



### **Department of Psychiatry Updates**

just wanted to thank you all for your support. The run was a great success and raised nearly \$200,000! We also had almost the same number of participants as previous years. Pretty good for a global pandemic and economic downturn with oil prices!

Lisa Gagnon Psychiatrist Quality Assurance Perinatal Mental Health Network Chair

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

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

he Mental Health Clinical Trials Unit (MHCTU) continues to pursue the goal of finding new and better pharmacological and interventional treatments for psychiatric disorders. Our current clinical trials cover the areas of schizophrenia, attenuated psychosis syndrome (prodromal psychosis) and ADHD. Participating in clinical trials offers participants the opportunity of receiving treatment with novel pharmaceutical compounds that are not yet commercially available as well as frequent assessments and oversight of care. Please be aware that many participants experience an improvement in their symptoms while participating in a clinical trial. We continue to rely on your ongoing support for our clinical trials.

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Like many other programs, our activities were significantly impacted by COVID-19. All clinical trials were closed for further recruitment. We were able to use online assessments for subjects who were already

enrolled in our trials. We are slowly starting to re-open our clinical trials to recruitment and screening and resume activities in keeping with the COVID-19 safety parameters.

## The MHCTU is currently participating in the following clinical trials:

### BI Cognition Study in Schizophrenia 1346-0038 (NCT03859973):

BI 425809 is an orally administered glycine transporter-1 inhibitor. This phase II clinical trial assesses whether treatment with this compound, in combination with regular computerized cognitive training, helps to improve cognition in schizophrenia.

# Real World Evidence of the Efficacy and Safety of FOQUEST (reFOQus) (NCT04152629):

This Phase IV open-label clinical trial compares the efficacy and safety of methylphenidate (Foquest) and lisdexamfetamine (Vyvanse) in children,

adolescents and adults with ADHD. Dr. Ortega serves as Principal Investigator and Dr. Binder and Dr. Chang are Co-Investigators.

#### NaBen Studies:

NaBen (sodium benzoate) 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; 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.

#### The NaBen Adult Schizophrenia Study

(Study to Evaluate Safety & Efficacy of NaBen® as Add-on Treatment for Schizophrenia in Adults; 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.

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; NCT03094429) assesses sodium

benzoate as add-on treatment in subjects who failed to experience sufficient benefits from treatment with clozapine.

#### **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 randomised, double-blind, placebocontrolled 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; NCT03351244) assesses if the addition of BI 409306 to ongoing antipsychotic treatment helps to prevent relapses in adults with schizophrenia. This clinical trial was recently terminated by the sponsor.

The BI Attenuated Psychosis Syndrome Study (A phase II randomized, doubleblind, 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; NCT03230097) assesses if BI 409306 can prevent subjects, who are at high risk of developing psychosis, from becoming worse.



We continue to rely on your support for our clinical trials program. You can obtain additional information on our current studies by accessing our web-site. Please feel free to contact myself (Thomas.raedler@ahs.ca), Geri Anderson (phone 403.210.6903 or

email <u>Geri.Anderson@ahs.ca</u>) or Jeff Cheng (phone 403.210.8679 or email <u>cfj.cheng@ucalgary.ca</u>) if you wish to have more information about one of these studies, or if you wish to refer a patient for possible participation.

### The Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP)

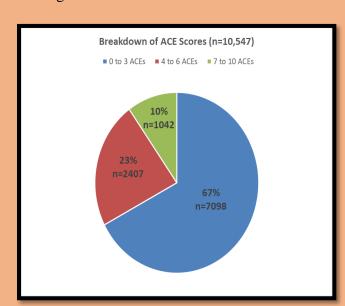
Jennifer Kuntz MSW, RSW

Adverse Childhood Experiences (ACE) & Trauma Informed Care (TIC) Project Facilitator Child and Adolescent Addiction, Mental Health & Psychiatry Program CAAMHPP – Calgary Zone

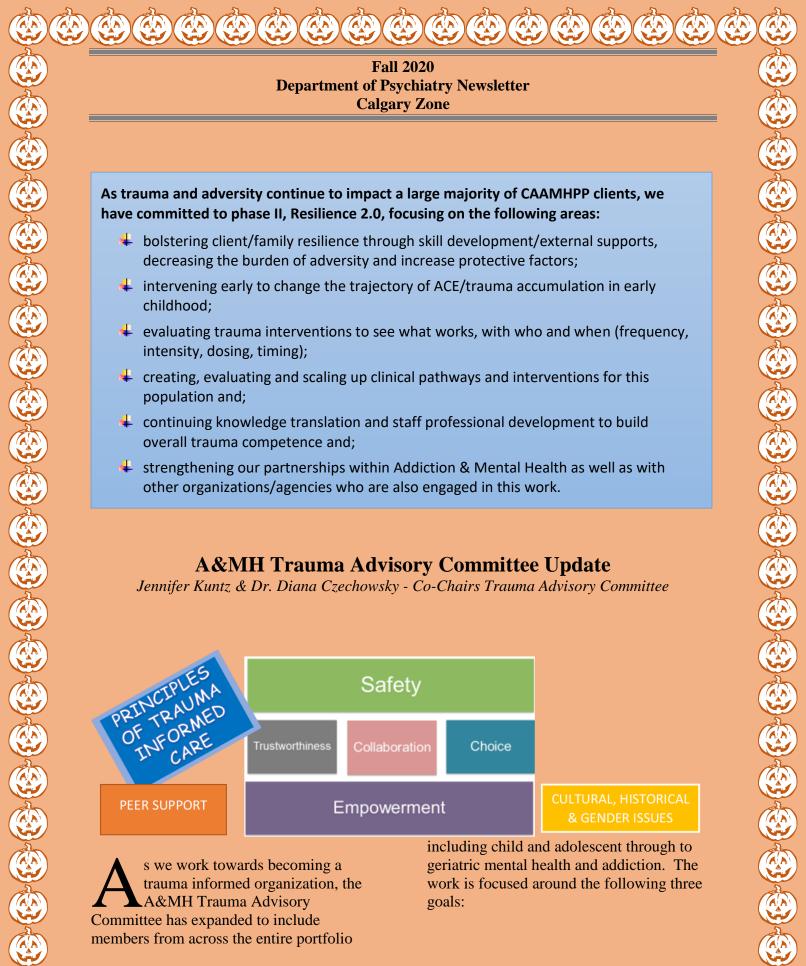
he Child and Adolescent Addiction,
Mental Health and Psychiatry
Program (CAAMHPP) is advancing
the Adverse Childhood Experiences
ACE/Trauma Informed Care TIC into phase
II focusing on Resilience. This phase of the
initiative aligns with larger system priorities
including the CAAMHPP Strategic Plan
2016-2021, the Addiction and Mental Health
Review, Alberta Health Services Trauma
Informed Care Project, research on the
impact of toxic stress on the developing
brain and the science of resilience.

Our mission is to provide world class mental health and addiction services from a trauma responsive lens that optimizes the health and well-being of children, youth and their families. Our goal is to expand on the foundational work completed in phase I, in the area of clinical practice, service delivery and translational research & evaluation. In phase I, we successfully implemented the systematic collection and documentation of ACE scores for all clients resulting in over 10,000 scores being collected over the past 5 years. The data has shown a stable

distribution of ACE scores over the last 5 year period revealing that 1/3rd of CAAMHPP clients have an ACE score of 4 or higher and 1/10th of CAAMHPP clients having an ACE score between 7-10.



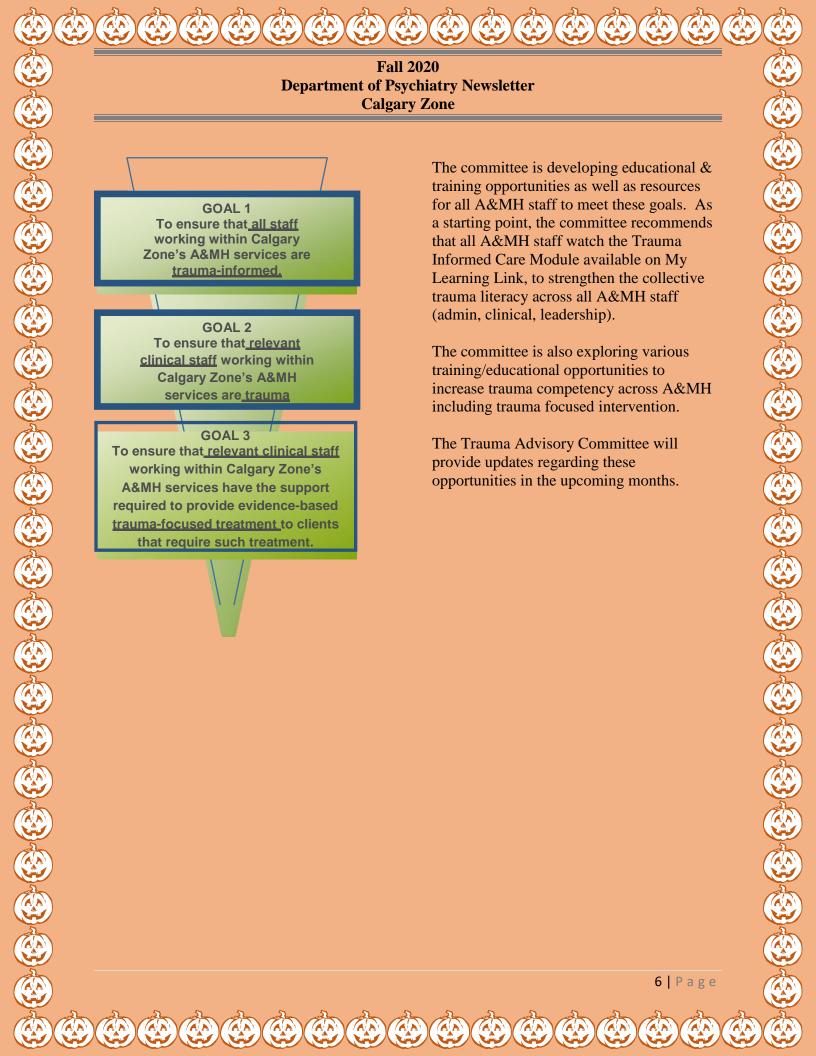
For more information on this initiative please feel free to connect with Jennifer Kuntz, Resilience 2.0 Initiative Project Facilitator @ Jennifer.Kuntz@ahs.ca.

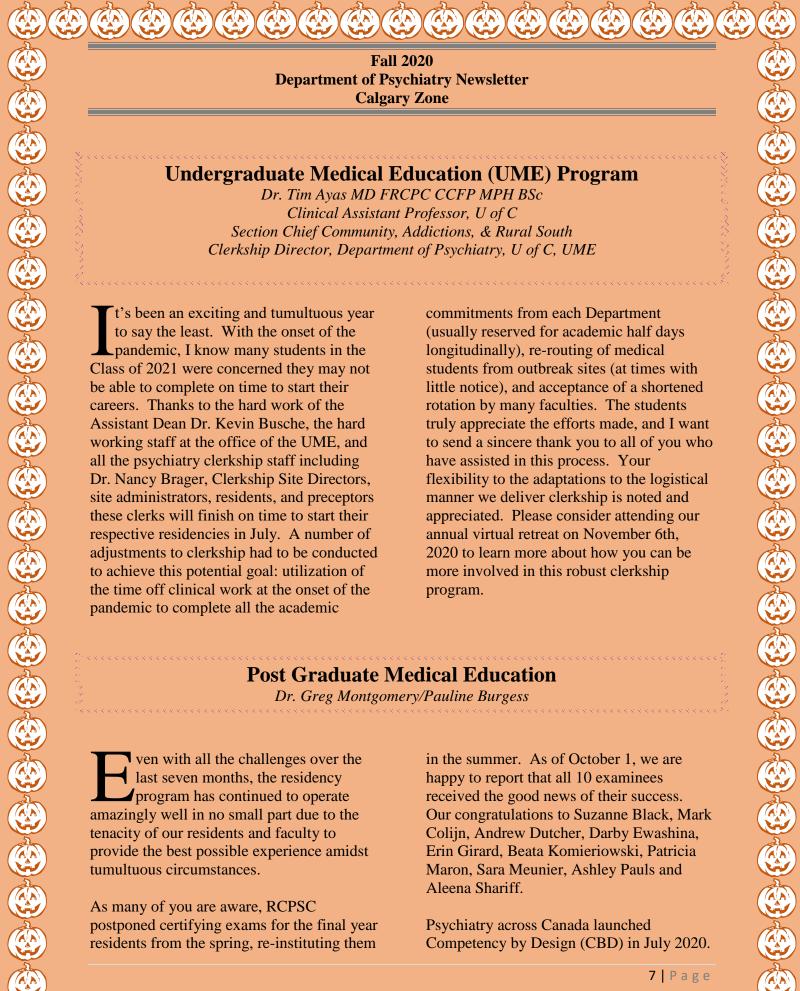




s we work towards becoming a trauma informed organization, the A&MH Trauma Advisory Committee has expanded to include members from across the entire portfolio

including child and adolescent through to geriatric mental health and addiction. The work is focused around the following three goals:





#### Undergraduate Medical Education (UME) Program

Dr. Tim Ayas MD FRCPC CCFP MPH BSc Clinical Assistant Professor, U of C Section Chief Community, Addictions, & Rural South Clerkship Director, Department of Psychiatry, U of C, UME

t's been an exciting and tumultuous year to say the least. With the onset of the **\_\_\_**pandemic, I know many students in the Class of 2021 were concerned they may not be able to complete on time to start their careers. Thanks to the hard work of the Assistant Dean Dr. Kevin Busche, the hard working staff at the office of the UME, and all the psychiatry clerkship staff including Dr. Nancy Brager, Clerkship Site Directors, site administrators, residents, and preceptors these clerks will finish on time to start their respective residencies in July. A number of adjustments to clerkship had to be conducted to achieve this potential goal: utilization of the time off clinical work at the onset of the pandemic to complete all the academic

commitments from each Department (usually reserved for academic half days longitudinally), re-routing of medical students from outbreak sites (at times with little notice), and acceptance of a shortened rotation by many faculties. The students truly appreciate the efforts made, and I want to send a sincere thank you to all of you who have assisted in this process. Your flexibility to the adaptations to the logistical manner we deliver clerkship is noted and appreciated. Please consider attending our annual virtual retreat on November 6th, 2020 to learn more about how you can be more involved in this robust clerkship program.

#### **Post Graduate Medical Education**

Dr. Greg Montgomery/Pauline Burgess

ven with all the challenges over the last seven months, the residency program has continued to operate amazingly well in no small part due to the tenacity of our residents and faculty to provide the best possible experience amidst tumultuous circumstances.

As many of you are aware, RCPSC postponed certifying exams for the final year residents from the spring, re-instituting them

in the summer. As of October 1, we are happy to report that all 10 examinees received the good news of their success. Our congratulations to Suzanne Black, Mark Colijn, Andrew Dutcher, Darby Ewashina, Erin Girard, Beata Komieriowski, Patricia Maron, Sara Meunier, Ashley Pauls and Aleena Shariff.

Psychiatry across Canada launched Competency by Design (CBD) in July 2020.





For our program, we created eight – 2 week blocks of placements in areas that would allow PGY-1s to achieve objective for the Entrustable Professional Acts (EPAs) focusing on the basic skills of obtaining a psychiatric history and communicating clinical encounters. With a big thanks to Inpatients across all adult sites, Psychiatry Emergency at FMC, RGH and the CSU, all of our PGY-1s were successful in completing the first stage of CBD known as Transition to Discipline (TTD).

In terms of infrastructure for CPD, Dr. Selmer recruited Dr. Crockford to chair the Competence Committee, consisting of Drs. Beck, Birkett, deGroot, Mohan, Ortega and Raiche. Members provided a review of each PGY-1s Workplace Based Assessments (WBAs) that lead to meeting the requirements of the two EPAs. The second "team" in CBD is the group of academic advisors who meet regularily with their designated resident to review progress in achieving EPAs as they move through training. This is a vital and welcomed addition that supports the residents on a oneto-one basis. We welcome and thank the following eight staff who have taken on this role; Drs. Finkbeiner, Jalali, Mackie, McLane, Ratti, Scott, Tan and Weatherbee.

To address the lost time in the early stages of the pandemic, in preparing for the certifying STACERs, we are happy to report that Dr. Philp Stokes will join Dr. Ursula Hines in working with our PGY-4s starting in January. This ongoing support in honing the interview skills over the last decade have

been extremely invaluable and we truly appreciate all the work Dr. Hines and formerly Dr. Fawcett have devoted to this effort.

In order to provide residents with a broader understanding of cultural psychiatry and its implications on patient care, this fall, all PGY-2-5s have completed a half-day workshop created and hosted by Dr. Rachel Grimminck and PGY-4 Dr. Harry Zhou. This was an extensive undertaking and we want to thank them for all the behind the scenes work that these workshops entailed.

Nationally, CaRMS interviews will be held virtually March 8-28, 2021. In order to provide applicants with opportunities to interact and learn about our program, the residents created an excellent video highlighting the program: a link can be found on the department website. In addition, residents are hosting at least 4 different Zoom sessions for interested students across Canada to "meet" residents and ask questions. A very big thanks to Taka Hoy, Hilary Aadland and Jian Choo for the work in creating the video, as well as organizing the town hall sessions.

As you can surmise, the residency program has not been slowed down by the pandemic. There were resident redeployments but all changes to affected residents did not hamper meeting core training requirements. A big thank you to all who had to pivot in order to make the changes work; resourcefulness is truly a valuable quality!



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

Dr. Thomas Raedler/Anne Enders

he multi-disciplinary departmental CPD committee oversees all CPD-activities through our department. We meet on the second Monday of each month for one hour. We are always looking for new members for our committee. Please let us know if you are interested in joining our team.

The last months were unprecedented due to the sudden surge of COVID-19, which resulted in an abrupt end to all face-to-face activities in mid-March. Thanks to the efforts of the members of our department, we were able to continue most of our CPD-activities, albeit in a very different way. A special thank you goes to Anne Enders, who quickly familiarized herself with Zoom and who has been coordinating all our online activities. Still, we are looking forward to the time when we will be able to resume our regular Grand Rounds in G500.

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The Spring 2020 Grand Rounds semester finished on June 23, 2020. As with most events, COVID-19 disrupted our schedule. We were able to adapt quickly and switched our schedule to presentations with a focus on COVID-19. We also switched our Grand Rounds presentations to Zoom, which worked out surprisingly well. Thank you to those who volunteered on such short notice to ensure Grand Rounds continued. Thanks to everyone's efforts, we only had to cancel five Grand Rounds presentations.

For the Spring 2020 Grand Rounds semester we awarded a total of 452 CME credits to 81 participating physicians. The CME-certificates for the Spring 2020 Grand Rounds semester were sent out on July 14, 2020 to all physicians who completed the weekly online survey. Please let Anne know if you did not receive your CME-certificate.

The Fall 2020 Grand Rounds semester started on September 8th with a beautiful tribute honouring Dr. Glenda MacQueen. At this time, all Fall 2020 Grand Rounds are scheduled to continue via Zoom only. The zoom link will be included in our weekly Grand Rounds email reminder.

The 'Psychiatry Quarterly Updates (PQU)' are three-hour sessions that focus on a specific topic. Physicians can earn up to 3.75 Section 3 CME-credits. The next PQU-sessions are scheduled for September 25, 2020 (Obsessive Compulsive Disorder) and December 4, 2020 (Neuropsychiatry). Registration is through the Office of Continuing Medical Education and Professional Development of the Cumming School of Medicine. We always welcome suggestions of topics.

Dr. Thomas Raedler chaired the 2020 Psychiatry Online Literature Review Course (POLRC). POLRC covered 12 journal articles with a focus on 'Highlights of 2019' and took place from February 24, 2020 until June 30, 2020. The POLRC offers the option of obtaining up 38.0 MOC Section 1 and 3.0



MOC Section 3 Self-Assessment hours from the convenience of home. This year we had 45 participants.

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.

#### **Mathison Centre Updates**

Dr. Paul Arnold/ Josephine Adda

athison Centre researchers take school based mental health research a notch further

Coping at school during the pandemic -Dr. Kelly Schwartz, member of the



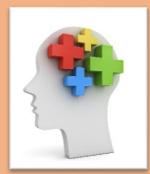
Mathison Centre and Associate Professor at the Werklund School of Education is leading a research study to gauge the mental health of school-aged children as they return to school in the midst of the COVID-19 pandemic. The all Mathison-Centre team includes Drs. Carly McMorris, Paul Arnold,

Erica Makarenko and Deinera Exner-Cortens.

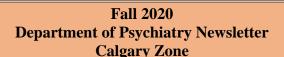
The yearlong study begun on September 8 with a survey underway to 3000 children in grades 6-12 in Calgary and Edmonton. The survey asks students questions about how they are coping with the pandemic and how it affects their overall school experience and learning.

This innovative study will capture in realtime the experiences of children as they live through unprecedented circumstances created by the pandemic. Students from four metro school divisions: the Calgary Board of Education, the Calgary Catholic School District, the Edmonton Public Schools, and the Edmonton

Catholic Schools will offer a representative research cohort that will identify selfreported psychological, behavioural, and learning needs of students. The research team and school administrators







hope that findings from the study will help schools across Canada in developing programming that is responsive to the



mental health and learning needs of students.

and Stress for <u>Senior High</u>, <u>Junior High</u> and <u>Elementary</u> students

School-Based Suicide Risk Assessment **Using eHealth** - Principal Investigator Dr. Deinera is leading a study to understand the use of eHealth tools in assessing suicide risk in school environments. The team is collaborating with the Rocky View Schools and Child and Adolescent Addiction, Mental Health and Psychiatry Program (CAAMHPP) of the Alberta Health Services. Together with Mathison Centre member co-investigators Drs. Paul Arnold and Kelly Schwartz, the team are embarking on a scoping review to understand the lay of the land and equip school mental health professionals in addressing suicide risk working within the inherent limitations of eHealth platforms.

#### Mental health literacy resource for use in

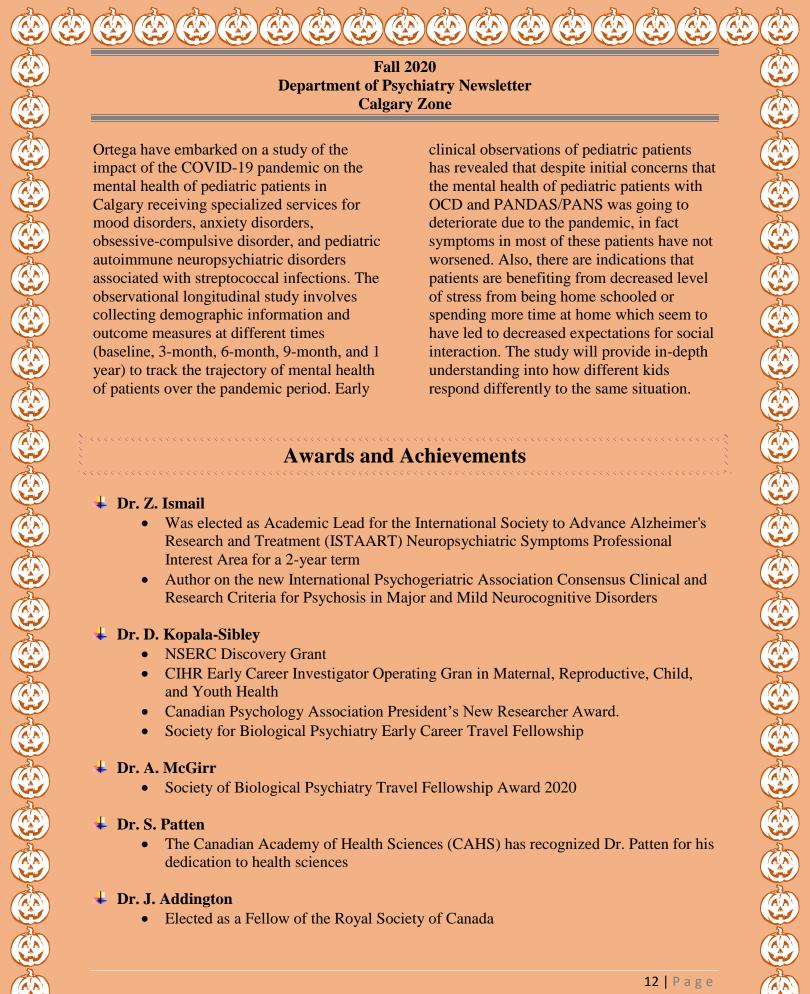
schools - A collaboration between the Mathison Centre and Teen Mental Health has led to the development of a set of four curriculum-based resources comprising brochures and accompanying videos for helping teachers and students at the elementary, junior high and senior high levels to understand mental health in general and specifically stress. This targeted initiative was in partnership with the Calgary Board of Education, the Calgary Catholic School District, the Edmonton

Public Schools, and the Edmonton Catholic Schools. The four curriculum-based resources focus on Mental Health Literacy



# Understanding the impact of COVID-19 on youth mental health

Researchers and Child and Adolescent psychiatrists Drs. Paul Arnold and Iliana



collecting demographic information and outcome measures at different times (baseline, 3-month, 6-month, 9-month, and 1 year) to track the trajectory of mental health of patients over the pandemic period. Early

have led to decreased expectations for social interaction. The study will provide in-depth understanding into how different kids respond differently to the same situation.

#### **Awards and Achievements**

#### 👃 Dr. Z. Ismail

- Was elected as Academic Lead for the International Society to Advance Alzheimer's Research and Treatment (ISTAART) Neuropsychiatric Symptoms Professional Interest Area for a 2-year term
- Author on the new International Psychogeriatric Association Consensus Clinical and Research Criteria for Psychosis in Major and Mild Neurocognitive Disorders

#### **↓** Dr. D. Kopala-Sibley

- **NSERC** Discovery Grant
- CIHR Early Career Investigator Operating Gran in Maternal, Reproductive, Child, and Youth Health
- Canadian Psychology Association President's New Researcher Award.
- Society for Biological Psychiatry Early Career Travel Fellowship

#### Dr. A. McGirr

Society of Biological Psychiatry Travel Fellowship Award 2020

#### Dr. S. Patten

The Canadian Academy of Health Sciences (CAHS) has recognized Dr. Patten for his dedication to health sciences

#### **↓** Dr. J. Addington

Elected as a Fellow of the Royal Society of Canada

