



Mind|Matters

Department of
Psychiatry
Newsletter
Calgary Zone
Fall 2018

Message from the Department Head, Dr. Valerie Taylor

Thank you for welcoming me to the Department. It has only been 6 weeks but you have all made me feel like a welcomed part of the team. I would like to extend a warm thank you as well to Dr. Beverly Adams who has now moved in to a new role as Senior Associate Dean, Education. Her hard work and commitment as past head has ensured I have joined a strong Department. And I know she will continue to be strong champion for mental health.

As you are all intimately familiar with, there are a number of challenges facing those of us who work within the mental health system and I look forward to engaging with you all as we endeavor to meet those challenges, while still ensuring we stay true to the core values inherent in the program. As part of meeting these challenges, I really hope this is the last time you hear about the pending Academic Medicine Health Services Program (AMHSP). I am operating under the premise that the next departmental update on this process will be with respect to how it has afforded us the ability to expand academically informed care in Addictions and Mental Health.

The Department will continue to lead from its strengths; academic excellence, a strong residency training program that continuously produces graduates that want to continue to work in our system, and most importantly the people that make up the Department.

Looking inside this newsletter gives you a taste of the amazing accomplishments of our faculty. I look forward to working with you all as we continue this tradition of excellence.



Dr. Valerie Taylor, Department Head of Psychiatry, Alberta Health Services & University of Calgary

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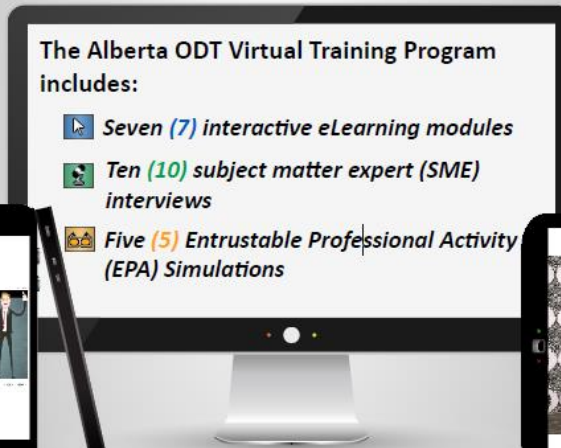
UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE

The Alberta Opioid Dependency Treatment (ODT) Virtual Training Program

The Alberta ODT Virtual Training Program is a critical component of broader efforts to respond to the opioid crisis in Alberta by improving the capacity of prescribers and allied health care team members involved in treating individuals with opioid use disorder (OUD).

The Alberta ODT Virtual Training Program includes:

- Seven (7) interactive eLearning modules
- Ten (10) subject matter expert (SME) interviews
- Five (5) Entrustable Professional Activity (EPA) Simulations



The Alberta ODT Virtual Training Program aligns with current evidence, regulations and national guidelines, and satisfies the College of Physician & Surgeons of Alberta (CPSA) requirements for initiating and maintaining opioid agonist therapy (OAT).

The Alberta Opioid Dependency Treatment (ODT) Virtual Training Program

The opiate crisis has been taking over the news for the last couple of years with deaths from opiate poisoning now hitting 2 per day in Alberta. Addiction & Mental Health and your psychiatric colleagues in Calgary have not been on the sideline. Over the last 18 months, Dr. Rob Tanguay has lead a team to develop a new on-line training program to teach prescribers the ins and outs of Opiate Agonist Therapy – aka Methadone and Suboxone treatment. This has been supported by addiction specialists across Alberta (including

Dr. Ron Lim) and the provincial AMH Professional Development team under Tuxephoni Winsor. So here is what they have produced:

During the week of September 17th, 2018, the Professional Development Team, Addiction and Mental Health, launched **The Alberta ODT Virtual Training Program**. This is an Alberta owned program that aligns with current evidence, regulations and national guidelines on the treatment of Opioid Use Disorder (OUD) and Opioid Agonist Treatment (OAT). It was created to satisfy the standard related to direct supervised training for OAT therapy for prescribers across the province and includes:

- Seven (7) interactive eLearning, CME accredited modules, augmented with Five (5) Entrustable Professional Activity (EPA) Simulations and Ten (10) subject matter expert (SME) interviews;
- EPA-simulations include: Opioid Use Disorder Comprehensive Assessment; Responding to an Opioid Poisoning; Methadone Initiation; Buprenorphine/Naloxone Home Induction; Conversion of Methadone to Buprenorphine/Naloxone

In addition, on September 21st, the **AHS ODT Virtual Health Learning Sessions** was launched. These sessions will be hosted monthly, running from September through until June, 2019. Sessions will be led by Dr. Tanguay and medical experts with fellowships in addiction medicine and pain medicine and supported with an inter-professional member panel including a nurse practitioner, psychologist, addiction counsellor and pharmacist. Sessions will include didactic

presentations, de-identified case discussions, and Q&A with audience. They will be offered via the AHS [*iScheduler*](#) (formerly telehealth) platform to ensure delivery across province.

Interested in more information on the Alberta ODT Virtual training Program? Please contact [*concurrent.disorders@ahs.ca*](mailto:concurrent.disorders@ahs.ca) .

What does this all mean? First of all, congratulations to Dr. Tanguay, Ms. Winsor and their colleagues in building a state-of-the-art online training program! And secondly, it makes it easier for **you** to become part of the solution in a direct way by becoming an OAT prescriber.

CME Treatment for Chronic Non-Cancer Pain

Dr. Rob Tanguay has developed a new CME for the treatment of chronic non-cancer pain (CNCP). The treatment of chronic pain has shifted significantly over the last couple years. In light of the opioid crisis taking over the news with deaths from opioid poisoning now hitting 2 per day in Alberta and higher in other areas new guidelines have been created. The following CME: “An Update on the Treatment of Pain: Chronic Non-Cancer Pain, Addiction, and Mental Health” will address the current state of evidence and guidelines in the treatment of pain. This includes novel concepts such as opioid deprescribing and recognition and treatment of opioid use disorder. There will also be a review of the screening, diagnosis, and treatment of psychiatric co-morbidities commonly seen in chronic pain. This is an all-inclusive CME with led by Dr. Rob Tanguay along with expertise from pain medicine practitioners, addiction medicine practitioners, and mental health clinicians working together in a unique collaborative approach in the treatment of chronic pain.

Outline:

- Epidemiology of Pain
- Science of Pain
- The Pain Assessment - Interview, Exam, and Screening
- Chronic Pain Management
 - Medications
 - Cannabis
 - Physiotherapy, Manual Therapy, and Kinesiology
 - Neuropsychological Therapy - CBT, ACT, Mindfulness
- Depressive Disorders, Anxiety Disorders, and PTSD
- Opioid Use Disorder
- Opioid Deprescribing and Motivational Interviewing
- Putting it all Together: A Case Review

Dr. Chris Wilkes appears before Senate Committee

Dr. Chris Wilkes appears before Senate Committee examining child and youth mental health.

Child psychiatrist and former CPA Board member, Dr. Chris Wilkes appeared before the Senate Committee on Social Affairs, Science and Technology examining the status of child and youth mental health in Canada. Representing the CPA, Dr. Wilkes made several recommendations to the committee, most notably that greater investment is needed in child and youth mental health, particularly in the areas of early intervention and improved access to appropriate, evidence-based treatments.

He also underscored the need for improved data collection to inform policy decisions, increased access to services at the primary and community care level, and support for the spread and delivery of cost-effective, evidence-based mental health promotion, prevention and early intervention programs for at risk youth as well as those transitioning to adulthood. Dr. Sophia Hrycko, member of the CPA's Board of Directors, was also present speaking on behalf of the Canadian Academy of Child and Adolescent Psychiatry in her capacity as academy past-president. Other witnesses included representatives from the Centre for Addiction and Mental Health and the Canadian Association of Paediatric Health Centres.



IACAPAP Update

In August through October 2017, the Department of Psychiatry supported the visiting professorship of Dr Michal Goetz on Mood Disorders and Child and Adolescent Psychiatry in preparation for the IACAPAP Congress July 2018. So this summer several members of the dept. including Dr Wilkes, OCD Nurse Melissa Adrian presented on the legalization of Cannabis and the attachment issues for Parents of Children involved in CAAMHPP. In addition to this and thanks to the generous support from The Mathison Centre, Niidanamska from the Black Foot Confederacy attended and participated in several symposia on Indigenous Health Chaired by Dr. Wilkes and Dr. Suzie Dean from Australia. In addition to Niidanamska representing Alberta's First Nations there were Indigenous representatives from Australia and New Zealand. This culminated in a position paper on the Rights for Indigenous Children which announced and released in Prague at the closing Ceremony.

Now Dr Michal Goetz's was chair of the IACAPAP Congress in Prague and he reviewed the history of IACAPAP and acknowledging the lessons he learned during his stay in Calgary and from his attendance at the 2016 IACAPAP Congress. In 2016 he announced at the opening ceremony that there was 1600 attendees from 82 countries. In addition to many stimulating plenary sessions there were 604 poster presentations and the best poster was awarded to Cynthia Kahl is an MD/PhD student in the Department of Neurosciences at the University of Calgary. She completed her undergraduate degree in Psychology, Neuroscience, and Behaviour at McMaster University. Her graduate research looks at transcranial magnetic stimulation as 1) a novel, safe, individualized intervention and 2) a measure of neurological properties and changes after treatment in children with Tourette's syndrome. Her project is funded by Branch Out Neurological Foundation and CIHR.



Dr. Chris Wilkes and Dr. Michal Goetz



Niidanamska, Dr. Chris Wilkes, and Melissa Adrian

For more information on the IACAPAP Declaration on Indigenous Children's Rights visit here: [2018 IACAPAP Declaration on Indigenous Children's Rights \(002\).pdf](#)

Continuing Professional Development (CPD) Activities

The multi-disciplinary departmental CPD committee has resumed after the summer break. We meet on the second Monday of each month for one hour and are always looking for new members; please let us know if you are interested in joining our team.

We are excited that the new semester of Grand Rounds has begun. Our Grand Rounds schedule for the Fall 2018 semester covers a wide array of topics. The CPD committee will start scheduling Grand Rounds for the Spring 2019 semester after our November meeting. Please forward suggestions for a topic or for speaker for Grand Rounds by the end of October.

Grand Rounds are currently only available in real time as they are not being recorded. Grand Rounds can be viewed currently via Telehealth at 17 AHS sites throughout Alberta. If your AHS site is not set up to watch via Telehealth please contact Anne Enders at margaret.enders@ucalgary.ca to see if the site can be connected for future Grand Rounds.

Grand Rounds can also be accessed via Adobe Connect from a computer, laptop or cell-phone. Please see link below to set up this connection.

<https://connectmeeting.ucalgary.ca/grandrounds/>

The CME-certificates for the spring 2018 semester were sent out on July 11, 2018 to all physicians who completed the weekly online survey. If you did not receive your certificate, please email Anne Enders at margaret.enders@ucalgary.ca with your total number of Grand Rounds sessions you attended from January 2018 until June 2018 to ensure a CME-certificate is generated for you.

As announced in the spring edition of Mind Matters, the CPD committee approved 'Psychiatry Quarterly Updates' as a new educational event. These events are half day learning sessions that focus on a specific topic. The inaugural session of 'Psychiatry Quarterly Updates' will be held on March 8, 2019 and will focus on Alcohol Use Disorder. Future sessions will focus on Psychosis, Anxiety Disorders and PTSD. Please contact us if you are interested in serving on the organizing committee for any of these events.

Please notify Anne Enders at margaret.enders@ucalgary.ca if you are not receiving our weekly email updates. For physicians, please let Anne Enders know if you are not receiving the weekly online surveys (your CME-credits will be based on the completion of this online survey).

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

Anne Enders and Thomas Raedler, MD

Who's New?

Welcome to the Department of
Psychiatry!



Dr. Justin Khunkhun, PGY-1

I was born and raised in Edmonton, where I completed my undergraduate degree in Biological Sciences and medical school training at the University of Alberta. I enjoy staying active by cycling and playing basketball. My interests include political advocacy, walking tours, and trying to beat Google Maps' estimated travel time.



Dr. Jennifer Taka Hoy, PGY-1

My name is Jennifer Taka Hoy, but I go by my middle name Taka. I graduated medical school from Northern Ontario School of Medicine in Thunder Bay, ON which is the city where I grew up. Academically my interests include eating disorders, Indigenous health and palliative care. I also have a Bachelors of Health Science from University of Ottawa, where I lived for four years. I enjoy exploring the mountains, running, and finding delicious new restaurants to try around the city. I am so excited to have migrated west, and to continue my education in Calgary's psychiatry residency program.



Dr. Jacqueline Bobyn, PGY-1

After growing up in Kelowna, B.C, I completed my BSc in Psychology at the University of Victoria. Pursuing my interest in mental health further, I then went on to complete her Master of Science in the Department of Psychiatry at the University of Calgary. My graduate research was under the supervision of Dr. Glenda MacQueen and Dr. Stefanie Hassel, and involved exploring the neural correlates of social cognition in bipolar disorder, using functional magnetic resonance imaging.

After graduate school, I went on to receive my MD from the University of Calgary. I am beyond grateful to continue medical training in Psychiatry at the University of Calgary. Being able to stay in Calgary for another five years, in the same city with my fiancé (an Orthopedic surgery resident at U of C), The Calgary Flames, and the mountains close by, is a dream come true!



Dr. Paige Durling, PGY-1

I grew up in Edmonton and attended the University of Alberta for three years before starting medical school at the University of Calgary. Professionally, my interests lie in emergency and inpatient psychiatry, as well as medical education and global health. I am interested in the bulk of psychiatric illnesses, but do have a special interest in personality disorders and psychotherapy. In my personal life, one of my biggest passions is travel and I had the privilege of spending two years abroad before starting medical school. I also enjoy skiing, hiking, dancing and spending time with friends and family.



Dr. Megan Howlett, PGY-1

I grew up in rural Alberta, completed medical school at the University of Alberta, and I am currently excited to be starting my Psychiatry residency at the University of Calgary! My professional interests include global mental health, LGBTQ+ health, and emergency care. Outside of psychiatry, I enjoy taking pictures and writing for my travel blog, Wanderlust Nerd, being outdoors, reading, and spending time with my family and friends.



Dr. Rita Watterson, Psychiatrist

I graduated in June 2018 after completing medical school and residency in Calgary. I completed the Royal College Exam in 2017, just a few months before my daughter Stella was born. Since then, I have started at FMC Unit 22 focusing on inpatient work. In addition, I work at the Refugee Clinic. I will continue to work with the Kolabo team as they continue to support UME psychiatry teaching, residency scholarship and PGME development.

Psychopharmacology Research Unit

John Kane, MD, pointed out during his Grand Rounds presentation on September 18, 2018 that clinical trials are crucial to finding better and more effective pharmacological treatments. Many participants experience an improvement in their symptoms while participating in a clinical trial.

The University of Calgary identifies clinical trials as an area of importance. The Psychopharmacology Research Unit (PRU) continues to pursue the goal of finding new and better pharmacological treatments. Our current clinical trials cover the areas of schizophrenia and attenuated psychosis syndrome (prodromal psychosis). We appreciate your ongoing support.

Due to the lack of recruitment our participation in the ADVANCE-studies was terminated by the sponsor in July 2018. While this was not the outcome we were hoping for, we would like to thank everybody for their support of this clinical trial.

We are currently involved in the following clinical trials:

NaBen Studies

NaBen (sodium benzoate) is a substance that is already approved as a food-additive (E211). This compound is being tested in clinical trials as it is thought to improve the function of the NMDA-receptor. Previous studies have shown excellent efficacy and safety for NaBen in improving symptoms of schizophrenia.

The **NaBen Adolescent Schizophrenia 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

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.

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.

BI409306 Studies

BI409306 is a novel PDE9-Inhibitor (Phosphodiesterase-9 Inhibitor). This compound increases concentrations of second messenger in neurons. While interacting with the glutamatergic system, this compound is also thought to improve synaptic plasticity. In a previous clinical trial that we also participated in, this compound was very well tolerated but failed to show significant improvement in the area of cognitive impairment associated with schizophrenia (CIAS).

The **BI relapse prevention study** (A phase II randomized, 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. Rory Sellmer, MD serves as co-investigator.

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), Geri Anderson (phone 403.210.6903 or email Geri.Anderson@ahs.ca) or Jeff Cheng (phone 403.210.8679 or email cfj.cheng@ucalgary.ca) 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)

Mathison Centre Fall 2018 Updates

The Mathison Centre continues to lead research, education and community engagement efforts as the hub for mental health at the University of Calgary. Among various key initiatives of the Centre since this summer are the following:

Mathison Centre Leads University Mental Health

Priorities Setting

The Centre is leading an effort to identify mental health research priorities across the University of Calgary by working with various faculties, centres and institutes. At the impetus of the Hotchkiss Brain Institute and the VP Research, the Centre begun an engagement process with an environmental scan to identify researchers across campus working in mental health and their areas of focus. Results of the scan were presented to a group of deans, department heads and directors of institutes in June. Currently, a working group of representatives from AHS, relevant faculties, institutes, and centres has been set-up to help advance the process to identify research priorities in mental health for the University of Calgary.

Educational Outreach on Cannabis

In preparation for the legalization of cannabis in Canada, researchers at the Mathison Centre in collaboration with University Relations, Campus Mental Health Strategy and the Wellness Centre have been involved in a number of initiatives to share their insights on cannabis from various perspectives.

Videos

- [Will legalization trigger an epidemic](#) by Matt Hill
- [Amplifying youth voices on cannabis use](#) by Rebecca Haines-Saah
- [Health warnings to consider in using cannabis](#) by Chris Wilkes

Educational events & webinars

- [Confused about cannabis](#) by Tzed Talks featuring Dr. Paul Arnold & Rebecca Haines-Saah
- [What does legalized cannabis mean to Canadians](#) featuring Chris Wilkes
- [Cannabis legalization and youth](#) by Rebecca Haines-Saah & Matt Hill

Feature Stories

- [Avoiding and overcoming addiction: The cautionary side of cannabis legalization](#) - expert contribution by Chris Wilkes
- [Why does pot make you so hungry? How cannabis affects our bodies and brains](#) – expert contribution by Matt Hill
- [How much will legalized pot cost? Cannabis legalization and how it will affect our governments, our laws and our way of life](#) - expert contribution by Jacqueline Smith

Educational reading

- [Cannabis: Did You Know](#) - expert contributions by Matt Hill & Rebecca Haines-Saah
- [Basics on Cannabis: A Compilation of Research based Evidence and Guidelines](#) compiled by Andrew Bulloch and Josephine Adda - content and editorial expertise by Keith Sharkey, Paul Arnold, Chris Wilkes, Matt Hill and Rebecca Haines-Saah

Mathison Music Week organized to commemorate Mental Illness Awareness Week

In commemoration of Mental Illness Awareness Week (MIAW) 2018, the Mathison Centre in collaboration with several musicians and speakers in Calgary organized a series of musical performances and talks focused on the role of music in mental health and wellness.

The week-long event led by Education Director Andrew Bulloch included events on the University of Calgary Foothills Medical Centre and main campuses

as well as at the Alberta Children's Hospital.

Performances and talks were by musicians, researchers and speakers including Mme Johanne Perron (cellist), Jennifer Buchanan (JB Music Therapy), Walter MacDonald White Bear (native speaker and musician), Janet Youngdahl, PhD (soprano, Professor, University of Lethbridge), Instrumental Society of Calgary Musicians, the Calgary Police Service Pipe Band, Andrew Szeto, PhD, Edmond Agopian, PhD and Andrew Bulloch, PhD.



(Attendees enjoying a musical performance during music week)



(Attendees in a panel discussion during Mathison Series 2018, *photo by Adrian Shellard*)

Support for The City of Calgary's mental health strategy

In the spirit of the Mathison Centre's Mental Health In Our Community initiative, the Centre joined other relevant mental health institutions in Calgary to support The City of Calgary's move to develop a [strategy on mental health and addictions](#). The City Council approved \$25m in funding of which \$10m will provide seed funding for initiatives stemming from the new strategy. The Mathison Centre is well-positioned to provide research and content expertise towards the development of the City's mental health strategy.

Mathison Series in Youth Mental Health 2018

The Mathison Series offers an engaging atmosphere for Calgary's community to come together and increase their awareness of youth mental health issues. The 2018 event focused on "Depression in Youth: From Cutting-Edge Research to Clinical Care". The annual event engages the Centre's community partners, donors and prospective donors to directly relate to the issues being presented, while highlighting the importance of research and education in youth mental health.

Mathison Centre in the News

A number of researchers of the Mathison Centre have been featured in the news including the following:

- Time Magazine article referencing Sheri Madigan's research on young people and unwanted sexual content online - http://time.com/5308162/unwanted-online-sex-content/?mc_cid=1e2511ad27&mc_eid=c77c1016c6.
- Gina Dimitropoulos, PhD engages with the public through segments on CTV Calgary morning on various topics in mental health of youth and children – https://calgary.ctvnews.ca/video?clipId=1476070&mc_cid=bf87b01ab8&mc_eid=c77c1016c6
- The Globe and Mail article referencing Sheri Madigan's research on youth sexting https://www.theglobeandmail.com/life/article-e-sex-and-the-smartphone-can-we-talk-about-what-your-teenager-is-up-to/?mc_cid=bf87b01ab8&mc_eid=c77c1016c6
- The Conversation Canada features Jacqueline Smith's article on "The truth about cannabis on Canadian campuses" - https://theconversation.com/the-truth-about-cannabis-on-canadian-campuses-99674?mc_cid=18f4cc3195&mc_eid=c77c1016c6
- CBC article referencing Sheri Madigan's research on children and online porn - https://www.cbc.ca/news/technology/pringle-online-porn-children-1.4732638?mc_cid=18f4cc3195&mc_eid=c77c1016c6.
- Andrew Bulloch, Global morning news interview on the role of music in mental health - <https://globalnews.ca/video/4523293/musics-impact-on-mental-health>.

Mathison Centre Grant Successes and Recognition

- **Dan Devoe**, Trainee at the Mathison Centre working with Jean Addington received the best poster award for "Interventions and Transitions In Youth at Risk of Psychosis: A Systematic Review and Meta-Analysis" at the 11th International Early Psychosis Association Meeting
- **Melanie Noel**: 2019 John C. Liebeskind Early Career Scholar Award of the American Pain Society.
Zahinoor Ismail: Best poster award for the 2018 Alzheimer's Association International Conference.
- **Alex McGirr**: 2018 NARSAD Young Investigator Grant. The award is to conduct a randomized placebo-controlled augmentation trial of rTMS in depression.

CIHR competitions

Project Scheme Spring 2018

Zahinoor Ismail (PI), Glenda MacQueen (Co-I): Pre-

dementia at-risk states: a longitudinal study of cognition and neuroimaging biomarkers in Mild Behavioural Impairment (PARADIGM)

Pittman Quentin (PI), Matt Hill (Co-I): Peripheral

Inflammation and Anxiety: Role of

Endocannabinoid Signaling in the Amygdala

The Mathison Centre and the Mental Health Team

Following a recommendation from a recent review of the Hotchkiss Brain Institute (HBI) by its Expert Advisory Committee, the Mental Health (MH) Team previously known as the Mental Health NeuroTeam has joined forces with the Mathison Centre. This strategic alignment allows the Mathison Centre to become the leader of mental health research and education for the HBI.

The move solidified an already close working relationship between the Mathison Centre and the Mental Health Team and positions the Centre to champion a University-wide mental health strategy. The Centre is in the process of consulting with mental health researchers across the UCalgary campus, working toward developing a strategy that unifies mental health research at the university. This strategy will align with the goals of the HBI, the Cumming School of Medicine, and the University of Calgary through the Brain and Mental Health research strategy.

Mental Health and School Success

The Mental Health Team has attained notable achievements to date including successfully obtaining funding under the Brain and Mental Health strategy for a school-based mental health study. Under the leadership of Dr. Paul Arnold, Director of the Mathison Centre and co-leads Drs. Andrew Bulloch, Gina Dimitropoulos and Scott Patten, an interdisciplinary group of researchers are investigating the relationship between mental health and school success. This study is being conducted in partnership with the Mental Health Commission of Canada and the Rockyview School Board.

About the project: It is estimated that 20% of children and adolescents in Canada suffer from a mental illness, and many more experience “sub-threshold” symptoms, falling short of diagnostic criteria but still associated with significant distress. There is substantial evidence that having a mental illness is associated with a higher rate of dropout from high school. Other than dropout, however, few studies have investigated the impact of psychiatric symptoms on other key school outcomes, such as academic performance, absenteeism, and school engagement. One promising intervention strategy is to reduce stigmatizing attitudes that interfere with early help seeking for mental health difficulties, an approach that has never been systematically explored in relation to mental health and school success.

The overarching goal of this pilot study is to demonstrate the feasibility of establishing a prospective cohort study of high school children to investigate the association between mental health and school success, and to test the impact of an anti-stigma-based intervention. The findings from this highly novel longitudinal cohort study will form the basis for a multidisciplinary platform of translational research that will support future competitive grant applications.

Two high schools in Cochrane are involved in the collection of both quantitative (survey) and qualitative (qualitative interviews) as well as the rollout of an “anti-stigma” intervention, namely the HEADSTRONG program. One school represents the “experimental” school, i.e. students will receive the HEADSTRONG program, and the other one represents the “control” school. The summit is a one-day workshop that consists of speakers with lived experiences and planned activities to promote mental health and challenge stigma. Youth chosen to represent the school are selected by school staff as students who show natural leadership

ability, are interested in developing leadership skills, and have an interest in creating social change. Students then bring the program back to their school and create activities to educate and challenge their peers' perception of mental health and stigma.

Using a survey, the research team is investigating potential symptoms (depression, anxiety, ADHD, alcohol/drugs use/abuse), as well as psychological factors (temperament, coping strategies, resilience, life events) that impact mental health. Through qualitative interviews with parents and educators, we are looking at the school culture, and barriers and facilitators for students to seek help for mental health reasons.

The project is advancing rapidly with pre-intervention survey completed by 215 grade nine students in February 2018 and qualitative interviews completed with 47 parents of students from all grades and 48 teachers and staff as of May 2018. The HEADSTRONG program was implemented after a summit, on February 6th, 2018.

Next Steps in the Research

The research team is looking to expand the project in a number of ways including

- 1) Increasing sample size to at least 1000 students (through engaging more schools) and increasing length of follow-up into early adulthood and beyond. Such an increase in numbers will allow us to stratify students on significant variables as sex, age, immigrant vs Canadian born, rural vs urban and SES;
- 2) Genetic and epigenetic studies of variants mediating the relationship between mental health and school success based on pilot data we are collecting from a subset of students and parents;
- 3) A longitudinal functional and structural imaging study in a representative subset of students (recruited from our existing school cohort) to identify neural correlates of adolescent mental health and school success;
- 4) Development and expansion of the anti-stigma intervention and evaluation across more heterogeneous schools in Alberta.

HEADSTRONG Metis – Alberta leads the way

On Saturday October 13th, the Mental Health Commission of Canada (MHCC) and the Metis Nation of Alberta (MNA) partnered to launch Canada's first HEADSTRONG Metis youth mental health summit. The MNA work with Metis youth across Alberta to promote knowledge and pride in their unique culture. Tania Kruk, Manager of Youth Programs and Services at MNA, became interested in HEADSTRONG at the Mathison Centre presentation in May 2017 on Indigenous Youth Mental Health that featured HEADSTRONG. Dr. Stephanie Knaak of the MHCC and an associate member of the Mathison Centre is the program evaluator for HEADSTRONG. Tania mobilized her team and together they worked closely with MHCC staff to plan and deliver a HEADSTRONG summit tailored for Alberta Metis youth.

The HEADSTRONG Metis summit took place in Edmonton bringing together 50 youth from communities around the province. Community leaders, teachers, youth support staff and mentors also attended. The keynote speaker was Brittany Johnson, a PhD student and staff member at U of A, who is also an Indigenous full-spectrum doula and rising singer/songwriter. She shared her compelling, sometimes painful story, of mental health and recovery as a Metis woman. She enhanced her story telling with original, personal songs that demonstrated her resilience, courage and humour.



Brittany Johnson, Keynote

Reoccurring themes throughout the day demonstrated the critical importance of Metis culture and ceremony to support the mental wellness of Metis youth. This includes engagement with Elders, music, dancing, language and crafts, and the opportunity to celebrate their unique population. The Metis youth came up with excellent ways to take home HEADSTRONG's messages of hope, positive action and stigma reduction. They called for regular opportunities to learn about their Metis culture and talked about inviting lived-experience speakers to share their stories of hope and recovery. They also want to ensure their schools and community leaders provide Metis youth with access to information about mental health, mental illness and available resources.



Youth learning the Red River Jig with Luc Gauchier, from Calling all Captains

The summit culminated in a rousing, 100-mile-an-hour performance from a recently signed Metis band "Calling All Captains", which reflected the positivity, energy and momentum the day created.

In the next few weeks, MHCC's research team will provide evaluation results from the event. Until then, the final words go to a parent, also a teacher, who attended the day with her own daughter. As a family, they have been directly impacted by mental illness. The mother said 'My daughter really needed to hear these stories today, to know that she's not alone, and that things are going to be OK. And so did I.

HEADSTRONG is an evidence-based program from Opening Minds, the MHCC's award-winning anti-stigma initiative. Aimed at youth aged 12 and up, HEADSTRONG is designed to inspire young people to take innovative positive action in their own schools and communities throughout the school year. Through HEADSTRONG, youth reduce stigma, promote mental health awareness and teach their peers, teachers, families and communities that it's OK to reach out for help.

Participants Needed For Brain Research in Parenting and Teen Development

Have you experienced problems with sad mood or anxiety and have a child between the age of 12 and 17?

We are looking for volunteers between the ages of 12 and 17 and at least one of their parents to take part in a study of how parents influence the development of their children's brains. We are interested in young people who have a parent who may have had difficulties with mood and/or anxiety problems in the past.

As a participant in this study, your child would be asked to: have scans of their brain taken (MRI, EEG). We would ask you and your child to fill out questionnaires and take part in interviews about your relationship, your child's mood, and things going on in your child's life. We would also ask you to interact with your child for approximately 40 minutes. These interactions and interviews would be video recorded. We will also ask you and your child to provide a saliva sample and a cheek-swab (a q-tip gently rubbed on the inside of your cheek).

Your and your child's participation is entirely voluntary and would take up approximately 4 hours of your time on one visit, 2 hours of your time on another visit, and approximately 90 minutes of your time at home. By participating in this study you and your child will help us to better understand how what happens in the lives of teenagers influences how their brain changes over time.

To thank you for your participation and valued contribution to this research, your family will receive \$250, and your child will receive a 50\$ pre-paid VISA gift card as well as a 50\$ VISA gift card on their birthday, each year that they participate in this study.



To learn more or to participate in this study, please contact the project coordinator, Shanaya Fischer, at sdfische@ucalgary.ca, or by telephone at 403-210-6839.

The principal investigator of this study is Dr. Daniel Kopala-Sibley (daniel.kopala-sibley@ucalgary.ca; 403-951-0811)

**This study has been approved by the University of Calgary Conjoint Health Research Ethics Board.
REB #: REB17-2377 Department of Psychiatry
Mathison Centre.**



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CALGARY**

Publications

Mallo C, Ismail Z, Pereiro AX, Facal D, Lojo-Seoane C, Campos-Magdaleno M, Juncos-Rabadán Onésimo, 2018. Assessing Mild Behavioral Impairment with the Mild Behavioral Impairment-Checklist in people with Subjective Cognitive Decline, *International Psychogeriatrics*, Jul 18:1-9. doi: 10.1017/S1041610218000698

Asmer MS, Kirkham J, Newton H, Ismail Z, Elbayoumi H, Leung RH, Seitz DP, 2018. Meta-Analysis of the Prevalence of Major Depressive Disorder Among Older Adults With Dementia. *Jul 31;79(5)*. pii: 17r11772. doi: 10.4088/JCP.17r11772. PMID: 30085437

Mallo C, Ismail Z, Pereiro AX, Facal D, Lojo-Seoane C, Campos-Magdaleno M, Juncos-Rabadán Onésimo, 2018. Assessing Mild Behavioral Impairment with the Mild Behavioral Impairment-Checklist in people with Mild Cognitive Impairment, in press

Talai AS, Ismail Z, Sedlaczek J, Boelmans K, Forkert ND, 2018. Improved automatic morphology-based classification of Parkinson's disease and progressive supranuclear palsy. *Clin Neuroradiology*, in press

Aguera-Ortiz L, Lyketsos C, Ismail Z, 2018. Comment on "Personality Changes During the Transition from Cognitive Health to Mild Cognitive Impairment". *JAGS*, in press

Andrews S, Ismail Z, Anstey K, Mortby M. 2018. Alzheimer's Genetic Risk Score linked to Incident Mild Behavioral Impairment. *Neuropsychiatric Genetics*, in press

Walkey, Tanguay, & el-Guebaly (2018) Narrative Review of Cannabidiol as an Antipsychotic and Recommendations for Legal Regulations. *Canadian Journal of Addiction*; 9(3): 23–29

Tanguay, Lamba, Fraser, Mills, Azarbar, & el-Guebaly (2017) Alcohol use disorder and depression: proposed rewording of Choosing Wisely recommendation, *Canadian Medical Association Journal*; 189(11): E442-E443. Co-author of the Calgary Suboxone® in Tertiary Care Guidelines. Alberta Health Services, 2018.

Grants

\$581,400 Canadian Institutes of Health Research. Pre-dementia at-risk states: a longitudinal study of cognition and neuroimaging biomarkers in Mild Behavioural Impairment (PARADIGM), Ismail Z (PI), Goodyear B, MacQueen G, Monchi O, Pike B, Sajobi T, Smith E, Stys P (Oct 2018 – Sept 2023)

\$450,000 Centre for Aging and Brain Health Innovation (CABHI). Enhancing and standardizing care for agitation and aggression in Alzheimer's disease. Kumar S, Rajji R, Burhan A, Ismail Z, Nair V, Krisman L, Davies S, Gerretsen P, Graff A, Kurdyak P, Mulsant B, Pollock B, de Oliveira C (May 2018 – Aug 2019)

\$1,405,889 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, Ismail Z, Nair V, Krisman L, Davies S, Gerretsen P, Graff A, Kurdyak P, Mulsant B, Pollock B, de Oliveira C (April 2018 – March 2021)

Crowshoe, Henderson, & Tanguay. Enhancing Primary Care Capacity for Evidence-Based & Community-Oriented Opioid Treatment in Indigenous Contexts in Alberta: Feasibility & Scale-Up of a Telehealth Model for Suboxone® Delivery. Health Canada SUAP Funding Recipient, 2018

Dr. Kopala-Sibley, D.C.* , Cyr, M.* , Finsaas, M., Orawe, J, Huang, A., Tottenham, N., & Klein, D.N. (in press). Early childhood parenting predicts late childhood brain functional connectivity during emotion perception and reward. Child Development.

Dr. Kopala-Sibley

Robertson Fund for Cerebral Palsy Research Support from
10/01/2018- 09/31/2019

Hotchkiss Brain Institute

Anxiety and depression in youth with cerebral palsy:

Role of physiological risk factors.

Direct costs: \$30,000

Co-Investigator (PI: Dr. Carly McMorris)

Dr. Kopala-Sibley

Social Sciences and Humanities Research Support from
09/01/2018 – 08/31/2020

Council of Canada Insight Development Grant

Understanding parenting: Examining interactions between
children's genes and temperament and their parent's
temperament in predicting parenting behaviours.

Direct costs: \$64,452.

Principal Investigator

Dr. Kopala-Sibley

Hotchkiss Brain Institute/Mathison Centre, Support from
06/15/2018 – 6/30/2020

Prevention and early intervention for depression

in a school-based setting depression research grant

Stress, diurnal cortisol, immune functioning, and depressive
and anxiety symptoms in youth.

Direct costs: \$30,000.

Principal Investigator

Dr. McGirr received 2018 NARSAD Young Investigator Grant.

The award is to conduct a randomized placebo-controlled
augmentation trial of rTMS in depression.

Drs. Rachel Grimminck, Rory Sellmer and Greg Montgomery
received \$25,000 grant from PGME to develop and run
more simulations for the broader residency group. This
work is currently in progress and will likely involve cases of
less frequent but serious or challenging situations in clinical
practice.

Dr. Valerie Taylor

A clinical trial to evaluate the Safety and Efficacy of Fecal
Microbiota Transplantation in a Population with Major
Depressive Disorder

Weston Family Microbiome Initiative's Proof-of-Principle
2018 granting program \$300K

Dr. Taylor has also received funding as a co-investigator for
the following:

Neutral effects of antipsychotics on central insulin action in
relation to brain glutamate level and cognition PI: Dr.
Margaret Hahn(196K)

Impact of chronic cannabis oil self-administration on body
weight, metabolic markers and gut microbiota PI: Dr. B
LeFoll (199K)

Recognitions

Congratulations to the following individuals!

Dr. Beverly Adams appointed new Senior Associate Dean, Education

Appointment of Dr. Adams took effect on Oct. 1

The Cumming School of Medicine (CSM) is pleased to announce the appointment of Dr. Beverly Adams, MD, as the new Senior Associate Dean, Education. The appointment was effective Oct. 1.

Bev replaces Dr. Maureen Topps, MD, who accepted a new role as Chief Executive Officer of the Medical Council of Canada.

Bev has served as Associate Dean, Professionalism, Equity and Diversity since July 2017. Under her guidance, Equity Guidelines were introduced at the CSM and the Network of Women in Medicine was created. The collaboration of academic and clinical female faculty supports women in all stages of their career, including the CSM's first-ever summit on advancing professional success for women in medicine last April.

She is an Associate Professor and was the Head of the Department of Psychiatry from July 2013 until Aug. 31, 2018, after holding the position on an acting basis for more than a year.

With Dr. Zelma Kiss, MD, PhD, she is conducting research on the use of magnetic resonance guided focused ultrasound (MRgFUS) to treat resistant Obsessive Compulsive Disorder (OCD). The new technology, and the only MRgFUS system in Western Canada, allows surgeons to access the brain without cutting the skin or drilling into the skull.

Bev completed residency training in psychiatry at the University of Alberta with a special interest in OCD and brain imaging. She has served as Section Chief in the Department of Psychiatry for In-patients, Consultation Liaison and Emergency in the Calgary Zone. She was also Director of the Psychiatry Residency Training Program from 2002 to 2010. Since starting at the Foothills Medical Centre in 1993, Bev has been actively involved in clinical trials for schizophrenia.



Dr. Beverly Adams

- **Dr. Lisa Gagnon** won the Canadian Psychiatric Association - C.A. Roberts Award for Clinical Leadership for 2018.
- **Dr. Kimberly Williams** is one of the two recipients of the Kristin Sivertz Resident Leadership Award for 2018. This award is given annually to a resident who has demonstrated leadership in Canadian specialty education and encourages the development of future leaders in medicine.
- **Dr. Kimberly Williams** and medical student Olivia Monton were recognized on April 29, 2018 for their outstanding leadership skills, as the 2018 recipients of the Sandra Banner Student Award for Leadership (SBSAL). The award, which recognizes the exceptional leadership of one undergraduate medical student and one postgraduate medical trainee, was presented during the CaRMS Forum at the Canadian Conference on Medical Education (CCME) in Halifax, Nova Scotia. The Canadian Resident Matching Service (CaRMS) Board of Directors launched the Sandra Banner Student Award for Leadership (SBSAL) in 2013 with the aim of encouraging the development of future leaders in medicine. Each of this year's winners will receive up to \$3,000 in leadership development funding.



Dr. Kimberly Williams

- **Dr. Kimberly Williams** and **Dr. Rita Watterson** were awarded Top 40 under 40 by Avenue Magazine <https://www.avenuecalgary.com/City-Life/Top-40-Under-40/2018/Dr-Rita-Watterson-and-Dr-Kimberly-Williams/>



Drs. Rita Watterson and Kim Williams

- **Cynthia Kahl** MD/PhD student in the Department of Neurosciences at the University of Calgary, Mathison Centre Trainees presented one of 630 posters at the IACAPAP Prague Congress in July this year and won. She completed her undergraduate degree in Psychology, Neuroscience, and Behaviour at McMaster University. Her graduate research

looks at transcranial magnetic stimulation as 1) a novel, safe, individualized intervention and 2) a measure of neurological properties and changes after treatment in children with Tourette's syndrome. Her project is funded by Branch Out Neurological Foundation and CIHR.



Dr. Cynthia Khal and Dr. Chris Wilkes

- **Glenda MacQueen** has been appointed as a 2018 Fellow with Canadian Academy of Health Sciences. Dr. MacQueen is an international expert in the neurobiology and clinical features of mood disorders. Her groundbreaking research has uncovered brain changes that occur in depression before and after treatment. She also is lead investigator on a study investigating mental health and irritable bowel syndrome, a disorder that affects 6 million Canadians. Dr. MacQueen publishes and lectures widely and is associate editor for two leading psychiatry journals. She was named a 2016 Top 1% Most Highly Cited Researcher. At the University of Calgary, Dr. MacQueen is Vice-Dean of the Faculty of Medicine. She serves on several provincial and national committees.



Dr. Glenda MacQueen

2018 Annual Fall Social Awards

A special congratulations to all of our winners at the Department of Psychiatry Annual Fall Social held on November 1st at the Carriage House Inn.

Resident Preceptor Awards

- Silver Couch Award – **Dr. Jason Taggart**
- Humanism in Psychiatry - **Dr. Rachel Grimminck**
- Change Maker in Psychiatry – **Dr. Lisa Harpur**
- Rookie of the Year – **Dr. Gina Vaz**
- Multidisciplinary Team Award – **Jenn Pavez**

Dr. Zahra Mohamed was awarded the Jessica Lyons Psychiatry Award, for outstanding work in the area of perinatal mental health.

Dr. Arlie Fawcett and **Psychiatric Outreach Emergency Team** (PORT) at SHC was awarded the Keith Pearce Award, for outstanding creativity & innovation with clinical practice.

Serena Koops and **Aparna Kasupathipillai** along with the **Psychiatric Emergency Services (PES) teams** at **SHC, FMC, RGH, PLC, ACH** were awarded with Excellence in Acute Care, for commitment and dedication in patient care.

PACT, DPACT, & PACT CTO Teams were awarded Excellence in Mental Health by Community Program, for commitment and dedication to patient care by a community program.

Dr. Thomas Raedler was awarded the Patrick Conway Award, for outstanding contributions to Mental Health by an International Medical Graduate.

The Youth Community Support Program was awarded the Tim Yates Clinical Leadership Award, for significant innovation resulting in improved patient care.



Kim Frache, Dr. Zahra Mohamed, & Dr. Lisa Gagnon



Dr. Jason Taggart



Dr. Arlie Fawcett, Robert Bush, and Dr. Novin Ihsan

Events

Mathison Centre Upcoming Events

The Mathison Centre in collaboration with the Cumming School of Medicine will be hosting a Science in the Cinema screening on January 30th 2019 during Bell Let's Talk Day 2019. Look out for additional details later in the fall.

The next Mathison Centre's annual Mental Health Research Day will be held on March 18, 2019. Save the date in your calendar for a full day featuring guest and local speakers. Additional details to follow. Time: 8:30am - 4:00pm

The Sebastian K. Littmann Research Day

Using data to monitor performance: describing access and quality in mental health systems



The 32nd Research Day will be held on Friday March 1, 2019 at the Auditorium/Coombs Lecture Theatre, Foothill Medical Centre. The theme of this year's research day is Health Services Research and we are pleased to announce the keynote speaker, one of Canada's most prominent health services researchers, Dr. Paul Kurdyak. Dr. Paul Kurdyak is Director of Health Outcomes and Performance Evaluation in the Institute for Mental Health Policy Research and Medical Director of Performance Improvement at CAMH. He is also Lead of the Mental Health and Addictions Research Program at the Institute for Clinical Evaluative Sciences (ICES). In addition, Dr. Kurdyak is an Associate Professor, Adult Psychiatry and Health Systems, University of Toronto.



The day will also feature a presentation by Dr. Valerie Taylor, Head of the Department of Psychiatry with Alberta Health Services and the University of Calgary. [Abstract forms will be available soon at: www.psychiatryresearchday.ca](https://www.psychiatryresearchday.ca)

Please save the date!

If you want to cite any of the presentations from last year's research day they are indexed on the University of Calgary's Libraries and Cultural Resources PRISM Archive (<https://prism.ucalgary.ca/handle/1880/106418>).

For live calendar and event updates, please visit:

<https://www.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 Bonk

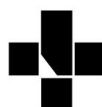
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UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Psychiatry



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