



Mind|Matters

Department of
Psychiatry
Newsletter
Calgary Zone
Spring Summer
2018

Welcome Dr. Valerie Taylor, Department Head Psychiatry

Alberta Health Services (AHS) Calgary Zone and the Cumming School of Medicine (CSM) are pleased to announce the appointment of Dr. Valerie Taylor as the new head of the Department of Psychiatry, effective September 1, 2018. Valerie will replace Dr. Beverly Adams who was appointed the associate dean of Professionalism, Equity and Diversity in July 2017. A special thank you to Bev for maintaining the department head role over this last year.

Valerie is joining us from the University of Toronto (UofT) where she serves as the psychiatrist-in-chief and medical director of mental health for the Women's College Hospital (WCH). Valerie completed her medical degree and a bachelor of science in medical science at Memorial University of Newfoundland and her psychiatry residency at McMaster University. While at McMaster, she also obtained a PhD in neuroscience, completed the Clinical Investigator Training Program and finished a post-doctoral fellowship in mood disorders research.

During her tenure at the WCH, Valerie helped grow the mental health program both in size and impact. She played a critical role in expanding the program's capacity as well as the expertise it offers. Valerie also helped position the WCH as an international leader in women's health by highlighting the college's commitment to its academic programs, innovative models of care and creating equity in health care. In addition to her roles with the WCH, Valerie also served as the director of the Division of Equity, Gender and Population, and was a scientist at Women's College Research Institute. And she had a cross appointment to the Centre for Mental Health and Addiction where she led the brain-heart initiative which studies the integration of mental health and physical illness. Her academic focus is on the intersection between obesity, diabetes, cardiovascular disease and mental health.



Valerie has held funding from the National Alliance for Research on Schizophrenia and Depression, the Canadian Institutes of Health Research, the Stanley Research Institute and the federal and Ontario governments. She has published more than 120 peer-reviewed studies and has written a cognitive behavioural therapy manual on weight management.

Valerie believes that the key to visionary change is to create an atmosphere of optimism and trust. She's known for her positivity and ability to create partnerships and forge collaborations. These are just a few of the qualities that will make her an excellent addition to our team.

Please join us in congratulating Dr. Taylor on her new leadership role with AHS and the CSM.

Mathison Centre

Mathison Centre Reaches Important Milestone

From modest beginnings in 2012, the Mathison Centre has seen growth in membership to 50 this year. Members are from 5 faculties within the University of Calgary as well as Clinicians affiliated with the university. The Centre which was initiated through a collaborative effort by the Department of Psychiatry and the Hotchkiss Brain Institute has made remarkable strides on various fronts such as community engagement under the Mental Health In Our Community initiative, institutional partnerships such as with the Sheldon Kennedy Child Advocacy Centre and innovative research such as its school based mental health and school success project with a growing number of school boards.

Mathison Centre marks mental health week by focusing on mental health & art

The Mathison Centre organized a series of activities to mark mental health week 2018 on the theme 'mental health and art'.

- **May 2nd** - A launch of the photovoice art exhibition located at the Mathison Centre. The exhibition curated by Brad Necyk is a compilation of photos by people with lived experience depicting their understanding and experience of their conditions.
- **May 7th - 11th** - A [Week-long art exhibition](#) was mounted for viewing on drop-in basis from 9 am - 4 pm daily. The exhibition located at the Mathison Centre (TRW 4th floor) is made up of photographs compiled by people with lived experience. The photo exhibition is now a permanent feature located at the Mathison Centre and available for drop-in viewings.
- **May 10** - Mental health and art workshop facilitated by artist Dick Avern. The event focused on helping people express their understanding of mental health through creation of visual artworks.

Instituted by the Canadian Mental Health Association 66 years ago, [Mental Health Week](#) presents an opportunity for Canadians to rally in diverse ways around the challenges and opportunities presented by mental health disorders.



(A photo contribution to the Mathison Centre exhibition by Lyne Bourassa)

Mathison Centre in the News

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

- Metro Calgary recently interviewed artists whose work form the basis of a mental health and art exhibition featured at the Mathison Centre – <https://www.thestar.com/calgary/2018/05/09/calgary-exhibit-captures-snapshots-of-living-with-depression.html>
- The Conversation Canada features Sheri Madigan article on “Why sexting must be on the curriculum” - <https://theconversation.com/why-sexting-must-be-on-the-curriculum-96457>
- 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=1400491>
- The Conversation Canada article by associate member Rebecca Haines-Saah on “[Why we need better, smarter and panic-free education on cannabis](#)”

Mental Health Research Day in Pictures

This year's Mental Health Research Day was a great success thanks to the great line-up of renowned speakers, the work of the planning committee, volunteers and attendees. If you missed the day this year, mark your calendar for the 2019 event planned for March 18th.



Mathison Centre Grant Successes and Recognition

- **Paul Metzak**, Post Doctoral Fellow at the Mathison Centre working with Jean Addington received the 2017 CIHR Fellowship Award
- **Stephanie Borgland**, full member of the Mathison Centre received the Canadian College of Neuropsychopharmacology's 2018 Young Investigator Award.
- **Gina Dimitropoulos**, full member of the Mathison Centre received a Valuing Mental Health award from the Addiction and Mental Health Strategic Care Network (AMH-SCN).
- **Melanie Noel**, associate member of the Mathison Centre received the Ulf Lindblom Young Investigator Award for Clinical Science from the International Association for the Study of Pain.
- **Olga Santesteban**, Post Doctoral Fellow at the Mathison Centre working with Jean Addington received the 2017 CIHR Fellowship Award
- **David Nicholas**, associate member of the Mathison Centre received a Valuing Mental Health award from the Addiction and Mental Health Strategic Care Network (AMH-SCN).

Up Coming Events

Join the Mathison Centre for Mental Health & Music week planned for October 2018. The week will be marked with a series of musical performances in various locations as well as talks on the role of music in mental health. Look out for additional details in the fall.

The Mathison Series in Youth Mental Health offers an engaging atmosphere for Calgary's community to come together and increase their awareness of youth mental health issues. The annual event engages the public to directly relate to the issues being presented, while simultaneously highlighting the importance of research and education in youth mental health. Date and additional details to be confirmed.

The Mathison Centre in collaboration with the Cumming School of Medicine will be hosting a Science in the Cinema screening during Bell Let's Talk Day 2019. Mark your calendars for a date to the cinema in the New Year.

Mathison Misfits Ride for Neuroscience Research



Tu---tu---tutu---tutu---tutu---tutu---tu---tu!

OK, we're ridiculous, but we didn't get hit by a car riding for brains this weekend in Panorama BC!

The rainbow tutus were a hit, with many folks requesting pictures, inquiring as to why we were riding bikes in tutus, and this of course led to conversations about neuroscience research. Rose, Kim and Cynthia are Mathison Trainees in Frank MacMaster's research lab working in pediatric neuroscience research, in the fields of Depression, ADHD, OCD and Tourette's syndrome. Passionate about the work we do, we're always happy to discuss neuroscience research. In fact, watching Kim enthusiastically discuss the importance of her master's work in pediatric OCD neuroimaging and genetics research at the evening gala, while a live band was playing and half the room was dancing, was a particular highlight because it really emphasized how interested attendees were in the work we do. Crystal Phillips, the CEO of BranchOut, gave Frank a shout--- out at the gala dinner for his work using TMS in Pediatric Depression and Tourette's Syndrome, which set us up perfectly to discuss our work post---dinner.

The BranchOut Bike tour has about 70% retention of amazing people who return every year to bike for brains – talk about inspiration! In the past eight years, the Bike Tour alone has raised over two---million dollars to support neuroscience research, funding over 52 research projects from undergraduate to principle investigators. The foundation works hard to advocate for 'brains at their best', a movement the Mathison Misfits feel proud to be a

part of. In fact, if you're an awesome neuro---person excited to promote neuroscience research and you'd like to join our team for June 2019, we'd love to have you! You can email Rose at rose.swansburg@ucalgary.ca.

Huge thank---you to the Mathison Centre and the Department of Psychiatry for sponsoring us to participate in the BranchOut Bike Tour for a second year. Many scientists may be slightly introverted, preferring to hide behind the scenes to discover breakthroughs, but being available to discuss our work is an important role that can be a lot of fun when the folks you speak with are *really* excited to discuss neuroscience research. Thanks for all of the support Branchies!

The Mathison Misfits



Research



Among those attending the conference at the University of Calgary were, from left: Chris Wilkes, professor, Cumming School of Medicine; Leela Aher, MLA, Chestermere-Rocky View; Jacqueline Smith, assistant professor, Faculty of Nursing; Amelia Arria, associate professor, University of Maryland School of Public Health; Dianne Tapp, dean, Faculty of Nursing; and Ken Winters, senior scientist, Oregon Research Institute. *Photo by Lynda Sea, Faculty of Nursing*

Treatment of Adolescent Addiction International Conference, University of Calgary

The Faculty of Nursing hosted an important conference last week on advances in adolescent addiction treatment. Co-sponsored with the University Of Maryland School Of Public Health, the day-and-a-half conference brought together Canadian and U.S. researchers, clinicians, policymakers and community leaders to lend their insight into the different ways we support youth and families with addiction.

A main purpose behind the conference was to publicize the results of an outcome study, completed over five years (2008 to 2013), of client and families of the Alberta Adolescent Recovery Centre (AARC). At the time of the study, Jacqueline Smith, RN, PhD, UCalgary conference organizer and assistant professor in the faculty, was a clinician at AARC and served as a consultant on the project.

"This conference reaffirmed the necessity of support for families amid addiction," says Smith whose doctoral research explored the impact of addiction on the family through the lens of a mother. Her current research

includes a feasibility study that is exploring the effects of mindfulness-based stress reduction on parents of youth with substance use disorders.

Several of the international speakers referenced the upcoming legalization of cannabis in Canada, which opened up the opportunity for Smith to introduce the University of Calgary's Campus Experience with Cannabis Survey, launched in late March.

"Canadian youth have the highest rates of usage in the western world," explains Smith, who is principal investigator of this study. "We want to survey our students, pre-legalization, to understand how they perceive the risk and what services they would access if their use became problematic."

The survey went to 4,000 UCalgary students, asking questions about their experience with cannabis. Early responses indicate that 52 per cent of those students have used cannabis — and just over 10 per cent have used for medicinal purposes.

“We hope to use our results to inform existing or new student wellness initiatives on UCalgary campus,” says Smith, “and also create a larger Canadian longitudinal prospective study that will follow a cohort of students across several Canadian campuses during this important shift in Canadian drug policy. It will place our university in a leading position to inform cannabis campus policy across our country.”

Other discussion points at the conference included evidence-based practices and the latest scientific evidence on effective components of adolescent drug treatment; resources and supports for adolescents in recovery in Alberta,

including the importance of 12-step programs; current issues regarding substance use and the youth justice system; and challenges posed by the increasing availability of cannabis.

“Complex problems such as adolescent addiction (and its impact on the family) require complex solutions,” says Smith. “Research that continues to inform comprehensive interventions for youth and families will be critical to the advancement of treatment for adolescents suffering from addiction.”



The 31st Annual Sebastian K. Littmann Research Day

The 31st annual Sebastian K. Littmann Research Day took place on March 2nd, 2018 at the Foothills Medical Centre Auditorium. The theme this year was “Concussion in Psychiatry” – featuring keynote speaker Dr. David Baron (University of Southern California) and symposium presenters: Dr. Carolyn Emery, Dr. Keith Yeates, Dr. Ryan Todd and Dr. Chantel Debert.



Keynote Speaker: Dr. David Baron

Symposium Presenters



Dr. Emery

Dr. Yeates

Dr. Todd

Dr. Debert

As usual, the event featured several awards:

Best Presentation by a Resident: [Dr. Sara Meunier](#). Changes in mental health with opioid analgesia for chronic non-cancer pain

Most Innovative Project by a Resident: [Dr. Kimberly Williams](#). Title: Validity of the PHQ-9 In Neurological Populations.



Best Presentation by a Graduate Student: [Stephana Cherak](#). The association between maternal prenatal salivary cortisol and birth weight: A systematic review and meta-analysis.



(Inaugural) Most Innovative Project by a Graduate Student [Haley Vecchiarelli](#) Colitis Promotes Anxiety through a CRF R1 Mediated Suppression of Central Anandamide Signaling



The 32nd Research Day will be held on Friday March 1, 2019 at the Auditorium/Coombs Lecture Theatre, Foothill Medical Centre. Stay tuned for more details about the event.

Updated information on the event will be provided on the Research Day's homepage at www.psychiatryresearchday.ca.

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

Dr. Scott Patten
Department of Psychiatry Research Director

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.

With the addition of Jeff Cheng, RN as a research nurse, our team is complete again. Geri Anderson, RPN, our clinical trials coordinator, spent the past months preparing ethics-applications for four new clinical trials and we are ready to accept participants.

Unfortunately recruitment of participants continues to be a major challenge and we need your ongoing support. Our current clinical trials cover the areas of schizophrenia, attenuated psychosis syndrome (prodromal psychosis) and Major Depressive Disorder in children and adolescents.

Current 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 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 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.

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. Emmanuel Hillock Ballantyne, RN serves as recruitment specialist for this clinical trial.

ADVANCE Studies:

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.

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)

Recent Publications

Article in Press

1. Feldstain A, Bultz B, de Groot J, Abdul-Razzack A, Herx L, Galloway L, Chary S, Sinnarajah A. Outcomes from a patient-centred, interprofessional, palliative consult team in oncology. J Natl Compr Canc Netw 2018;16(6):719–726 doi: 10.6004/jnccn.2018.7014

Dr. Daniel Okoro article Psychiatric Assessment of a Service Member or Veteran- How I do it” was published May 2018 in Catharsis!- A Newsletter of the western Canada District Branch of the American Psychiatric Association.

Grants

\$5000 Doukas D, Ozar D, Darragh M, [April 2018 additions: de Groot J, Waldman S, Carter B.] “Linking Classical Virtue and Care Ethics, and Professionalism to Normative Concepts of Humanism in Medical Education.” Gold Foundation Mapping the Landscape, Journeying Together Literature Review Grant 2017 –

Continuing Professional Development (CPD) Activities

The multi-disciplinary departmental CPD committee has grown during the spring semester to 27 members, now including a psychiatry resident and a family physician. We are always looking for new members; please let us know if you are interested in joining our team.

We are offering a total of 24 Grand Rounds presentations this semester covering a wide variety of topics. On March 27th, 2018 we started broadcasting Grand Rounds via Adobe Connect. This allows individuals to participate Grand Rounds from anywhere on their computers or cell-phones. It has been quite well received, with an average of 10 people joining each week. If you were unaware of this convenience please follow the link below to join future Grand Rounds via webinar.

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

The CME-certificate for the spring semester will be sent out in July 2018 to those individuals who completed the weekly online survey. If you did not complete the weekly survey, please email Anne Enders at margaret.enders@ucalgary.ca with total number of Grand Rounds sessions you attended to ensure a CME-certificate is generated for you.

We are pleased to announce that the 15 Grand Rounds sessions for the fall 2018 semester are now completely organized. The preliminary Grand Rounds schedule for the fall 2018 semester was circulated on June 8, 2018 via email. With a wide array of topics we are excited for the new semester to begin and hope that you will enjoy Grand Rounds.

Dr. Thomas Raedler chaired the 2018 Psychiatry Online Literature Review Course (POLRC). The focus was on 'Highlights of 2017'. It was a success as there were a total of 45 participants almost doubling last year's participants of 26. We would like thank doctors Cindy Beck, Wanda Lester, Steve Simpson and Waqar Waheed for their time and commitment as faculty.

As mentioned in the most recent Mind Matters the CPD Committee was considering starting a new initiative called 'Quarterly Psychiatry'. This initiative would consist of a 2 – 3 hour sessions that focus on a specific topic.

The steering committee for the 'Quarterly Psychiatry Committee' has now been formed and met for the first time in May. Following further discussion at the CPD-Committee in early June, the following topics were chosen for the first session: Psychosis, Anxiety Disorders, PTSD and Alcohol Use Disorder. Each session will require an organizing committee. Please notify Dr. Thomas Raedler at Thomas.Raedler@albertahealthservices.ca or Anne Enders at margaret.enders@ucalgary.ca if you are willing to serve 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

Undergraduate Program

It has been another successful term for our Undergraduate Program. The Class of 2018 will be launching into their various post-graduate programs including 2 into our residency program. We welcome them into our department!

Course 7 ran without a hitch under the expert guidance of Dr. Phil Stokes, who in addition to winning another Gold Star and other class teaching awards, was given the UME Jones Award for teaching. The overall student rating for the course was 4.33/5 which is similar to years past, making it the highest student ranked course.

Not to be outdone, our Clerkship was ranked 4.1/5 under the careful tutelage of Dr. Thomas Raedler. Both Drs. Stokes and Raedler have been ably assisted by Dr. Tim Ayas, our Evaluations Coordinator. None of our teaching endeavors would be successful without our teaching faculty, our residents, the support staff and the support from our department in general.

Other undergraduate initiatives include our electives program and AEBM (MDCN 440) electives. This far we have 12 pre-clerkship electives booked with 2 more potential. We have approximately 18 clerkship electives booked from CSM. Visiting elective students come from across the country. There are at least 40 students who are booked and approximately 24 students who are in the booking process. AEBM elective students number 5. Again thank you to Mary McRae for managing these placements and for all the faculty who provide teaching.

There is a Psychiatry Interest Group organized by the students and chaired by Emily Macphail (Class of 2020) and Jamie Hickie (Class of 2019). There will be upcoming events with this group which I will be asking for your assistance with.

Lastly, we have to say goodbye and thank you to some of our long term and dedicated faculty. Dr. Hussam Bawa will be leaving his role of Site Coordinator for the PLC. Dr. Thomas Raedler will be leaving his role as Clerkship Director and Dr. Tim Ayas will be leaving his role as Evaluations Coordinator. UME will be posting positions for Clerkship Director and Evaluations Coordinator. We are grateful to Dr. Suneina Mohan who will be taking over from Dr. Bawa at the PLC. Please join me in thanking these hard working and dedicated leaders and wish them success in their future endeavors.

Save the Date: October 26, 2018 for our Undergraduate Retreat which will be joined by our Postgraduate Program for one half the day as we plan for ongoing success in Undergraduate Education.

Dr. Nancy Brager, UME Program Director

Residency Training Program

It's hard to believe that it wasn't just last month that we were celebrating a seventh consecutive year of a full PGY-1 match in the first round of CaRMS. It's now a good three months later with schedules, orientations and welcome events all lined up for our eight new PGY-1s. As mentioned in the last newsletter, we look forward to greeting: Jacqueline Bobyn (UofC), Chad Diedrichs (UofA), Paige Durling (UofC), Jihanne Henni (UofS), Megan Howlett (UofA), Taka Hoy (NOSM), Justin Khunkhun (UofA) and Anson Wong (Ott).

Bringing in one new group of residents also means that another group will be moving on. We've truly enjoyed travelling alongside this small-but-powerful group of compadres as they covered five years of ground. Our best of wishes goes out to: Carmen Guenther, Natalia Ng, Faisal Sheikh and Mike Szymczakowski. They will all be joining the Department and will continue to support the residency program as staff- if I have anything to say about it!

The second annual OSCE Day on March 16 for all PGY-2 to -5s went off smoothly even with more residents (30 in 2018, 24 in 2017) and faculty (16 in 2018, 12 in 2017) participating. Dr. Rory Sellmer would like to thank all of our eager-to-help faculty that participated; the residents truly appreciated the opportunity. This event was brought up many times in the CaRMS chats with applicants as a selling feature of the program.

Following close behind, we resurrected the spring long case practice exams (STACERs) and were able to find enough willing faculty (with only a few nudges!) to provide STACERs for sixteen PGY-2s and -3s on April 27 and May 11. Not long after, two days of certifying STACERs were held on June 1 and 15 to examine eight of the PGY-4s in this required step towards sitting their final year exams. Many of the faculty were able to give us a full morning of their time to examine two residents, which was much appreciated by Dr. Sellmer (exam chair) and Dr. Arlie Fawcett (acting exam chair).



Graduating PGY-6 Child & Adolescent Sub Specialty Residents Drs Brett Sawchuk & Alex Di Ninno



It hasn't all been hard work, though. For their team building activity at the spring retreat, residents were put in teams at Locked Room, a local escape game venue. One of the teams broke the house record for the solving the puzzles the fastest!

As was described in the last Mind Matters, the Kolabo project is continuing to develop and will now include five residents going to Tanzania along with three of our faculty. This is a fantastic opportunity to for our residents to be involved in the planning, execution and follow up from teaching psychiatry in a medical school in a country still learning about the specialty. Participating this year are: Jaylynn Arcand, Jian Choo, Jonathan Dornian, Jordan Li and Susan Poon.

Using Education Enhancement monies provided by Postgraduate Medical Education via Alberta Health and Wellness, ten of the residents recently attended APA in New York and close to that number will also be going to CPA in September. We encourage you to talk to the residents about what they learned and share it with your teams.

Administration-wise, rotation memos were sent out in late May to upcoming July to December supervisors. The program roster was mailed out in mid-June and we hope to have the updated resident composites in the mail by mid-July.

Pauline Burgess, Residency Training Program Coordinator



Graduating PGY-5s from left to right: Drs Faisal Sheikh, Carmen Guenther, Natalia Ng, Michael Szymczakowski

Kolabao Global Mental Health Initiative

The Kolabo Global Mental Health Initiative has had an exciting start to the year, with multiple different portfolios on the go. This year, we are thrilled to be expanding our team as residents Drs. Jaylynn Arcand, Jonathan Dornian and Jian Choo and staff Dr. Cristin Fitzgerald will join in the upcoming trip to Mwanza, Tanzania in the fall of 2018. Returning staff will include Drs. Rachel Grimminck, Suneina Mohan and residents Drs. Jordan Li and Susan Poon as well as director of stewardship Michael Grimminck. This team will be involved in co-teaching over 200 Tanzania medical students with our Tanzanian colleagues. This is the 3rd official year Kolabo has been involved at the undergraduate level. The UME teaching is planned to transition to Tanzanian local staff within the next 3-5 years as their local capacity grows and they feel they have the ability to take it over. To aid in this transition, we will be supporting our Tanzanian colleagues to build a residency program in psychiatry and our collaborative research is focussed on how we can smooth these transitions and ensure quality teaching in psychiatry for medical students in Mwanza, Tanzania.

This May capped off another exciting fundraiser for the Kolabo team with over \$7000 being raised. We were fortunate to have staff from the Catholic University of Health and Allied Sciences (CUHAS) including the associate director for post graduate studies and the associate dean of the medical school in attendance. In addition, members of the Calgary Tanzanian Community Association joined, with parties discussing the importance of tackling mental health

through education and stigma reduction. It was an outstanding event, and we are grateful for the leadership of Drs. Roy Turner and Susan Poon for putting it together. Thank you to all that attended, and for the generous donations of individuals and the department!

The funds raised will be going primarily towards the Kolabo Residency Scholarship. This year, we are funding a second psychiatry resident, now entering her 2nd year of training in Dar Es Salaam. Unfortunately, it is extremely difficult to secure public funding for training, and the funds made available through Kolabo has allowed the university to build their psychiatry department capacity. With this capacity, they hope to expand into UME teaching but also build their own psychiatry residency program. In the years to come Kolabo will be supporting these next steps however our local partners see fit.

Thank you again for the Department's ongoing support. If you are interested in joining in upcoming trips or being involved locally, we would love to hear from you. Please email kolabocalgary@gmail.com or contact one of the team members.

Thanks for reading,
The Kolabo Team (Dr. Jaylynn Arcand, Dr. Jian Choo, Dr. Jonathan Dornain, Dr. Kathy Fitch, Dr. Cristin Fitzgerald, Michael Grimminck, Dr. Rachel Grimminck, Dr. Jordan Li, Dr. Susan Poon, Dr. Suneina Mohan, Dr. Roy Turner, Dr. Kimberly Williams and Dr. Rita Watterson)



Recognitions

Congratulations to the following individuals!



Dr. Nady El-Guebaly at the Investiture ceremony for Order of Canada, May 10, 2018, with the Governor General.

Dr. Phil Stokes has been awarded the Jones award for Teaching Excellence in Undergraduate Medical Education

Dr. Phil Stokes – Gold Star, Master Teacher and Jersey Award

Dr. Lauren Zanussi – Gold Star and Lecturer with the Most Unspellable Name

Dr. Lisa Gagnon – Dr. David Stather Award

Dr. Aaron Mackie – Gold Star

Dr. Cynthia Baxter – Sex Education Award

Honour Roll

Dr. Leanne Birkett

Dr. Claire Hart

Dr. Rachel Grimminck

Dr. Rita Waterson

Dr. Thomas Raedler

Dr. Qasim Hirani

Dr. Heidi Solty

On April 19th, Child & Adolescent Psychiatry Celebrated with the 5th Annual Spring Retreat

We are pleased to announce this year's winners. Thank you for your commitment and passion.

Most Diverse Portfolio

Awarded to those for their commitment to both inpatient and outpatient work in major hospitals as well as the community. Nominations may come from Child and Adolescent Psychiatrists supported by information.

Winner: Jason Taggart

Collaborative Engagement

Awarded to those for their commitment to engaging with the clinical teams, managers, and staff. Nominations to come from non-physician staff directly working with the nominated child psychiatrists or their teams.

Winner: Greg Montgomery

Diverse Engagement

Awarded to those with the most diverse portfolio which includes clinical, teaching, and research. Unlike most diverse portfolio which is primarily focused on the clinical work, this includes non-clinical activities.

Winner: Dr. Monique Jericho

Most published

Awarded to those for their hard work and success in publishing papers during one given year. Physicians can nominate themselves in additions to other doing it.

Winner: Dr Paul Arnold (OCD)

Program Development

Awarded to those for their involvement and contributions to successful program development. This nomination can be submitted by the physicians supported by the documents. This may also be submitted by their medical or non-medical colleagues Support of System Transformation Awarded to those who have actively and effectively participated in or lead change. This nomination may come from their senior leadership colleagues or management partners or those higher in the management chain.

Winner: Ursula Hines.

Support of System Transformation

Awarded to those who have actively and effectively participated in or lead change. This nomination may come from their senior leadership colleagues or management partners or those higher in the management chain.

Winner: Tyler Pirlot



Child & Adolescent Psychiatry Team at the Retreat April 19, 2018

Most On-Call

Awarded to those for their commitment and dedication to providing on-call hospital services. This is dependent on the number of nights being on call during one particular year from January 1st to December 31st.

Winner: Dr. Dina Munim with 27 calls in 2017

This year we are pleased to announce “Hearts of Mental Health Awards”. This is awarded to non-physician mental health colleagues or support staff for their exceptional devotion to mental health related administrative work, mental health work, advocacy and passion. These nomination came from child psychiatrists.

- Alison Warga CAMHPP
- Liane McDonald
- Sena Tirlui
- Jillian Clarke
- Shaylin Carr
- Melissa Adrian
- Pauline Burgess
- Jillian Paulson

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

www.ucalgary.ca/psychiatry



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Psychiatry



THE MATHISON CENTRE
for MENTAL HEALTH RESEARCH & EDUCATION