



Mind|Matters

Department of
Psychiatry
Newsletter
Calgary Zone
Winter **2018**

Message from the Department Head Dr. Beverly Adams

The most exciting news on the horizon for the Department of Psychiatry is the Academic Medicine Health Services Program (AMHSP). It will create the ability to expand academically informed care in Addictions and Mental Health. We continue to wait for full approval but remain optimistic about its implementation. It will coincide with the arrival of the new department head and will create an excellent opportunity for recruitment.

Congratulations to Dr. Frank MacMaster who received CIHR funding in the 2017 fall grant competition. Other department members have also received noteworthy recognition. Dr. Arlie Fawcett was awarded the CAMSS Advocacy Award in November 2017. Dr. Will White was recognized as one of the 150 Leading Canadians for Mental Health by CAMH Difference Makers. Congratulations to Dr. Izu Nwachukwu who was the successful applicant for the position of Outpatient Section Chief North. He brings extensive international experience to the position and we look forward to working with him and implementing his innovative ideas for system change.

Our undergraduate medical education curriculum and residency training programs remain strong. We had 128 CARMS applications this year with national representation. Thank-you to all our excellent preceptors and leaders in education. This strength is fundamental for the ultimate growth of the Department.

New & Noteworthy



Since 2013, the Department of Psychiatry and Global Health Department has been working to form a partnership in Mwanza, Tanzania with our fellow psychiatric colleagues. Since those initial trips, our partnership has grown and Kolabo was founded. Our team of Dr. Rachel Grimminck, Dr. Roy Turner and Dr. Suneina Mohan and residents Dr. Jordan Li, Dr. Susan Poon, Dr. Jadah Johnson and Dr. Suzie Black travelled together in October 2017.

This trip focussed on developing and teaching the undergraduate students at Catholic University of Health and Allied Sciences (CUHAS). Over 250 students were taught for a period of two weeks covering a broad range of topics from substances and addictions to psychosis. Our team focussed on teaching methodologies that our partners wanted to develop including small groups and patient presentations. Curriculum was developed with our partners to ensure cultural appropriateness. Overall, the trip was a huge success with Tanzanian students, partners and psychiatrists being very happy with the ongoing partnership.

In 2018, we will be continuing to focus on undergraduate medical education at CUHAS with a trip in the fall. Applications have been received, and the next team will be announced in the coming months. In the next several years, as the capacity of the CUHAS team grows, Kolabo will be transitioning from a UME to a PGME focus. Stay tuned!

Lastly, on May 31st we will be hosting our annual fundraiser at the Elbow Park Community Centre. Funds will go to continuing to support the Tanzanian resident scholarship and the upcoming 2018 trip. If you have any silent auction items to contribute we would love to have them. It will be a fun filled night of food, silent auction and entertainment! We hope that you will be able to join us!

Kolabo Project Team

Drs. Rita Watterson, Kimberly Williams, Kathy Fitch, Rachel Grimminck, Suzanne Black, Jadah Johnson, Jordan Li, Roy Turner, Susan Poon and Mr. Michael Grimminck

In this Issue

- ✓ New & Noteworthy
- ✓ Who's New?
- ✓ Research
- ✓ Awards & Recognitions
- ✓ Events

Psychopharmacology Research Unit (PRU)

Dear members of the Department of Psychiatry:

As the Medical Director of the Psychopharmacology Research Unit (PRU) I would like to give you a brief update on the current activities of our clinical trials unit. Speaking for all members of our unit, I would like to thank you for your ongoing support of our program.

The past months were marked by change as well as anticipation of upcoming clinical trials. With regards to change, Tara Morash, RN informed us in November 2017 that she had decided to leave our unit. Please join me in thanking Tara for her services to our program over the past years.

As required by the University of Calgary, we advertised Tara's position in December 2017. We received many excellent applications. We recently completed the hire of Chieh-Fu (Jeff) Chang, RN as a research nurse. Jeff has been working as a psychiatric nurse for several years and is very interested in clinical trials. Please join me in welcoming Jeff to our team.

With regards to anticipation of upcoming clinical trials, Geri Anderson, RPN, our clinical trials coordinator, spent the past months preparing ethics-applications for four new clinical trials. I am happy to report that all four applications were approved in January and February 2018. We are familiar with these investigational compounds as we were involved in clinical trials using these compounds in the past. We are expecting to start recruitment for these clinical trials in March 2018. Below please find more information about these exciting clinical trials. We will provide additional information on our clinical trials programs during departmental Grand Rounds on March 27, 2018.

Ongoing clinical trials:

We continue to participate in the NaBen Study and the ADVANCE Study. We are still looking for subjects for both trials. Please feel free to discuss potential participants with us on a case-by-case basis.

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 as an add-on medication to ongoing antipsychotic treatment on symptoms of schizophrenia in adolescents with schizophrenia between the ages of 12 and 17 years. Beverly Adams, MD and Iliana Garcia-Ortega, MD serve as co-investigators.

ADVANCE Study:

These studies focus on depressed patients age 7 – 11 (Interventional, Randomized, Double-blind, Placebo-controlled, Active Reference (Fluoxetine) Fixed-dose Study of Vortioxetine in Paediatric Patients Aged 7 to 11 Years With Major Depressive Disorder (MDD); ClinicalTrials.gov identifier: NCT02709655) and depressed adolescents age 12 – 17 (Interventional, Randomized, Double-blind, Placebo-controlled, Active Reference (Fluoxetine) Fixed-dose Study of Vortioxetine in Paediatric Patients Aged 12 to 17 Years With Major Depressive Disorder (MDD); ClinicalTrials.gov identifier: NCT02709746). These studies compare the efficacy of vortioxetine, a new antidepressant, with fluoxetine, an older SSRI-antidepressant, and placebo in the treatment of pediatric and adolescent depression. In addition to pharmacological treatment all subjects will also be offered a Brief Psychological Intervention (BPI). Iliana Garcia-Ortega, MD and Chris Wilkes, MD serve as co-investigators.

We also received approval for the *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). Subjects will be eligible to participate in this extension study after they complete the initial clinical trial.

Upcoming clinical trials:

The NaBen Adult Schizophrenia study (Study to Evaluate Safety & Efficacy of NaBen® as Add-on Treatment for Schizophrenia in Adults; ClinicalTrials.gov identifier: NCT02261519) assesses the effects of add-on treatment with sodium benzoate in adults with schizophrenia, who continue to struggle with psychotic symptoms despite ongoing antipsychotic treatment. Beverly Adams, MD and Rory Sellmer, MD, serve as co-investigators.

The NaBen Clozapine study (An Adaptive Phase II/III, Two-Part, Double-Blind, Randomized, Placebo-controlled, Dose-Finding, Multi-center Study of the Safety and Efficacy of NaBen®, as an Add-on Therapy With Clozapine, for Residual Symptoms of Refractory Schizophrenia in Adults; ClinicalTrials.gov identifier: NCT03094429) uses the same compound as add-on treatment in subjects who failed to experience sufficient benefits from treatment with clozapine. Beverly Adams, MD and Rory Sellmer, MD, serve as co-investigators.

The BI relapse prevention study (A phase II randomised, double-blind, placebo-controlled study to evaluate the efficacy, safety, and tolerability of orally administered BI

409306 during a 28-week treatment period as adjunctive therapy to antipsychotic treatment for the prevention of relapse in patients with schizophrenia; ClinicalTrials.gov identifier: NCT03351244) assesses if the addition of BI 409306 to ongoing antipsychotic treatment helps to prevent relapses in adults with schizophrenia. David Crockford, MD and Rory Sellmer, MD, serve as co-investigators.

The BI Attenuated Psychosis Syndrome study (A phase II randomized, double-blind, placebo-controlled study to evaluate the efficacy, safety, and tolerability of orally administered BI 409306 during a 52-week treatment period as an early intervention in patients with attenuated psychosis syndrome; ClinicalTrials.gov identifier: NCT03230097) assesses if BI 409306 can prevent subjects, who are at high risk of developing psychosis, from becoming worse. Beverly Adams, MD serves as co-investigator.

We continue to rely on your support for our clinical trials program. You can obtain additional information on current studies by accessing the web-site of the Psychopharmacology Research Unit (www.ucalgary.ca/pru). Please feel free to contact myself (Thomas.raedler@ahs.ca) or Geri Anderson (Geri.Anderson@ahs.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 patient for possible participation.

Thomas J Raedler, MD
Medical Director, Psychopharmacology Research Unit (PRU)

New & Noteworthy

Department of Psychiatry Clerkship Program

In April 2018, the clerkship year for the class of 2018 will come to an end. Our clinical clerks will graduate from medical school over the next weeks and will go on to start their residencies on July 1, 2018. At the same time, the class of 2019 will start their psychiatry clerkship rotation in April 2018.

All clinical clerks from the University of Calgary are required to complete a six-week clerkship rotation in psychiatry. Our clerkship rotation consists of 4 weeks of adult psychiatry and 2 weeks of Child & Adolescent psychiatry. During each clerkship block we usually host 15 – 20 clinical clerks that are distributed to the different clinical sites. We use all clinical sites in Calgary as well as the Centennial Centre for Mental Health and Brain Injury for our clerkship rotation. In addition, we also host elective students from the University of Calgary and other Canadian and North American medical schools.

The class of 2018 saw significant changes in our clerkship program as all clinical clerks are now doing 4 weeks of adult psychiatry and 2 weeks of Child & Adolescent Psychiatry. We are not implementing any major changes for the class of 2019.

We would like to thank you for your ongoing support of our clerkship program. Thanks to your help, our clerkship program remains highly appreciated by the clinical clerks and continues to receive high ratings. We would also like to thank all members of our departmental clerkship committee who help us with the day-to-day administration and organization of our clerkship program.

Tim Ayas, MD, Psychiatry Evaluations Coordinator

Thomas J Raedler, MD, Psychiatry Clerkship Director

Continuing Professional Development (CPD) Activities

It has been an exciting semester so far with changes and new ventures on the horizon. In September 2017 we had to say good-bye to Trang Pham, who accepted a promotion within the University of Calgary. Anne Enders (Margaret.enders@ucalgary.ca) was kind enough to join our team and has been coordinating our CPD-activities over the past months. Please join me in a belated welcome for Anne.

The multi-disciplinary departmental CPD Committee currently has 25 members representing a variety of clinical sites. The CPD-Committee coordinates all CPD-activities through our department. Please let us know if you are interested in joining our team as we are always looking for new members.

On November 30, 2017 we received confirmation of Grand Rounds Accreditation from the Royal College of Physicians. Thanks to this accreditation we continue to be able to provide CME-credits for Grand Rounds. This includes Grand Rounds that are supported by the pharmaceutical industry (we take advantage of national and international speakers that are brought to Calgary by the pharmaceutical industry).

The committee has composed a set of guidelines that will be sent to all Grand Rounds presenters that are supported by the pharmaceutical industry. These guidelines will maintain our high standards for Grand Rounds and will ensure we remain in compliance with the requirements of the Royal College of Physicians.

For the fall 2017 semester we had 15 Grand Rounds presentations covering a wide variety of topics. 54 participants claimed CME-credits and a total of 269 CME credits were awarded. This brings the total amount of CME-credits awarded in 2017 to over 600.

Our Grand Rounds schedule for the spring 2018 semester is fully booked until the end of June 2018.

In early May 2018 we will start preparations for the fall 2018 semester (September 2018 to December 2018). We already received a lot of suggestions for potential presenters. Please contact Anne if you have additional suggestions for topics or presenters for the upcoming Grand Rounds.

We are currently looking into making our weekly Grand Rounds available via webcast. This will allow a greater audience who are not able to attend from at an AHS site to attend Grand Rounds remotely. Please wait for further updates.

Anne continues to send weekly updates on our Grand Rounds schedule via email. Please contact Anne if you are not on our email distribution list. Anne also just sent out a Grand Rounds survey. Please complete this online survey as it helps us plan for the months to come.

Dr. Thomas Raedler will chair the 2018 Psychiatry Online Literature Review Course (POLRC).

POLRC will cover 12 journal articles with a focus on; 'Highlights of 2017' and will take place from April 2018 until June 2018. The POLRC offers the option of obtaining CME-credits from the convenience of home. Further information will be sent out soon through the CME-office of the Cumming School of Medicine.

The CPD Committee is considering starting a new initiative 'Quarterly Psychiatry Updates'. This new initiative will consist of 2 - 3 hour sessions that focus on a specific topic. Again, more information to come over the next weeks.

Thank you again for your ongoing support of our CPD-activities.

Anne Enders and Thomas Raedler, MD

Congratulations to all those involved in this year's CaRMS match. We have happily filled all 8 spots this year and extend a warm welcome to our new residents:

[Jacqueline Bobyn](#), University of Calgary

[Chad Diedrichs](#), University of Alberta

[Paige Durling](#), University of Calgary

[Jihane Henni](#), University of Saskatchewan

[Megan Howlett](#), University of Alberta

[Jennifer Hoy](#), Northern Ontario School of Medicine

[Justin Khunkhun](#), University of Alberta

[Anson Wong](#), University of Ottawa

Welcome to the Department of Psychiatry!



Dr. Mohammad Payman Hajiazim

Dr. Hajiazim is a lecturer at the University of Calgary and attending psychiatrist and sleep specialist at Sheldon Chumir Central clinic, Rocky View Hospital, and Sleep and Fatigue Institute. His research focuses on the novel treatments, such as Orexin receptors inhibitors, aiming at treating Insomnia and also Narcolepsy. After completing the medical school training at The Tehran University of Medical Sciences and the residency in psychiatry at The Shahid Beheshti University in Tehran, Dr. Hajiazim completed additional trainings in psychodynamic psychotherapy and then in sleep medicine at The University of Toronto. Dr. Hajiazim's research also covers the possible causes of fatigue and the interplay between the sleep disorders and mental/physical fatigue in adults and sleep aspects of attention deficit hyperactivity disorder (ADHD) and depression. His particular clinical interest is also on the management of the circular interplay between sleep disorders and the neuropsychiatric conditions such as head traumas/concussions and cognitive impairments MCI/dementia.



Dr. Iliana Garcia- Ortega

Dr. Iliana Garcia- Ortega was born and raised in Mexico City. A scholarship allowed her to pursue Medical Studies at the Universidad Anahuac in Mexico City, obtaining the Academic Excellence awards for three consecutive years. After concluding her studies, she worked as a volunteer providing primary care in a rural community for one year. After the volunteer experience, she completed a psychiatry residency at the National Institute of Neurology and Neurosurgery in Mexico City, specializing in Neuropsychiatry. She participated in several research projects related to neuro-imaging and psychiatric symptoms in Multiple Sclerosis and voice recognition in patients with auditory hallucinations. During her last year of residency, she was offered a unique opportunity to participate in an international exchange spending one month at Dalhousie University, one month at Harvard University and one month at the National University in Mexico learning about similitude and differences in the health systems.

As soon as she finished her residency training Iliana was offered a position from the Ministry of health in Mexico City to take the Teaching and Research coordination of the Mental Health Services, position which she held for only a short period of time as she received the news of being accepted into a fellowship in International Psychiatry at Dalhousie University in Nova Scotia. After completing her fellowship, she received a job offer as Research Associate with the Department of Psychiatry at the Dalhousie University focusing her work on the development of educational materials and resources for Mental Health in Primary Health Care settings. She also had the opportunity to apply the knowledge obtained during the fellowship by conducting international projects with collaboration with WHO/Pan American Health Organization.

Iliana completed a two-year training in Child and Adolescent Psychiatry at the University of Calgary and on top of her clinical commitments she participated in teaching opportunities with Healthy Minds/Healthy Children on school mental health; Continuing Medical Education with the University of Calgary with the rural team, became part of the working group for the new Canadian Guidelines for Schizophrenia and collaborated with the Psychopharmacology Research Unit.

In her spare time Iliana, enjoys spending time with her family and friends, yoga, cooking, painting and gardening. She is a wife and mother of two kids.

Iliana is thrilled to join MAPS and Neuropsychiatry clinics at Richmond road; the Mood disorder clinic at Foothills and YCSP teams.

Mathison Series in Youth Mental Health

The Mathison Centre organized its annual Mathison Series in Youth Mental Health on November 6th 2017. The event was the fifth in the series and focused on the theme "Adverse Childhood Experiences (ACE's): a Scientific and Community Perspective". Jay Ingram, science writer and broadcaster led the discussion with 3 panelists: Sheldon Kennedy (Sheldon Kennedy Child Advocacy Centre), Warren Binford (Willamette University) and Sheri Madigan (Mathison Centre for Mental Health Research & Education). Dr Paul Arnold, Director of the Mathison Centre shared insights into the biological aspects of ACEs and what research is taking place at the Mathison Centre on Adverse Childhood Experiences.

The Mathison Series is a community event that brings together business leaders and community members from the Calgary region to showcase the work of the Mathison Centre, raise awareness of mental health issues and encourage investment to support mental health research and education.

Mathison Rounds are Back!

The Mathison Centre has revamped its Rounds starting January 2018. Mathison Rounds are scheduled once a month and will provide an opportunity for members, trainees and other speakers to share on their on-going research projects. All are invited to join! Lunch is provided during the rounds.



(From right: Jay Ingram, Warren Binford, Paul Arnold, Sheri Madigan, Sheldon Kennedy)



(Impressive attendance and participation at Mathison Rounds)

Upcoming dates and venue are:

(1pm to 2pm)

Mar 14/18 - Room G384 (James Kinnear Room)

Apr 11/18 - Room G384 (James Kinnear Room)

May 9/18 - Room G384 (James Kinnear Room)

June 13/18 - Room G384 (James Kinnear Room)

The Mathison Centre has created two knowledge resources on cannabis as part of our Did You Know (DYK) series. These knowledge resources - a brochure and brief share knowledge on pertinent topics on cannabis use, legalization in Canada and mental health.



Mathison Centre in the News

Our centre has received notable public media attention recently through the work of our researchers. Examples of these include

- The Globe and Mail interview and opinion piece on Dr. Scott Patten and his team's 2016 paper on seasonal depression -
<https://www.theglobeandmail.com/opinion/bedside-manner-and-the-winterblues/article38087894/>
- The Conversation Canada on Sheri Madigan's research into the role of siblings in the development of empathy among young children -
https://theconversation.com/new-research-shows-siblings-can-make-you-more-empathic-90755?utm_medium=email&utm_campaign=Latest%20from%20The%20Conversation%20for%20February%202020%202018&utm_content=Latest%20from%20The%20Conversation%20for%20February%202020%202018+CID_612002b7f8806ceb91a651d5cb5b08d1&utm_source=campaign_monitor_ca&utm_term=New%20research%20shows%20sibling%20can%20make%20you%20more%20empathic
- CTV Morning Live interview of Mathison Centre full member Gina Dimitropolous talking about mental illness in children on Bell Let's Talk Day -
<https://calgary.ctvnews.ca/video?clipId=1315800>
- The Globe and Mail interview of Rebecca Haines-Saah on federal support for public-awareness campaign on marijuana -
https://beta.theglobeandmail.com/news/politics/ottawa-beefs-up-public-awareness-campaign-on-marijuana/article36784012/?ref=http://www.theglobeandmail.com&=&mc_cid=7b302514ca&mc_eid=c77c1016c6.
- CTV Calgary morning live monthly segments by Sheri Madigan, PhD on various topics centered

around child development –

https://calgary.ctvnews.ca/video?clipId=1282714&binId=1.1201941&playlistPageNum=1&mc_cid=fa099f2559&mc_eid=c77c1016c6

- The Globe and Mail article referencing Dr. Scott Patten, Andy Bulloch and team's study on major depression as the best estimate of the national rate of depression in Canada -
<https://www.theglobeandmail.com/life/health-and-fitness/health/studies-overestimate-prevalence-of-depression-article-shows/article37599419/>
- CBC Radio interview of associate member Rebecca Haines-Saah on "how to talk to your kids about pot" -
<http://www.cbc.ca/news/canada/calgary/program/eyeopener/how-to-talk-to-your-kids-about-pot-1.4410499>

Mathison Centre Grant Successes and Recognition

- Dr. Tamara Pringsheim, Deputy Director of the Mathison Centre received the Richard Stein Memorial Award from Tourette Canada. The award is presented to an individual who has made an outstanding contribution to making a difference in the lives of individuals with Tourette Syndrome.
- Deineria Exner, PhD received the Addictions and Mental Health Strategic Care (AMH-SCN) Network Early Career Award. The award is co-sponsored by the AMH-SCN and PolicyWise
- Daniel Kopala-Sibley, PhD received the NARSAD Young Investigator Award from the [Brain and Behaviour Research Foundation](#). A NARSAD Young Investigator Grant provides support for the most promising young scientists in mental health research.

- Dr. Zelma Kiss, member of the Mathison Centre is part of a team that has developed a new way to do brain surgery without cutting the skin or drilling into the skull. The magnetic resonance guided focused ultrasound (MRgFUS) is a new precision medicine technology yielding promising results. [Video](#)
- Carly McMorris, co-investigator on the Government of Ontario Ministry of Community and Social Services's Developmental Services Research Grant Application

CIHR Project Scheme Grant – Fall 2017 competition

- Dr Signe Bray, principal investigator
- Dr Frank Macmaster, principal investigator
- Dr Gina Dimitropoulos, co-principal investigator
- Dr Tamara Pringsheim, co-investigator
- Dr Zahinoor Ismail, co-investigator
- Dr Carly McMorris, co-investigator
- Dr Gabrielle Wilcox, co-investigator

Upcoming Event

Join the Mathison Centre for Mental Health Research Day 2018 (formerly Youth Mental Health Day), our annual flagship event under the theme “Neurostimulation in Mental Health” on March 12, 2018. We will feature keynote speaker Dr. Antonelli Bonci and speakers Dr. Vikaas Sohal, Dr. Stephanie Ameis and Dr. Alex McGirr who will present different perspectives on the topic. An additional guest speaker Dr. John Piacentin will be speaking about pediatric OCD and we will also feature talks from trainees. Registration is [open](#).

Investigator of the Month, February 2018

Dr. Alexander McGirr, Assistant Professor

I am a psychiatrist and clinician-scientist whose primary clinical and research interests are mood disorders, and depressive disorders more specifically. My research bridges clinical and translational worlds, as I conduct research in clinical populations in addition to animal modelling of psychiatric illness. I have a keen interest in using neurostimulation, or means of impacting neuronal function in targeted way, as a way of understanding and remedying the multiple domains affected by depressive illnesses.

At the University of Calgary, I will be continuing my research program aimed at enhancing the clinical efficacy of non-invasive stimulation modalities, such as transcranial magnetic stimulation and transcranial electrical stimulation, in depression. I will also be continuing to build on work from my PhD using mice to model stress, depressive-like behavior, and to conduct circuit dissection using next generation genetically encoded fluorescent reporters and optical neuronal actuators. These optogenetic techniques hold great promise for visualizing network alterations resulting from stress, and elegant cell-type specific approaches to understanding the underlying pathological alterations and the fascinating variability in their emergent phenotypes.

To the casual observer, I have what can best be described as an eclectic research trajectory. I would counter that with the exception of a not-so-brief infatuation with neurosurgery, there has been a unifying theme in my work over the last decade and a half: furthering our understanding of depressive disorders and of comorbidities common in depression. My research background has its roots in cognitive psychology and my interests have been increasingly drawn towards the biological underpinnings of depressive reactions and pathology. As I progressed through medical and psychiatric training, this has grown to include evidence-based medicine. My journey began with Dr. John Abela (McGill University) in cognitive psychology, trying to understand cognitive predispositions to pediatric depression. I was then mentored by Dr. Gustavo Turecki (McGill University), focusing on suicide, one of the most tragic public health concerns within psychiatry with tremendous repercussions on society at large. It was at this stage that my research orientation began to trend towards biology, for while I was studying personality variants in relation to suicide, I did so utilizing a genetic epidemiological approach. When I began medical school, I chose to invest and expand my skill set by pursuing animal modelling of psychiatric illness under the mentorship of Dr. John Roder (Lunenfeld-Tanenbaum Research Institute & University of Toronto). I was then fortunate to be recruited to the Research Track residency at the University of British Columbia, where I had the opportunity to pursue both clinical research with Drs.



Lakshmi Yatham and Raymond Lam, as well as continue to build my neuroscience skill set under the mentorship of Dr. Timothy Murphy.

I look forward to getting to know you all and sharing ideas so that we can ultimately deliver the best care possible to patients and their loved ones.

Recent Publications:

Clinical

McGirr, A, Berlim, MT, Bond, DJ, Chan, PY, Yatham, LN, & Lam, RW. An updated systematic review and meta-analysis of randomized controlled trials of adjunctive ketamine in electroconvulsive therapy. *British J Psychiatry*. 2017; 210(6):403-407.

McGirr, A, Karmani, S, Arsappa, R, Berlim, MT, Thirthalli, J, Muralidharan, K, Yatham, LN. The clinical efficacy and safety of repetitive transcranial magnetic stimulation (rTMS) in bipolar depression. *World Psychiatry*. 2016; 15(1): 85-6.

McGirr, A, Vohringer, P, Ghaemi, SN, Lam, RW & Yatham, LN. The safety and efficacy of adjunctive modern antidepressant therapy with a mood stabilizer or antipsychotic in acute bipolar depression: A meta-analysis of randomized placebo controlled trials. *Lancet Psychiatry*. 2016; 3(12): 1138-46.

Basic/Translational

McGirr, A, LeDue, J, Chan, AW, Xie, Y, & Murphy, TH. Cortical functional hyper-connectivity in a mouse model of depression and selective network effects of ketamine. *Brain*. 2017; 140(8):2210-2225.

McGirr, A, Lipina, TV, Mun, H-S, Georgiou, J, Ng, E, Zhai, D, Elliott, C, Cameron, RT, Mullins, JGL, Liu, F, Baillie, GS, Clapcote, S, Roder JC. Specific inhibition of phosphodiesterase- 4B results in anxiolysis and facilitates memory acquisition. *Neuropsychopharmacology*. 2016; 41(4): 1080-92.

Publications

Margaret A. Oakander (in press), Twenty-five years of Walk-In Single Sessions at the Eastside Family Centre: Clinical and Research Dimensions, In M.F. Hoyt, M. Bobele, A. Slive, J. Young, & M. Talmon (Eds.), *Single-Session Therapy by Walk-In or Appointment: Clinical, Supervisory, and Administrative Aspects*. New York: Routledge Publishing 2018

Ryan Todd recently published two manuscripts in the area of sports psychiatry and injury prevention that might be of interest:

Title: Understanding the resistance to creating safer ice hockey: essential points for injury prevention.

Journal: Injury Prevention

Authors: Todd RA, Soklaridis S, Treen AK, Bhalerao SU, Cusimano MD

Link:

<http://injuryprevention.bmj.com/content/early/2017/11/27/injuryprev-2016-042272.long>

Title: Understanding the Psychiatric Effects of Concussion on Constructed Identity in Hockey Players: Implications for Health Professionals

Journal: PLOS ONE

Authors: Todd RA, Soklaridis S, Vu M, Bhalerao SU, Cusimano MD

\$1,519,880 Brain Canada Foundation. Improving Quality of Life in the Elderly by Standardizing Care for Neuropsychiatric Symptoms of Dementia. Rajji TK (PI), Kumar S, Burhan A, Davies S, Nair V, Gerretsen P, Graff A, Ismail Z, Kurdyak P, Mulsant B, de Oliveira C, Pollock B, Streiner D (April 2018 – March 2021)

Agüera-Ortiz L, Lopez-Alvarez J, Nido-Varo Del L, Garcia-Rosel Soria EG, Perez-Martinez DA, Ismail Z 2017. Mild Behavioural Impairment as an antecedent of dementia: presentation of the diagnostic criteria and the Spanish version of the MBI-C scale for its evaluation *Revista de neurologia* 65 (7), 327-334

Lancôt, K.L., Amatniek, J., Ancoli-Israel, S., Arnold, S.E., Ballard, C., Cohen-Mansfield, J., Ismail, Z., Lyketsos, C., Miller, D.S., Musiek, E. and Osorio, R.S., 2017. Neuropsychiatric signs and symptoms of Alzheimer's disease: New treatment paradigms. *Alzheimer's & Dementia: Translational Research & Clinical Interventions*. Volume 3, Issue 3, September 2017, Pages 440-449

Mortby M, Black S, Gauthier S, Miller D, Porsteinsson A, Smith E, Ismail Z (corresponding and senior author). 2018 Mild Behavioural Impairment: Implications for Clinical Trials, *International Psychogeriatrics*, Feb;30(2):171-175. doi: 10.1017/S1041610218000042. PMID: 29448970

Mortby M, Lyketsos C, Geda Y, Ismail Z (corresponding and senior author): 2018. Editorial: International Psychogeriatrics Special Issue on Mild Behavioral Impairment and Non-Cognitive Prodromes to Dementia, *International Psychogeriatrics*, Feb;30(2):167-169. doi: 10.1017/S1041610218000108. PMID: 29448971

Ismail Z, 2018. Dispensary cannabidiol marijuana and first episode mania. *Journal of Psychiatry and Neuroscience*, in press

Cawthorpe D, Kerba M, Narendran A, Chartier G, Ghuttora H, Sartorius N. (2018) A detailed description of the temporal order of cancers and mental disorders in a population. *BJP Open*. (in press)

Rahman A, Perri A, Deegan A, Kuntz J, Cawthorpe D. On becoming trauma-informed: Role of the Adverse Childhood Experiences Study in tertiary child and adolescent mental health services and the association with standard measures of impairment and severity. *Perm J* 2018;22:17-054. DOI: <https://doi.org/10.7812/TPP/17-054>

McAffrey E, Chang S, Rahman A, Farrelly G, Cawthorpe D. (2017) Mental Health Literacy in Primary Care: Canadian Research and Education for the Advancement of Child Health (CanREACH). *Evidence-Based Medicine* 2017 (<http://ebm.bmj.com/content/ebmed/early/2017/07/22/ebmed-2017-110714.full.pdf>).

Cawthorpe, D. (2017). Comprehensive Description of Comorbidity for Autism Spectrum Disorder in a General Population. *Perm J* 2017; 21:16-088. <https://doi.org/10.7812/TPP/16-088> E-pub: 12/23/2016

Novick J, Cawthorpe D, McLuckie A. (2016) A measurable treatment plan (2002 – 2016): Using the children's global assessment and the problem severity scales as outcomes of clinical treatment in child and adolescent mental health services. *JHA*; 6 (1): 9-15.

Anwar S. Cawthorpe D. (2016). What “big population data” tells us about neurological disorders comorbidity. JHA, 5(6): 1-8. (doi 10.5430/jha.v5n6p75).

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David Cawthorpe, PhD

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Awards & Recognitions



From left: Drs. Nils Forkert, Glenda MacQueen and Bruce Pike are members of the HBI at the Cumming School of Medicine, and are representing UCalgary at the CONP.

Dr. Glenda MacQueen was awarded \$10.17M grant by Health Canada and Brain Canada to establish the Canadian Open Neuroscience Platform (CONP).

Dr. Fawcett has motivated and inspired many physicians, myself included to be better physicians and better people. I believe she is an excellent choice for the Advocacy.

Dr. Arlie Fawcett was awarded the CAMSS Advocacy Award 2017. Nomination from Dr. Steve Patterson: "I have worked closely with Dr. Fawcett for the last six years in my role on the executive of the PLC Medical Staff Association. Dr. Fawcett has advocated strongly for mental health patients at the local, regional and provincial levels. This statement does not adequately convey the many hours of meetings within the hospital, at the Zone Medical Administrative Committee and at the AMA Representative Forum trying to increase both the awareness and resources available for these patients. She has also presented at the regional level on safety for patients and physicians within the hospital.



Dr. Sharron Spicer (L), Dr. Arlie Fawcett & Dr. Steve Patterson

Dr. Fawcett has also advocated for residents and new physicians at many levels, trying to ensure that motivated and energetic doctors have the resources to provide healthcare for all Albertans.

Awards & Recognitions



Dr. William White

Dr. Will White was acknowledge as a CAMPH Difference Maker, 150 Canadians for Mental Health

Dr. Will White brings a unique perspective to his work with people living with mental illness and addiction, having once had to find his own way to recovery.

Dr. Will White had a drastically different youth than most of his colleagues. He started drinking alcohol to manage his feelings as a pre-teen, and was using substances constantly by the time he was in university. When his downward spiral led to thoughts of suicide, his parents offered him the opportunity to seek help at a rehab hospital. There, he learned about addiction, recovery and developed a passion for helping others like himself. Dr. White went on to a graduate degree in counselling and later to medical school as a mature student to train in psychiatry. Today, he practices addiction psychiatry, focusing on patients with concurrent disorders – those living with both addiction and mental illness. As a teacher, he inspires medical students and residents with a passion rooted in his own story. Dr. White's own lived experience gives him a unique perspective that he uses to help his patients and to teach future generations of medical professionals.

Dr. Frank Macmaster, Principle Investigator and Co-Applicants: Ashley D Harris, Ephrem Zewdie, Alberto Nettel-Aguirre, Christopher A Kirton, Paul Croarkin, Tamara Pringsheim, Gabrielle Wilcox have been granted \$420,750 in total funding for TICS: Transcranial Magnetic Stimulation for Intervening in Children with Tourette's Syndrome.

Dr. Rita Watterson was awarded the Laughlin Fellowship from the American Psychiatric Association. Each year, the American College of Psychiatrists selects 12 third, fourth and fifth-year Residents from the United States and Canada and pays for them to attend the Annual Meeting, this year held in Tampa, Florida. The Laughlin Fellows are chosen from a diverse of applicants deemed likely to make a significant contribution to the field of psychiatry. Rita was chosen based on her educational contributions, research and work in co-founding the project Kolabo which works in Mwanza Tanzania.

Dr. Margaret Oakander received the Teamwork Excellence Award for 2017 Woods Homes, Calgary Alberta for my work in Psychiatric consultation with the multidisciplinary team at the Eastside Family Centre Walk-In Counselling Service in NE Calgary.

Congratulations to the following faculty who received awards from the Cumming School of Medicine:

Dr. Phil Stokes, Gold Star Awards, Course 7

Dr. Lauren Zanussi, Gold Star Awards, Course 7

Dr. Aaron Mackie, Gold Star Awards, Course 7

Dr. Phil Stokes, Jersey Awards

Dr. Aaron Mackie, History Buff

Dr. Lauren Zanussi, The Lecturer with the most unspellable name

Dr. Lisa Gagnon, Dr. David Stather Award

Events

Women's Mental Health Day Conference

Navigating the Complexities of Care in the Perinatal Mental Health Population

April 27, 2018

Clarion Hotel and Conference Centre, 2120 16 Avenue NE, Calgary, AB

Key Notes:

Radha S Chari MD FRCS(C)

Dr Radha S Chari is a Professor and Chair in the Department of Obstetrics and Gynecology at the University of Alberta. She is Zone Clinical Department Head for Women's Health in Alberta Health Services – Edmonton Zone, Division of Maternal and Fetal Medicine, Lois Hole Hospital for Women, Royal Alexandra Hospital. She is the Co-Chair for the Guideline Maintenance and Organization Committee (GMOC) for the SOGC. Her research and practice focuses on perinatal management, health and maternal-newborn-infant-child health outcomes, as well as clinical program development.

Erin Smith MD FRCPC

Dr Erin Smith is a consulting psychiatrist with Reproductive Mental Health and the provincial Youth Concurrent Disorders clinics at BC Children's Hospital and BC Women's Hospital in Vancouver, BC. She completed her residency in general adult psychiatry as well as an addiction psychiatry fellowship at University of Pittsburgh Medical Center, Western Psychiatric Institute and Clinic in Pittsburgh, PA. She is a motivational interviewing trainer (Motivational Interviewing Network of Trainers (MINT), Berlin, 2015) and has written numerous book chapters and articles in the field of addictions as well as perinatal mental health.

For more info: visit www.cumming.ucalgary.ca/cme

2018 Run for Women

Join US for a scenic 5K Walk /Run or 10K Run, and cheer on your kids in our Little Steps 1K run

June 10, 2018

Edworthy Park, Calgary, AB

8:30 a.m. - 1 K Little Steps

8:55 a.m. - Welcome and Warm-up

9:15 a.m. - 10K start

9:30 a.m. - 5K start

The Women's Mental Health Clinic at Foothills Medical Centre provides a much needed service to women with mental health issues who are considering pregnancy, are pregnant or are within a year of postpartum. Nearly one in five women will experience mental health difficulties, such as major depression or anxiety disorders, during this reproductive stage of life. The impact of these illnesses for the women and their families range from obstetrical complications to long term negative outcomes on childhood development. Albeit uncommon (1 in 1000 deliveries) postpartum psychosis is a very serious mental health condition which requires prompt recognition and treatment.

At the Women's Mental Health Clinic at Foothills Medical Centre, a group of dedicated physicians is committed to helping women with their mental health during their pregnancy and continuing through the early stages of their baby's life. The clinic currently sees 300 women annually and conservative estimates suggest that as many as 3,600 Calgary and area women may need support from this clinic on a yearly basis. Calgary Health Trust and the Women's Mental Health Clinic at Foothills Medical Centre are honoured to be partnering with Shoppers Drug Mart to expand the resources of this much needed program.

For up to date events including Grand Rounds
please visit:

<http://ucalgary.ca/psychiatry/calendar>

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

Submissions & Inquiries: Jillian Clarke

jillian.clarke@ahs.ca

Phone (403) 944-8913



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Psychiatry



THE MATHISON CENTRE
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