

#### **New Website!**

Nancy Colp

E-mail: nancy.colp@ahs.ca

https://cumming.ucalgary.ca/departments/psychiatry

As many of you are aware we have revamped our website. See the link above to access and view some of our exciting new information. This includes: the "Resident's Corner", career opportunities, Updates From Your Fearless Leader, Grand Rounds schedule, Mind Matters Newsletter, and the Annual Report. Resident's Corner is a spot where residents are able to add their own exciting content such as personal quotes, news and really anything that residents want to share. Contact me if you are a resident and have anything to add to the Resident's Corner.

As always, please check your information for accuracy on the contacts page and areas you are a key contact for. If you have anything you would like added to our website or questions in general please contact me. I look forward to hearing from you!

# P.S. We are also on **Twitter!** Check us out @UCalgaryPsychiatry



# Mental Health and the Calgary Comic Expo



The Calgary Comic and Entertainment Expo ran from April 25 to 28 this year and was a huge draw for tens of thousands of people. Among them were an amazing group of volunteers who helped plan and run the first ever Alberta Health Services booth. With the theme of "Mental Health Avengers"



attendees had the opportunity to meet and interact with mental health clinicians from many different services and of many different specialties including social work, nursing, psychology, psychiatry, pharmacy and occupational therapy. Not only did this put a face to the people on the front lines but also taught potential clients about the many different team members that they have available to them in the fight for wellness.



Literature focused on education around mental health and wellness, harm reduction strategies for substance use and resources. There were brochures to take discretely and a photo board of key resources so those who were more apprehensive did not have to enter the booth. Those who did were greeted by wonderful volunteers (many in



costume) who helped to engage them with a choice of three games; Getting to **Know Your Team** Plinko, Resilience Jenga and Mental Health True or False. Prizes included mood magnets, stress balls, playing cards and some very special pill containers (used to educate children on medication safety).

Conference statistics showed at least 12,000 people stopped by our booth, many of whom had personally struggled with mental health challenges or knew someone who did. They and their families shared their stories and gratitude for the amazing work that is done by mental health professionals every day and thanked us for coming to the event to help educate and fight stigma. Each person was also invited to share encouraging words and their wellness tips for others on a board, which was overflowing by the end of the weekend. Thank you to everyone involved in this amazing project!

# **Psychiatry Simulation Update** *Rachel Grimminck, MD, FRCPC, DABPN*

The Department of Psychiatry Simulation Program has grown considerably over the last year thanks to the support of the Department of Psychiatry, PGME, COPE and the Taylor Institute.

In the last year, the current PGY 2s and current PGY 1s have completed two half days each of simulations on emergency psychiatry. In spring 2019, PGY 4s and PGY 5s completed 8 simulations stations on a range of topics from agitation to driving and dementia and ECT. Thank you to Drs. Duncalf, Mackie and Sellmer for developing new simulations for residents, as well as, ATSSL consultants Irina Charia, Michele Cowan, Rainer Kahl and Hal Krebes from Medical Skills. Nursing staff Jillian Variyan, Jillian Vaz, Kari Allen, Pam Friesen, Lola O'Brien, Julianne Daze, Jeanette Lawrence, and peace officer Raj Gahir have been invaluable.

We are grateful for new grant funding from PGME for the 2019-2020 year to expand training for residents, in collaboration with Dr. Stephanie Plamondon from Physical Medicine and Rehabilitation, and Dr. Julia Haber from Anesthesia. Drs. Mackie, Terriff, Duncalf, Mohan and myself will be developing new simulations with our collaborators.

Dr. de Groot and I were part of a successful grant application with multiple collaborators at the Cumming School of Medicine to advance Indigenous Mental Health education through videos and simulation



through the University of Calgary ii' taa'poh'to'p Grant Competition.

We have had an active evaluation process of this educational intervention. Resident physicians Drs. Paige Durling, Jihane Henni, and Dean Mrozowich have demonstrated exceptional enthusiasm and leadership. We will continue to work with collaborators from Community Rehabilitation and Disability Studies (CRDS), Dr. Joanna Rankin and undergraduate student Amber Barlow, to disseminate our results at conferences provincially, nationally and internationally and hope to be able to publish our results in the next year.

The Kolabo Project

The team will be leaving November 15th to Mwanza, Tanzania where they will be teaching medical students their psychiatry curriculum, in both didactic and small group formats. We wish them a safe and wonderful trip!

Check them out on:

Facebook: @KolaboCalgary Website: https://www.kolabo.org/

Instagram: @kolaboproject

Meet the KolaboTeam

Dr. Kathryn Fitch



Dr. Kathryn Fitch has been on faculty with the University of Calgary,

Department of Psychiatry since 2005, after completing her medical degree at McMaster, psychiatry residency and fellowship in psychotherapy at the University of Ottawa. Kathy is Clinical Medical Director at Central Clinic and the DBT Program, as well as, for the Chumir's Outpatient Mental Health Program, and is honored to be the current President Elect of the Alberta Psychiatric Association. Kathy has been involved in teaching clerks, residents and fellow faculty throughout her career, providing seminars, workshops and courses locally and at national conferences. This will be Kathy's third excursion trip with the Kolabo project.

#### Dr. Will White



Dr. Will White is a father of two daughters, an associate clinical professor at the

Cumming School of Medicine, a consulting psychiatrist at the Addiction Centre, and Clinical Medical Director of adult inpatient psychiatry at Foothills Medical Centre in Calgary. In 2017, he was honoured by the Centre for Addiction and Mental Health as a National Recipient of CAMH Difference Makers – 150 Leading Canadians for Mental Health. This will be Will's first excursion with the Kolabo project.

#### **Dr. Paige Durling**



Dr. Paige
Durling is a
second year
Psychiatry
Resident with
the University of
Calgary, where
she also
completed her
medical degree.

Paige's career interests include medical education, psychotherapy and global health. Before working with Kolabo, Paige worked on a local global health project on Tsuu T'ina Reserve, helping educate youth around mental health topics. This will be Paige's first excursion with the Kolabo project.

#### Dr. Jacqueline Bobyn



Dr. Jacqueline Bobyn is a second year Psychiatry Resident with the University of Calgary. Jacqueline did a Master's of Science in the

Department of Psychiatry at the University of Calgary, researching neuroimaging and mood disorders prior to medical school. Jacqueline then went on to complete medical school training at the University of Calgary and has interests in cultural psychiatry and refugee mental health. Prior to working with Kolabo Jacqueline, while on medical elective, also worked on medical education projects in rural Laos. This will be Jacqueline's first excursion with the Kolabo project.

#### Dr. Megan Howlett



Dr. Megan Howlett is a second year Psychiatry Resident with the University of Calgary. Megan did her medical school training at the University of Alberta and has interests in

neuropsychiatry, gender, and global mental health. Prior to working with Kolabo, Megan had worked on several projects in Ecuador with both rural housing and orthopedic surgery. This will be Megan's first excursion with the Kolabo project.

#### Dr. Rita Watterson



Dr. Rita Watterson is a general adult psychiatrist in Calgary. She practices a mix of inpatient and outpatient psychiatry with special interests in trauma and vulnerable populations. She works with veterans and refugees at home and helped cofound Kolabo in 2015 at the start of her Psychiatry residency. Rita is currently

Page | 6

helping prepare the ground team for their departure to Tanzania in November.



#### **Dr. Kimberly Williams**



Dr. Kimberly
Williams is a fifth
year
neuropsychiatry
fellow at the
University of
Calgary and has a
MSc in Global
Health from the
University of

Alberta. She is a global health enthusiast, which includes writing about key topics in this area, including a chapter author in Millennials Speak: Essays on the 21st Century, in Upstream Medicine: Doctors for a Healthy Society, and in Essentials of Global Health. As a co-founder of Kolabo she loves being able to work with our partners in Tanzania to collaboratively improve medical education about mental illness. She was previously the president of Resident Doctors of Canada and a member

of the Canadian Medical Association Board of Directors. Kim is currently helping prepare the ground team for their departure to Tanzania in November.

#### Dr. Jaylynn Arcand



Dr. Jaylynn
Arcand is a third
year Psychiatry
Resident at the
University of
Calgary and is
returning to
Kolabo excursion
team for her
second time.

While completing her medical school training at the University of Saskatchewan, Jaylynn also obtained a Certificate in Global Health. Her primary areas of interest within Global Health are capacity building and sustainability. Outside of medicine, Jaylynn adores her dog, the outdoors and travelling.

# **Undergraduate Medical Education (UME) Program**

Dr. Nancy Brager

The UME office has had several key position changes:

- 1. Associate Dean of Undergraduate is now Christopher Naugler
- 2. Assistant Dean Clerkship is now



Kevin
Busche
3. The
Assistant
Dean Preclerkship
has yet to be
announced

Within our Department, our key faculty remain the same with the exception that Alex Di Ninno will be covering both preclerkship and clerkship evaluations, as our clerkship evaluations coordinator will be on maternity leave. Dr. Huntae Kim will be our new Undergraduate Coordinator for Child and Adolescents, replacing Dr. Waqar Waheed.

The major change for us starts this year is that Course 7 will run in December not



January as part of the process to shorten preclerkship in order to lengthen clerkship. Further to this, our clerkship will be split 4 weeks adult and 2 weeks C&A. We will have 1 exam but the 2 rotations may be split. The additional time in clerkship will allow for more electives, time off for CaRMS and better vacation timing.

Elective diversity (maximum 8 weeks electives in one specialty) is being introduced.

Our Psychiatry Electives are oversubscribed. We are now asking students to complete a survey to help filter out those students who are genuinely interested.

We are fortunate to have continued Departmental support during these difficult financial times, as well as, we have strong and dedicated faculty. We remain the most highly student rated pre-clerkship and clerkship program. Our Psychiatry Interest Group remains very active and is a significant source of recruitment.

# Postgraduate Medical Education (PGME) Program

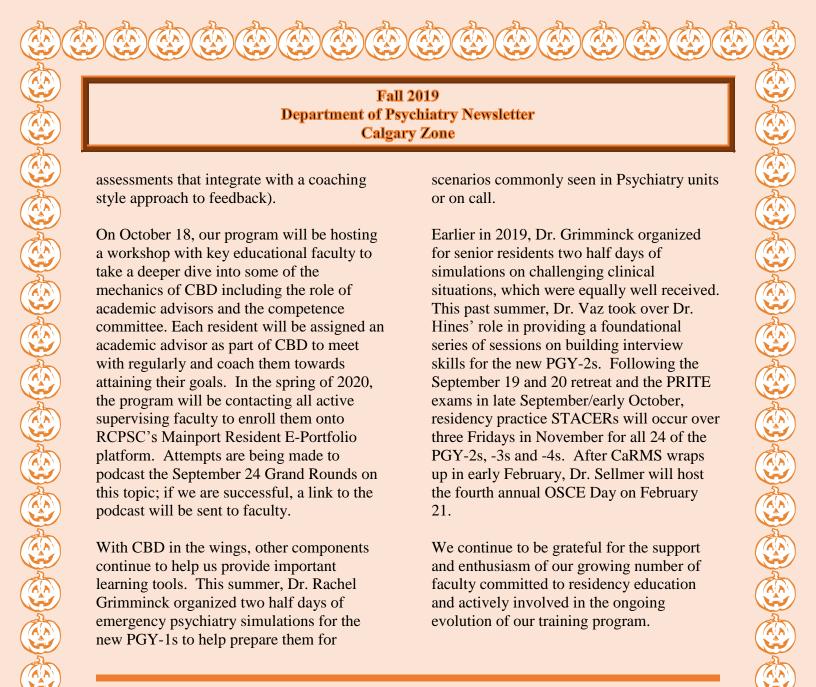
Dr. Greg Montgomery/Pauline Burgess

The first quarter of the new academic year is wrapping up and we are pleased with a number of ongoing areas of development in the residency training program.

However, before we get into this, we would like to take a moment to join other voices in the Department in thanking Dr. Waheed for all his efforts and enthusiasm during his time as the Program Director for Child and Adolescent Psychiatry. His tireless commitment has not gone unappreciated by medical students, Psychiatry and off-service residents, particularly while also getting the subspecialty program off the ground and turning Calgary into a highly regarded and sought- after training site. We wish him the best moving forward (and welcome his ongoing involvement in our program in whatever ways he sees fit).

In preparation for the RCPSC's external review in 2022, all residency programs at the U of C are undergoing internal reviews to ensure accreditation and training standards continue to be met. On October 25, local reviewers from other residency programs will be meeting with the Program Director as well as members of the training committee, the resident body and the Department Head. Our thanks to all departmental staff that helped provide statistics and publication lists for the report we compiled for the reviewers.

Competence by Design (CBD) is slated to launch across Canada in Psychiatry in July 2020 with our incoming PGY-1s. CBD moves from some more traditional models of assessment of learning towards a model that places a prominent emphasis on assessment for learning (including increased numbers of lower stakes formative



# **Subspecialty Programs**

#### **Geriatric Subspecialty**

The Geriatric Section is happy to announce that the Royal College has accredited the Geriatric Psychiatry Residency Subspecialty Program at the University of Calgary. Plans are underway to recruit a residency program director and invite applications for subspecialty training for the 2020 to 2021 academic year.



#### **Continuing Professional Development (CPD)**

Dr. Thomas Raedler/Anne Enders

The multi-disciplinary departmental CPD committee resumed its meetings after the summer break. This committee oversees all CPD-activities throughout our department. We meet on the second Monday of each month for one hour. Over the past months we were pleased to welcome three new members to the committee (Cindy Beck representing Mood Day; Jacqueline Bobyn representing residents; Janet de Groot representing psychotherapy). Please join me in thanking Jaylynn Arcand, Leanne Birkett and Wanda Lester for their services on our committee. We are always looking for new members for our committee. Please let us know if you are interested in joining our team.

The Fall 2019 Grand Rounds semester began on September 3, 2019. We have a full schedule until Christmas and will cover a wide array of topics. The CPD committee will start scheduling Grand Rounds for the Spring 2020 Grand Rounds semester after our November 2019 meeting. Please forward suggestions for topics or speakers for Grand Rounds by the end of October 2019.

Grand Rounds are currently only available in real time as they are not being recorded. In addition to attending Grand Rounds in room G500 at the Foothills site, Grand Rounds can also be viewed via Telehealth at 17 AHS sites throughout Alberta. Please contact Anne Enders at margaret.enders@ucalgary.ca if your AHS

site is not yet set up to watch Grand Rounds via Telehealth. Grand Rounds can also be accessed via Adobe Connect from a computer, laptop or cell-phone. Please use the following link to set up your connection.

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

The CME-certificates for the Spring 2019 Grand Rounds semester were sent out in July 2019 to all physicians who completed the weekly online survey. For the Spring 2019 Grand Rounds semester we awarded a total of 547 CME credits to 67 participating physicians. Please let Anne know if you did not receive your CME-certificate.

In March 2019 we introduced a new format of medical education 'Psychiatry Quarterly Updates (PQU)'. PQU are three-hour sessions that focus on a specific topic. Physicians can earn up to 3.75 Section 3 CME-credits. The first three sessions focused on Alcohol Use Disorder, Psychosis and Trauma and were attended by 100 to 150 participants. The next PQU-sessions are scheduled for November 29, 2019 (Women's Mental Health) and March 6, 2020 (Anxiety Disorders). Registration is through the Office of Continuing Medical Education and Professional Development of the Cumming School of Medicine. We are currently planning the next set of topics for PQU and are always open for suggestions.



Our department continues to participate in all-day educational events. Mood Day occurred on February 8, 2019. The Inaugural Susan Carpenter Education Day for Developmental Disability Mental Health was held on April 26, 2019. Both events were well attended. Psychotherapy Day 2019 on 'Narcissism and its Discontents: Challenges and Treatment Strategies with Narcissistic Patients' is scheduled for October 25, 2019.

Please notify Anne Enders at margaret.enders@ucalgary.ca if you are not receiving our weekly e-mail 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.

# **Mathison Centre Updates**

Dr. Paul Arnold/ Josephine Adda

Our Centre is "punching above its weight" in research citations. According to Clarivate analytics, of 346 publications in which Mathison Centre is specified as an affiliation, there are now 12 papers flagged by Clarivate as "highly cited" (top 1% in their field. This means that 3.5% of Mathison-affiliated publications are in the top 1% of the world literature, or 3.5 times as likely as the average paper to have such a high impact. In addition, three of our faculty are cited as among the top 1% of cited researchers within their fields (Drs. Addington, MacQueen, and Patten).

The Mathison Centre has received its first Canada Research Chair (CRC - Tier 2) award to support a chair in Clinical Biomarkers in Child and Adolescent Mood and Anxiety Disorders. Recruitment visits are currently underway, and we look forward to welcoming the successful candidate in the coming year.

The Mathison Centre's mandate is to conduct and promote leading research and education on the early identification, treatment and prevention of mental health disorders across the lifespan with a principal focus on the mental health of children, youth and emerging adults. The Centre promotes multidisciplinary approaches through translational research from basic science through to clinical, health services and population health research. By focusing on young people, we strive to make an impact through research and education that will reduce the personal, family and societal costs of mental health disorders.

In the last year, three of our members recently became Canada Research Chairs, including Dr. Stephanie Borgland (Tier 1, Addiction), Dr. Brandy Callahan (Tier 2, Adult Clinical Neuropsychology), and Dr. Catherine Lebel (Tier 2, Pediatric Neuroimaging), doubling our total number of CRCs to six. Mathison Centre members were successful in securing a number of



grants as principal investigators (PIs), coprincipal investigators (Co-PIs) or coinvestigators (Co-Is). Members and trainees

published a significant number of papers and received various awards and recognitions.

# **Department of Psychiatry Research Projects**

Wellbeing and Mental Health Amongst Medical Students – An International Comparison REB19-0111, Non-funded research Jan 2019 – June 2019, Principal Investigator: **Dr. T.C.R. Wilkes**, Co-Investigators: **Dr. N. Brager, Dr. A. Bulloch** 

# **Mental Health Clinical Trials Unit** (MHCTU)

Thomas J Raedler, MD Medical Director, Mental Health Clinical Trials Unit (MHCTU)

As you may know, the Psychopharmacology Research Unit (PRU) recently changed its name to the Mental Health Clinical Trials Unit (MHCTU). We continue to pursue the goal of finding new and better pharmacological treatments for psychiatric disorders. Our current clinical trials cover the areas of schizophrenia and attenuated psychosis syndrome (prodromal psychosis). We need your ongoing support for our clinical trials. Please be aware that many participants experience an improvement in their symptoms while participating in a clinical trial.

The MHCTU currently recruiting for 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 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 coinvestigators.

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 coinvestigators.

#### 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.

#### **Upcoming Studies:**

Our clinical trials unit was approached about participating in additional clinical trials in schizophrenia and ADHD. While these clinical trials have not yet been approved by ethics, we may start recruitment over the next months. More information to come...

We continue to rely on your support for our clinical trials program. You can obtain additional information on our 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 e-mail Geri.Anderson@ahs.ca) or Jeff Cheng (phone 403.210.8679 or e-mail 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.







