately 80 staff from CAAMHPP and Hull Services completed Tier 2 CPS training. Now staff will focus on implementing their knowledge through a system of coaching and supervision.




Collaborative Problem Solving

Dr. Chris Wilkes, Child and Adolescent Psychiatry Outpatient Section Chief

CPS training is a developmentally sensitive approach that is trauma informed and emphasizes that people manage well in life when they are able; however, sometimes significant neuro-cognitive deficits interfere with their social adaption, flexibility and problem solving. These lagging skills typically include one or all of the following: language and communications skills, attention and working memory skills, emotion and self-regulating skills, cognitive flexibility and social-thinking skills. The key strategy is to ensure patients are well regulated and in a trusting relationship before they work with staff on problem solving and reasoning. CPS helps staff to create a safe, humane and effective treatment environment for patients.

Where CPS has been applied to inpatient units in the United States, there has been a dramatic reduction in or elimination of chemical, mechanical and physical restraints, locked-door seclusions, staff injuries and staff turnaround. Similarly, many

residential treatment programs have experienced a dramatic reduction in client physical aggression and externalizing and internalizing symptoms, as well as reduced need for restraints, seclusions and emergency transports. Community participation has also increased as a result of these changes. Forensic juvenile facilities have reported a dramatic reduction in the number of assaults, use of force, placements in seclusion, workers compensation claims and recidivism rates. In 2013, CPS intervention was applied in New York schools, with 5,200 school safety officers receiving introductory training. The following year, there was a 58% decrease in school arrests, 20% decrease in major crimes and 40% decrease in reports of violent crimes. These results are testament to the power of CPS.

The CAAMHPP team is very grateful to Dr. Bev Adams, Department Head of Psychiatry, and George Ghitan, CEO of Hull Services, for their generous support of CPS training in Calgary. 



Spanswick, Kathy Fitch, Ray Lamontagne, Adeyinka Marcus, Raj Ramasubbu, Wanda Lester, Suparna Madan, Don Addington, Margie Oakander, John Naylor, Thomas Raedler, Lauren Walker, John Robinson and Patricia Dribnenki-Pennock. The question is, who hasn't been involved in supporting Mood Day? Thank you all!

One of our most successful Mood Days yet was this year, with Joe Raiche featuring his work and Sagar Parikh giving a sneak preview of the yet-to-be-released 2016 Depressive Disorder Guidelines. Mood Day became the first

MOOD

Dr. Leanne Birkett

Mood Day is an annual joint endeavour between the Department of Psychiatry and the University of Calgary's Office of Continuing Medical Education (CME) and Professional Development, and is a multidisciplinary one-day conference that has been running for 12 years. The featured mood disorder alternates year to year; for instance, 2016 featured major depression and 2017 will feature bipolar disorder. The hard-working and visionary planning committee consists of Dr. Steve Simpson (Psychiatry), Dr. Ray Lamontagne (Psychology), Dr. George Barr (Family Medicine), Karen Dudley (Nursing), Marcia McKay (Social Work), Dr. Brooke Duncan (Psychiatry resident) and Ruth-Anne Marley (University of Calgary CME). It has been a pleasure to chair the committee since 2005, when the committee voted to have Mood Day accredited by joining forces with University of Calgary CME.

The people on the planning committee attempt to offer a fresh perspective each year, as well as respond to the feedback of our learners. We make the learning accessible and interesting for residents, psychiatrists, psychologists, family physicians and allied health. Some examples of plenary speakers over the years include Sid Kennedy, John Rush, Terence Ketter, Gary Sachs, Erin Michalak, Mark Lau, Liz Roemer, Charles Bowden, Hal Arkowitz, Holly Swartz, Anne Duffy, Glenda MacQueen, R. Michael Bagby and Joe Raiche. We especially appreciate our local talent, who give their time and abilities to make each year's event a success. These include (in addition to the local speakers above) Sam Chang, Allan Donsky, Lorraine Natho, David Crockford, Scott Patten, Joann McIlwrick, Stuart Sanders, Lisa Gagnon, Heather Scott, Michele Nowiski, Charles Samuels, Paul Taenzer, Christopher

DAY

psychiatric event to offer Section 3 credits through a hands-on workshop with pre- and post-course reflection. The focus on depression in marginalized populations yielded an opportunity to hear from the lived experience of

a transgendered female, and the day wrapped up with a panel discussion of the day's presenters.

What is in store for the future? Mood Day will be engaging in some innovative forms of education that will attempt to keep pace with the learning needs of busy clinicians. Stay tuned as we rise to the challenge to deliver continuing medical education that is relevant, informative and easily accessible. I am deeply grateful to those attendees who come year after year, as well as to the Department of Psychiatry for its ongoing support as we celebrate 12 years of learning. **MM**



Recognitions

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

Dr. Frank MacMaster was awarded the Journal of Attention Disorders 2015 Scientific Contribution Award from the Journal of Attention Disorders and the American Professional Society of ADHD and Related Disorders (JAD/APSARD).

Dr. Jordan Cohen has been selected to receive the Canadian Medical Association (CMA) Physician Misericordia Award. In conferring this award, the CMA Board of Directors recognizes Dr. Cohen's demonstrated leadership in the area of physician health and his outstanding work to improve the quality of life for his fellow physicians.

Dr. Lauren Zanussi received a University of Calgary Students' Union teaching excellence award.

Awards presented at the 2015 Fall Social

Dr. Jessica Lyons
Perinatal Psychiatry Award
Lorraine Natho

Dr. Keith Pearce Award for Creativity & Innovation
Rita Watterson (Tanzania Project)

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

Award for Excellence in Mental Health Care by a Community Program
Central Clinic

Award for Excellence in Inpatient Care
South Health Campus

Award for Excellence in Geriatric Mental Health
Peter Massier

System Transformation Awards
**Access Mental Health
Regional Housing
CAAMHP Community Clinics
Adult Community Clinics**

Silver Couch Resident Teaching Award
Novin Ihsan

Undergraduate Medical Education Class of 2017 Teaching Awards

Dr. David Stather Award for Clinical Correlation

Dr. Rachel Grimminck

Honour Roll - Residents

Dr. Randall Krall
Dr. Qasim Hirani
Dr. Mike Szymczakowski

Honour Roll - Faculty

Dr. Cindy Baxter
Dr. Jordan Cohen
Dr. Kathy Fitch
Dr. Lisa Gagnon
Dr. Rachel Grimminck
Dr. Margie Oakander
Dr. Rup Pandya
Dr. Blair Ritchie
Dr. Jason Taggart
Dr. Roy Turner
Dr. Will White

Gold Star Awards - Course 7

Dr. Aaron Mackie
Dr. Philip Stokes
Dr. Lauren Zanussi

"Stokespeare", "Jersey" and "Humuwards"

Dr. Philip Stokes

The following individuals received letters of recognition for their clinical teaching from the Pre Clerkship Committee and Applied Evidence Based Medicine (AEBM) Course Committee.

Dr. Zahinoor Ismail
Dr. Aaron Mackie
Dr. Thomas Raedler
Dr. Joe Raiche

Congratulations

Call for a Cause

Drs. Kim Williams and Erin Girard coordinated the most recent 'Call for a Cause' fundraiser, which raised, \$4,881.72 for the Calgary Food Bank.

Dr. Daniel Okoro

Dr. Okoro exhibited four of his paintings at an arts exhibition at the American Psychiatric Association annual meeting in Toronto in May 2015. His work, "The Masai cattle boy", won first place in the acrylic painting group. His work, "Twilight in Tunisia", took third place.

Appointments

Dr. Sara Binder was appointed as a Board Member to the Canadian ADHD Resource Alliance.

Dr. Signe Bray was appointed Scientific Director of the Child and Adolescent Imaging Research (CAIR) Program within the Department of Radiology at the Alberta Children's Hospital.
<http://www.hbi.ucalgary.ca/news/cair-program-scientific-director-announced>

Dr. Keith Courtney was appointed as the Treasurer on the Board of Directors of the American Academy of Correctional Physicians.

Dr. Donald Addington was appointed Chair of the International Early Psychosis Association Task Force on Quality and Access to First Episode Psychosis Services.

Dr. Frank MacMaster accepted the role of co-chair of the Alberta Addiction & Mental Health Research Partnership Committee.

Dr. Chris Wilkes was elected as a member of the International Association of Analytic Psychologists.

Addiction and Mental Health Strategic Clinical Network Update



Recently the Addiction and Mental Health Strategic Clinical Network Core Committee underwent a priority-setting exercise to determine where we would focus our energy for the next 12–24 months. We began with a list of over 15 potential areas of focus and have now reached consensus on the following 5 priority areas.

Victoria Suen

Choosing Wisely

On June 2, 2015, 13 Choosing Wisely psychiatry recommendations were released. A working group has been established to review the recommendations and pull data to identify where practice changes need to occur. Education for physicians and patients will be considered, as well as development of a monitoring program to provide feedback related to the recommendations.

Peer Support

The Calgary branch of the Canadian Mental Health Association, in collaboration with the Strategic Clinical Network, completed an evidence review of the literature of peer support programs within Alberta, as well as an inventory of these programs. This information will be used to identify opportunities for expanding peer support programs throughout the province. Certification and evaluation will be key elements to the program expansion.

Naloxone Evaluation

Take-home naloxone kits are being distributed throughout Alberta as one line of defense against the growing use of fentanyl and fentanyl-related deaths. We will evaluate the access, process and outcomes of this program and report to Alberta Health and Alberta Health Services to measure and improve the success of this program.

Care in Emergency Departments

Care for addictions and mental health patients in the emergency department is often insufficient and highly variable because standards of education, medical clearance, access to psychiatric assessment teams and established processes for this population differ between and within zones. More discussion around the scope of this work will continue before we move forward.

School Mental Health

Schools play an integral role in the delivery of programs intended to improve the mental health of children and adolescents. There are currently a number of school-based initiatives that support mental health, social and emotional learning, stigma reduction, resiliency, drug and alcohol use, etc. There is an opportunity to develop a full continuum model for school mental health, based on age and stage of development, that identifies programs that have demonstrated the greatest improvement outcomes. Upon the release of the Mental Health Review, more discussion around the scope of this work will continue before moving forward.

The Depression Research Priority Setting Project is progressing in collaboration with the Strategy for Patient-Oriented Research Patient Engagement Platform, Campus Alberta Neuroscience and Canadian Depression Research and Intervention Network. This project will use a survey to ask people who have lived experience with depression and clinicians what questions they have about depression. There will be a meeting to prioritize these questions and then the top 10 will be shared with the public, researchers, policy-makers and health-care providers. The goal of this project is to bring a vital, yet under-represented, voice to depression research in Alberta and ultimately answer the questions that matter most to patients and clinicians.

Are you interested in any of these areas?

Would you like to get involved with the working groups? If so, please let us know at

Addictionmentalhealth.scn@ahs.ca. 



Dr. Paul Arnold

Dr. Arnold is the Director of the Mathison Centre for Mental Health Research & Education at the University of Calgary and the Alberta Innovates – Health Solutions Translational Health Chair in Child and Youth Mental Health. In 2015, he was recruited to the Hotchkiss Brain Institute and the Department of Psychiatry in the Cumming School of Medicine.

Since my undergraduate years, I have had a passion for the study of brain and mental health. During medical school and residency, I decided to dedicate my clinical work to the assessment and treatment of children and adolescents with obsessive-compulsive disorder (OCD). My first experience with genetic research was assessing psychiatric manifestations in children with 22q11 Deletion Syndrome (22qDS). This work fuelled my interest in genetics, which later resulted in me completing my PhD at the Institute of Medical Science, University of Toronto in 2007.

My current research is focused on the genomics of childhood neuropsychiatric disorders, particularly OCD. I have focused much of my work on intermediate phenotypes—measurable aspects of brain function that are presumed to be more directly influenced by genes than complex behaviours.

I am a member of a number of international consortia studying OCD, and am also involved in the Psychiatric Genomics Consortium, dedicated to identifying genetic risk factors for individual disorders as well as genes that confer risk to multiple disorders. I also lead or co-lead a number of multi-site projects focused on intermediate phenotypes.

I plan to continue research on the genetics of OCD and other neuropsychiatric disorders. I will adapt newer technologies (e.g., next generation sequencing) and plan to conduct studies in both the community and the clinic setting. The ultimate goal of all this is to identify more precise approaches to early identification and treatment of childhood neuropsychiatric disorders. **MM**

“Tribute” continued from page 4

Dr. McDougall's contributions went well beyond Calgary. Provincially, he served on the Accreditation Committee and Educational Professional Advisory Committee for the College of Physicians and Surgeons of Alberta, and was president of the Alberta Psychiatry Association in 1980. He served on many committees for the Royal College of Physicians and Surgeons of Canada, including accreditation, credentials, ethics, executive and the Regional Advisory Committee. He was a member of the task force on the Barer-Stoddart Report, the task force on acceptable medical qualifications and the Canadian Medical Association task force on residency manpower.

Dr. McDougall was a strong advocate for mentally ill people who were being incarcerated for minor offences. He received a recognition award for his contributions to the development of the Calgary Diversion Program from the Alberta Solicitor General and Minister of Public Safety in 2007.

In spite of all of his achievements, Dr. McDougall was a dedicated family man. He enjoyed a rich, fulfilling life with his wife, Ann, his two sons, Craig and John, his daughter-in-law Jackie, and grandchildren, Rachel, Adam and Ian. They enjoyed time in the mountains, skiing, taking road trips and travelling abroad.

In 1999, the University of Calgary honoured Dr. McDougall by appointing him professor emeritus for his contributions locally, provincially, nationally and internationally, and in 2013, he was awarded the Alberta Lieutenant Governor's Circle Award for Mental Health and Addiction. His principled dedication to addressing the ongoing challenges in mental health is a legacy for decades to come. **MM**



Dr. Emilie Magaud, Postdoctoral Scholar

I am a registered clinical psychologist in France, holding a master's in clinical psychology, a master's in cognitive psychology and a PhD in neuroscience.

I started doing research working with people suffering from chronic schizophrenia. I worked for two years with both inpatients and outpatients, studying cognitive deficits, insight and subjective quality of life. As a clinical psychologist, I was assessing the patients' social and cognitive functioning, providing counselling and leading psychoeducational groups for both patients and family members.

From my clinical experience, I discovered how challenging life can be for individuals living with schizophrenia, and I learned that early detection of the disorder is extremely important for providing the needed support and care for patients and their families. I became increasingly interested and involved in the "first episode" program, a program dedicated to the care of young adults experiencing a first episode psychosis.

These experiences inspired me to specialize in the early detection of psychotic and mood disorders in adolescents at risk. For my PhD, I focused on specific cognitive deficits as potential markers of increased risk of psychosis in adolescents who have clinical risk factors for schizophrenia.

After my PhD, in 2012, I came to Calgary from Paris to pursue my training as a postdoctoral fellow at the Mathison Centre for Mental Health Research & Education with Dr. Jean Addington and Dr. Anne Duffy. My particular interest is in psychological markers and my ultimate goal is to develop tailored psychological interventions such as cognitive-behavioural programs to improve resilience in adolescents and young adults at clinical risk for psychosis and mood disorders.

In 2013, I created the Mathison Trainee Organization (MTO). My goal was to create a stronger collaborative and team dynamic


within the Mathison Centre, particularly between trainees and faculty. As the trainee coordinator of the MTO, I coordinated and hosted the Mathison Centre monthly "rounds", internal rounds giving the opportunity for members (faculty or trainees) to present their work, and I implemented the following initiatives:

Social events for Mathison Centre members, including monthly breakfast socials, hikes in the Rockies and team-building events.

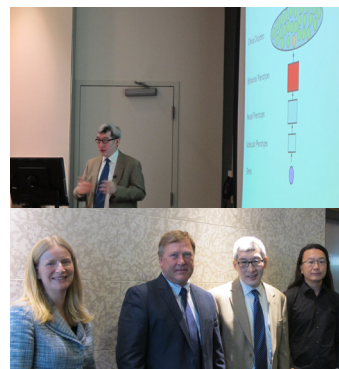
Mini courses, in which trainees share their knowledge in a lecture to other trainees. This teaching series is now fully integrated in the Hotchkiss Brain Institute (HBI) REALISE program, allowing trainees to reach a broader audience.

Policy for post-doctoral scholar maternity leaves. In agreement with the University of Calgary Post-Doctoral Office and the director of the Mathison Centre, post-doctoral scholars are now allowed to take a four-month paid maternity leave.

Another goal of the MTO is to work more closely with the community. We have developed links with Calgary Police Services, community churches and some associations. Our objective is to provide quality information on mental illness and mental health research by providing presentations in the community.

After two years as the trainee coordinator, leading the MTO and chairing meetings, I have seen many positive changes at the Mathison Centre. I can now proudly say that trainees are involved in all Mathison Centre initiatives. 

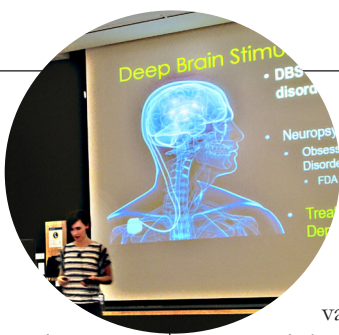
Youth Mental Health Day 2016




The Mathison Centre for Mental Health Research & Education ran its third annual Youth Mental Health Day on March 7, 2016. The event was entitled “Using genetics as a platform for translational psychiatric research” and featured four internationally-known keynote speakers and four Mathison Centre trainees. It was attended by about 80 people from across campus and community partners, including representatives from the Calgary Police Service, the Calgary Board of Education and the Mental Health Commission of Canada.

The day began with a general overview of psychiatric genetics by Dr. Paul Arnold, Mathison Centre director. After Dr. Arnold’s remarks, Dr. Francis Lee from Cornell University, Ithaca, spoke about his research on the contribution of gene variants to fear regulation. His research is relevant to both post-traumatic stress disorder (PTSD) and brain injury, and translates directly to humans from animal models.

Following Dr. Lee, a Mathison postdoctoral fellow, Dr. Maria Morena (supervisor Dr. Matt Hill), spoke about her finding in animal models that the way endocannabinoids modulate cognition and emotion depends on the arousal state of the animal. Then another postdoctoral fellow, Dr. Darren Clark (supervisors Drs. Ramasubbu and Kiss), described his research aimed at optimizing stimulus parameters for deep brain stimulation for major depression. After lunch, Dr. Jon-Kar Zubieta from the University of Utah, Salt Lake City, spoke of his impressive combined genetic and imaging studies of mood disorders. His principal finding is that patients who respond most strongly to placebos also respond better to antidepressants. In the afternoon, Dr. Albert Wong from the University of Toronto spoke about his work using gene-based animal models of schizophrenia. His key message was that



although it may not be possible to study a complex disorder like schizophrenia in animal models, one can study gene effects using intermediate phenotypes that can be measured across different species. For example, he has identified effects of gene variants on “pre-pulse inhibition”, which is based on startle response to loud tones and can be measured in humans, mice and even zebrafish. Following Dr. Wong, a graduate student, Ms. Manu Schuetze (supervisor Dr. Bray), spoke on learning and reward in autism, and a postdoctoral fellow, Dr. Lisa Buchy (supervisor Dr. Jean Addington), described neuroplastic changes that accompany improvements in emotion recognition in first-episode psychosis. The last speaker was Dr. Thalia Eley from King’s College, London, whose talk was entitled “Therapygenetics: taking gene-environment interactions into the clinic”. She presented results from a series of studies of the association between common gene variants and response to cognitive-behavioural therapy in children with anxiety disorders.

All of the eight talks were very well received, and plans are already underway for next year’s symposium. 

MATHISON CENTRE FOR MENTAL HEALTH RESEARCH & EDUCATION

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

First, we were pleased and honoured to welcome Dr. Paul Arnold as our first director on August 1, 2015.

To our great shock, Meredith Maloney, our co-ordinator, passed away unexpectedly on September 22, 2015. Meredith put great energy into the running of the Mathison Centre and initiated many of our activities. She was also enormously knowledgeable about the Mathison Centre and Alberta Health Services. Meredith worked with numerous faculty members and administration personnel and was always willing to help whenever she could, calmly and without complaint. She displayed a high degree of professionalism and played a major role in the day-to-day operations of the Mathison Centre.

We owe a great deal to Lorna Rozak, who was temporary co-ordinator from February 2015 (when Meredith began her medical leave) until January 2016. Lorna brought her creative sense to the Mathison Centre and has left quite a legacy, including an updated and improved website, spreadsheets for tracking our activities, the Mathison Centre Who's Who and a number of nicely designed swag items (such as pens and cups with the Mathison Centre logo).

In January our new co-coordinator, Danica Thiessen, took over from Lorna. Danica has settled in nicely and has shown herself to be innovative and very well organized. Welcome Danica!

In other news, we have been approved to recruit two junior faculty in conjunction with the Department of Psychiatry.

One position is in child and adolescent psychopathology (clinical and treatment research in child and adolescent psychiatry) and the other is in clinical and developmental neuroscience (research into the etiology and pathogenesis of childhood psychiatric disorders, including [but not limited to] genetics, epigenetics and neuroimaging approaches). The search committee to fill these positions is currently reviewing applications.

The extraordinarily active Mathison Trainee Organization (MTO), ably led by Dr. Emilie Magaud, has greatly enhanced the community spirit of the Mathison Centre. Regular activities include Research in Progress sessions, public lectures, a journal club, Academic Investigator Mentorship Series (AIMS), MATCH (where postdoctoral fellows are matched with psychiatry residents), mini-courses and a host of social activities. Sessions have also been held with people with lived experience of mental illnesses as a way for trainees to gain knowledge of real world experiences of the mentally ill. We are very grateful to the MTO.

In January we were very pleased to learn that six of our postdoctoral fellows successfully obtained AI-HS Fellowships. Congratulations to Maria Morena (supervisor Matt Hill), Elliott Brown (supervisors Zelma Kiss and Raj Ramasubbu), Lisa Buchy (supervisor Jean Addington), Benjamin Lau (supervisor Stephanie Borglund), Kewir Nyuyki (supervisor Quentin Pittman) and Ciaran Murphy-Royal (supervisor Jaideep Bains).

On August 30, 2015, the second annual Mathison Centre barbecue was held at the Calgary Zoo and was attended by over 80 people. This included faculty, residents, summer students, undergraduates, graduate students and postdoctoral fellows, along with family, friends and other guests. Representatives from the Organization for Affective Disorders, the Canadian Mental Health Association and the Mental Health Commission of Canada also attended, and Paul Arnold, Andy Bulloch and Bev Adams made speeches. The event was a big success and contributed to our sense of community—plans are already in progress for the 2016 event. **MM**



Psychopharmacology Research Unit Update

Dr. Thomas Raedler




As the medical director of the Psychopharmacology Research Unit (PRU), I 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. I would also like to update you on the recent activities of our clinical trials unit.

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 may be available in the late summer of 2016. We are also awaiting the final results of the Phase III EVP-6124 clinical trial (ClinicalTrials.gov identifier: NCT01714661), which investigated another compound for CIAS. If successful, this clinical trial may lead to the first medication approved for the pharmacological treatment of cognitive dysfunction in schizophrenia.

We are currently participating in the following two clinical trials. We are still looking for subjects for both 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.

The NaBen study (adaptive Phase II study to evaluate the safety and 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. While we were just approved for participation in this protocol, we expect to be approved for a similar study in adults with schizophrenia (including subjects treated with clozapine) over the next few months.

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 (tlorash@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. 

Sebastian K. Littmann Research Day 2016

Dr. Scott Patten



Dr. Warren Binford


The Sebastian K. Littmann Research Day is one of the longest-running events at the Cumming School of Medicine.

The 29th annual event was held on March 4, 2016, at the Village Park Inn in Calgary. The event featured two keynote speakers, Dr. Paul Arnold (director of the Mathison Centre for Research & Education in Mental Health) and professor Warren Binford (professor at Willamette University College of Law). Dr. Arnold's keynote address focused on the genetics of childhood anxiety disorders, especially obsessive compulsive disorder. His theme was the emerging emphasis on studies of quantifiable traits rather than disorders. Dr. Binford described her ongoing work to develop legal solutions to victimization of children, emphasizing the "hands-off" abuse of victims of child pornography that occurs through distribution of pornographic materials.

Two psychiatry residents received awards for their research: Dr. Ben Grintuch received the "most innovative" research award for his work defining a potentially dangerous withdrawal syndrome related to video gaming, and Dr. Vera Krejcik received the "top research presentation by a resident" award for her research assessing the feasibility of implementing a lifestyle intervention in the management of obesity among people with psychotic disorders. The award for graduate student research went to Kathryn Wiens for an epidemiological study assessing temporal trends in major depression prevalence among adolescents in Canada. Her results failed to confirm a hypothesized "epidemic" of depression among Canadian youth. Jessica Bist, a

Master's student under the supervision of Dr. Thomas Raedler, presented background data on the possible role of plasmalogens as biomarkers of cognitive dysfunction in schizophrenia. Yamile Jasau, a Master's student under the supervision of Dr. Frank MacMaster, presented her work on biomarkers predicting response to transcranial magnetic stimulation in youth with treatment-resistant depression.

The day also featured two presentations from researchers at the Calgary Counselling Centre; Dr. Sandy Berzins and Lindsay Guyn presented on signal system development for the Youth Outcome Questionnaire and Emma Truscott presented highlights from the 2015 National Depression Screening Day.

While a final date has not been set for next year's event, updated information will be available on www.psychiatryresearchday.ca. 



Recent Publications

- Addington DE, Norman R, Bond GR, Sale T, Melton R, McKenzie E, Wang J. Development and testing of the First Episode Psychosis Services Fidelity Scale. *Psychiatric Services* 2016 Apr 1 (Epub ahead of print).
- Brown E, Houle S, Mizrahi R, Wilson A, Pollock B, Mulsant B, Felsky D, Voineskos A, Verhoeff P, Tang-Wai D, Ismail Z, Chow T. Amyloid deposition in semantic dementia: a positron emission tomography study. *Int J Geriatr Psychiatry*. 2016 Jan 25. doi: 10.1002/gps.4423.
- Buchy L, Stowkowy J, MacMaster FP, Nyman K, Addington J. Meta-cognition is associated with cortical thickness in youth at clinical high risk of psychosis. *Psychiatry Research: Neuroimaging* (2015) 233(3): 418-23.
- El Bayoumi H, Ismail Z. Treatment resistant depression in later life. *J Psychiatry Neurosci*. 2015 Nov;40(6):E34-5.
- Fischer CE, Qian W, Schweizer TA, Millikin CP, Ismail Z, Smith EE, Lix LM, Shelton P, Munoz D. (2015). Lewy Bodies, Vascular risk factors and Subcortical Arteriosclerotic Leukoencephalopathy, but not Alzheimer pathology, are associated with development of psychosis in Alzheimer's disease. *J Alzheimers Dis*. 2015 Nov 30;50(1):283-95. doi: 10.3233/JAD-150606.
- Fonseka BA; Jaworska N, Courtright A, MacMaster FP, MacQueen G. Cortical Thickness and Emotion Processing in Young Adults with Mild Depression. *BMC Psychiatry* (In Press).
- Ismail Z, Smith E, Geda Y, Sultzer D, Brodaty H, Smith G, Agüera-Ortiz L, Sweet R, Miller D, Lyketsos C, For the ISTAART Neuropsychiatric Symptoms Professional Interest Area. Neuropsychiatric Symptoms as Early Manifestations of Emergent Dementia: Provisional Diagnostic Criteria for Mild Behavioral Impairment (MBI), *Alzheimer's & Dementia* 2016, 12(2):195-202
- Jaworska N, MacMaster FP, Ramasubbu R. The influence of 5-HTTLPR and Val66Met polymorphisms on cortical thickness and volume in limbic and paralimbic regions in depression: a preliminary study. *BMC Psychiatry* (In Press).
- Jaworska N, Yücel K, Courtright A, MacMaster FP, Sembo M, MacQueen G. Subgenual anterior cingulate cortex and hippocampal volumes in depressed youth: The role of comorbidity and age. *Journal of Affective Disorders* (2016) 190: 726-732.
- Okoro DC. Post traumatic Stress Disorder: The misappropriation of military suicide causation and medication treatment of PTSD, with reply. *Can. J. Psychiatry* 2015;60(4).
- Rickhi B, Kania-Richmond A, Moritz S, Cohen J, Paccagnan P, Dennis C, Liu M, Malhotra S, Steele P, Toews J. Evaluation of a spirituality informed e-mental health tool as an intervention for major depressive disorder in adolescents and young adults – a randomized controlled pilot trial. *BMC Complement Altern Med*. 2015 Dec 24;15(1):450. doi: 10.1186/s12906-015-0968-x.
- Rosenberg, P, Drye, T, Porsteinsson A, Pollock B, Devanand D, Frangakis C, Ismail Z, Marano C, Meinert C, Mintzer J, Munro C, Pelton G, Rabins P, Schneider L, Shade D, Weintraub D, Newell J, Yesavage J and Lyketsos C, for the CitAD Research Group. "Change in agitation in Alzheimer's disease in the placebo arm of a nine-week controlled trial." *International Psychogeriatrics* (2015): 1-9.
- Weintraub D, Drye L, Porsteinsson A, Rosenberg P, Pollock G, Devanand D, Frangakis C, Ismail Z, Marano C, Meinert C, Mintzer J, Munro C, Pelton G, Rabins P, Schneider L, Shade D, Yesavage J, Lyketsos C, for the CitAD Research Group. Time to response for citalopram treatment for agitation in Alzheimer's disease, *Am J Geriatr Psychiatry*. 2015 Nov;23(11):1127-33. doi: 10.1016/j.jagp.2015.05.006. Epub 2015 May 19.
- Yang X, Carrey N, Bernier D, MacMaster FP. Cortical thickness in young treatment naïve children with attention deficit hyperactivity disorder. *Journal of Attention Disorders* (2015) 19(11): 925-930.

Book Chapters

- Croarkin P, MacMaster FP, Ameis S. Brain stimulation in pediatric depression: Biological mechanisms. In: *Pediatric Brain Stimulation: Mapping and Modulating the Developing Brain*. Eds. Kirton A, Gilbert D. Elsevier (In Press).
- MacMaster FP, Rosenberg DR. Neuroimaging in childhood psychiatric disorders. In: *Kaplan and Sadock's Comprehensive Textbook of Psychiatry*. Eds: Sadock BJ, Sadock VA. Lippincott Williams & Wilkins (2015).
- MacMaster FP, Sembo M, Ma K, Croarkin P. Brain stimulation in childhood mental health: Therapeutic applications. In: *Pediatric Brain Stimulation: Mapping and Modulating the Developing Brain*. Eds. Kirton A, Gilbert D. Elsevier (In Press).
- MacMaster FP, Sembo M, Langevin LM, Ma K, Croarkin P. Disorders of Brain Development: Understanding Childhood Psychopathology. In: *Positive Mental Health for Children*

and Adolescents: Fighting Stigma and Promoting Resiliency. Eds: Hodes M. Elsevier (In Press).

Book

Okoro DC 2008. Random Musings in Psychiatry: Study Aids for Board Examinations for Residents and Practitioners. Iuniverse Inc. New York Bloomington.

Grants

Dr. Paul Arnold

- Principal investigator: National Institute of Mental Health: \$407,876 USD “Brain Function and Genetics in Pediatric Obsessive-Compulsive Behaviors” (2015-2020).
- Alberta Innovates Health Solutions Translational Health Chair for Child and Youth Mental Health, \$3.6 million (2015-2022).

Dr. Anne Duffy

Principal investigator:

- Alberta Innovates Health Solutions: \$50,000 “Identifying rare variants causing bipolar disorder: Pilot study” (2015-2016), co-applicant, Albert Wong, University of Toronto.
- Hotchkiss Brain Institute and Department of Psychiatry, Oxford University Neuroteam Grant: \$486,525 “Refined prospective clinical phenotyping in youth at familial risk of developing recurrent mood disorders” (2015-2017), co-applicant Dr. John Geddes, Oxford University.
- Department of Psychiatry Pilot Funding Grant: \$20,000 “Peripheral markers of bipolar illness risk” (2014-2015), co-applicant Dr. Ana Andreazza, University of Toronto.
- Canadian Institutes of Health Research (CIHR): \$1,105,246 “The early course of bipolar disorder: From genetic risk to illness onset” (2010-2015), co-investigators: L.T. Young, A. Andreazza, P. Grof, J. Horrocks, A. Wong.

Co-investigator:

- University of Calgary, Faculty of Nursing, Bridge Funding: \$25,000 “Parenting Research On Mental Illness, Stress and Epigenetics (PROMISE) Pilot Study” (2015-2016).

Dr. Matthew Hill

- Canadian Institutes of Health Research Foundation: \$754,662 “Corticolimbic Endocannabinoid Signaling and the Regulation of Stress and Anxiety.” (2015).

Dr. Zahinoor Ismail

- Canadian Institutes of Health Research: \$964,827 “Biomarkers of Vascular Function and Integrity in Cerebral Amyloid Angiopathy: A Prospective Longitudinal Cohort Study” (Jul 2015 – Jun 2020).

Drs. Zahinoor Ismail & Scott Patten

- Canadian Institutes of Health Research Knowledge Synthesis Grant: \$100,000. “Improving Depression Screening in Medically Ill Patients by Reducing Bias and Including Individual Patient Characteristics in Accuracy Estimates: An Independent Patient Data Meta-Analysis of the Hospital Anxiety and Depression Scale (HADS).” (2015).

Dr. Frank MacMaster

Principal investigator:

- Scientific Director’s Operating Funds: \$250,000 “Brain Imaging Studies of Brain Stimulation” (2015-2020).
- Hotchkiss Brain Institute/Mathison Centre for Research Pilot Fund: \$20,000 “Transcranial Magnetic Stimulation for Children with Tourette’s Syndrome” (2015-2016).
- Addiction and Mental Health Strategic Clinical Network: \$15,000 “Pilot Study of Transcranial Direct Current Stimulation for Treatment-Resistant Depression” (2015-2016).

Co-principal investigator:

- Industry – Neuronetics, Inc.: \$1,406,500 “A Randomized, Sham-Controlled Trial Evaluating the Safety and Effectiveness of NeuroStar Transcranial Magnetic Stimulation (TMS) Therapy in Depressed Adolescents” (2015-2019) principal investigator-Paul Croarkin.
- Canadian Foundation for Innovation – Leaders Opportunity Fund: \$339,206 “Paediatric Brain Imaging for Breakthroughs in Child Brain Health” (2014-2018) principal investigators- Catherine Lebel/Signe Bray/Frank MacMaster.
- Shaikh Family Research Award: \$50,000 “Outcome from Pediatric Traumatic Brain Injury” (2015-2017) principal investigator-Brian Brooks

Collaborator:

- Alberta Innovates Health Solutions: \$1,951,714 “Prediction and Understanding of Resilience in Alberta Families” (2015-2018) principal investigator-Dawn Kingston.

Dr. Glenda MacQueen

Co-investigator:

- Canadian Institutes of Health Research: \$178,241 “Neurodevelopmental risk for anxiety and mood disorders in pregnancy and the post-partum period.” (2015-2016) Rector, NA et al.
- Canadian Institutes of Health Research: \$97,398 “Is type 2 diabetes mellitus a risk factor for neuroanatomical changes, cognitive impairment and oxidative stress in bipolar disorders?” (2015-2016) Hajek T, et al.
- Canadian Institutes of Health Research SPOR Networks in Chronic Disease LOI: \$49,419 “Microbiota Interacting with Diet as a therapeutic strategy in GastroIntestinal and psychiatric disease: The MIND GI SPOR network.” (2014-2015) Bernstein C, Kennedy N, MacQueen GM, Moayyedi P (principal investigator), Otley AR.

Dr. Scott Patten

Principal investigator, co-principal investigator or collaborator:

- Addiction and Mental Health Strategic Clinical Network: \$15,000 “New statistical approaches to inter- and intra- provincial comparisons of regional and temporal trends in major depression prevalence and its treatment” (2015) Patten SB, Greenshaw A, Sajobi T.
- Canadian Institutes of Health Research Team Grant: (\$2,443,500) “Defining the burden and managing the effects of psychiatric comorbidity in chronic immunoinflammatory disease” (2014 – 2019) P.I.-Ruth Ann Marrie, University of Manitoba.
- Type A Grant. Ontario Mental Health Foundation: \$150,000 (\$75,000 per year over two years) “Beyond silence: Comparing the impact of contact-based education with mental health literacy training on early intervention for healthcare workers with mental health issues” (2014 – 2016) Dr. Sandra Moll et al. (incl. Scott B. Patten).
- Canadian Institutes of Health Research: \$100,000 over one year “Improving depression screening by reducing bias in accuracy estimates: An independent patients data meta-analysis of the PHQ-9” (2014-2015).
- Canadian Institutes of Health Research: \$575,115 (3 years) “Exploring Stigma, Discrimination and Recovery-Based Perspectives toward Mental Illness and Substance Use Problems among Primary Health Care Providers across Ontario” (2014-2017).

Dr. Tamara Pringsheim

Principal investigator:

- Canadian Institutes of Health Research: \$11,830 “Canadian Guidelines on Pharmacotherapy for Oppositional Behaviour, Conduct Problems, and Aggression in Children and Adolescents with Disruptive Behaviour Disorders: Creation of a Patient Decision Aid

to Reduce Decisional Conflict and Encourage Active Decision Making” (2015-2016).

- Shire Canada: \$100,000 “Assessment and Treatment of Oppositional Behaviour, Conduct Problems and Aggression in Children with Attention Deficit Hyperactivity Disorder, Oppositional Defiant Disorder and Conduct Disorder: Bringing Knowledge to Action Among Family Physicians and Pediatricians” (2015-2017).

Co-investigator, co-principal investigator

or supervisor:

- Mathison Centre for Mental Health Research & Education: \$20,000 “Transcranial magnetic stimulation for Tourette Syndrome” (2015-2016).
- Alberta Innovates Health Solutions: \$25,000 “Improving Care in Adults with Parkinson’s Disease and Dementia Complicated by Comorbid Depression and Anxiety” (2015-2016).
- Mathison Centre for Mental Health Research & Education: \$6,000 “A Populated-Based Study of the Prevalence of Tourette Syndrome, Health Status, and Health-Related Behaviours” (2015).

Dr. Thomas Raedler

Principal investigator:

- SyneuRx International (Taiwan) Corp: “Adaptive Phase II Study to Evaluate the Safety & Efficacy of Sodium Benzoate as an Add-on Treatment for Schizophrenia in Adolescents” (2015 – ongoing).
- Boehringer-Ingelheim: “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” (2015 – ongoing).
- Lundbeck Canada: “Canadian Non-Interventional Prospective Cohort Study on the Real-Life Assessment of Abilify Maintena in Schizophrenia” (2014 – ongoing).
- Purdue: “A Phase III, Randomized, Double-blind, Placebo-controlled, Parallel-arm, Multi-center Study Measuring the Efficacy and Safety of PRC-063 in Adolescent ADHD Patients” (2014 – 2015).
- Forum Pharmaceuticals (previously known as EnVivo Pharmaceutical, Ltd): “A 26-Week Extension Study of EVP-6124 (Alpha-7 nAChR) as an Adjunctive Pro-Cognitive Treatment in Schizophrenia Subjects on Chronic Stable Atypical Antipsychotic Therapy” (2014 – ongoing).
- Forum Pharmaceuticals (previously known as EnVivo Pharmaceutical, Ltd): “Study of EVP-6124 (Alpha-7 nAChR) as an Adjunctive Pro-Cognitive Treatment in Schizophrenia Subjects on Chronic Stable Atypical Antipsychotic Therapy” (2014 – ongoing).

Dr. Rajamannar Ramasubbu

Dr. Rajamannar Ramasubbu was awarded a grant from the University of Calgary: \$12,750 “Burden of Recovery: Living Without Depression Following DBS” (2014).

Events

Shopper's Drug Mart Run for Women - Fundraiser for the Women's Mental Health Clinic

MAY 15, 2016

Edworthy Park, Calgary, AB

www.runforwomen.ca



Tanzanian Global Mental Health Fundraiser **THURSDAY, JUNE 16 (EVENING)**

African cuisine, music, art and wine auction RSVP
mikegrimminck@gmail.com

HBI Research Day 2016 **JUNE 17, 2016**

Foothills Medical Centre, Health Sciences Centre, Theatre 4

Keynote Speaker: Stéphane Olié, PhD, Université de Bordeaux

2016 Bryan Kolb Lecture in Behavioural Neuroscience and HBI Welcome Back Wine & Cheese Reception **SEPTEMBER 16, 2016**

22nd International Association for Child and Adolescent Psychiatry
and Allied Professions (IACAPAP) 2016 World Congress & 36th
Annual Conference for the Canadian Academy of Child and
Adolescent Psychiatry

September 18-22, 2016

Calgary Telus Convention Centre, Calgary, AB

www.iacapap2016.org/

Forensics Day 2016 **SEPTEMBER 30, 2016**

*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.*

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