



# Mind Matters

Winter 2020  
Department of Psychiatry Newsletter  
Calgary Zone



## Message from the Department Head

*Dr. Valerie Taylor*

We enter 2021, and spring, with a sense of optimism. There is a vaccine roll out occurring, and while it is not without missteps, it is happening. Many of our staff have been vaccinated and I hope that soon we will be at 100%. The way we practice will probably forever be altered, however, and we are slowly adjusting. Spring will also see changes based on the EY report and we will continue as a Department to try to communicate everything in a timely and clear manner. We are entering in to our first CaRMS process that is completely virtual, and again, while not without its challenges I feel confident the strength of the Department and the skill of our teachers will ensure we do well. Our new program directors, Dr. Rory Sellmer and Dr. Monique Jericho, have their work cut out for them, but their leadership and commitment will ensure we meet any challenge.



Dr. Valerie Taylor

Resilience does not mean you prevent problems but rather that you have the capacity to recover from difficulties. I think that as a Department we have shown extraordinary resilience and I know that will continue.

Please remember to be kind and compassionate to yourselves and each other and ensure you take time to replenish your resilience stores. Burn out is real, especially when tasked with the role of supporting others.

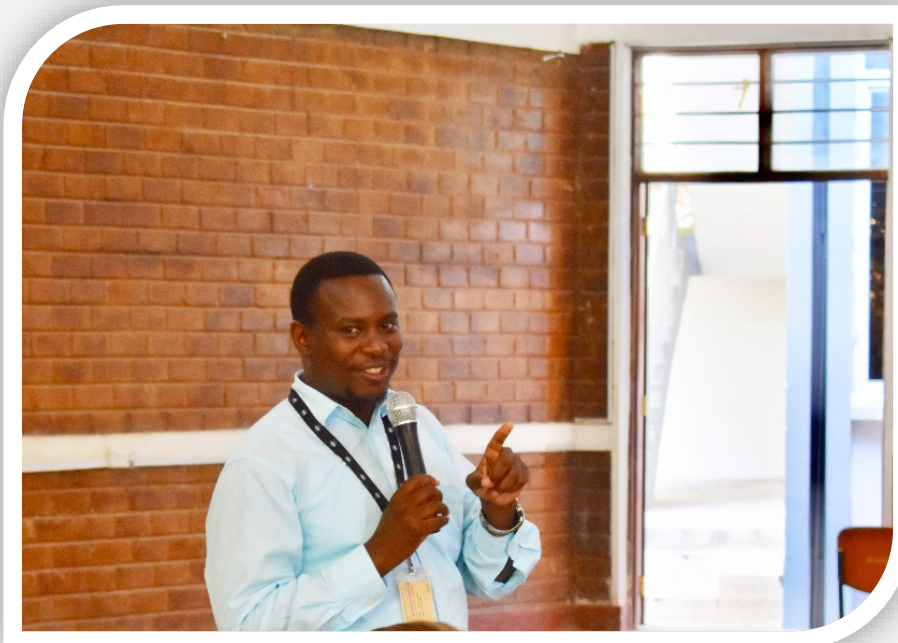
Put your own air mask on first.

Take care,  
Valerie

## Department of Psychiatry Updates

### Kolabo

As some of you may know, Kolabo is a partnership between the Catholic University of Health and Allied Sciences (CUHAS) in Mwanza, Tanzania and the University of Calgary, Department of Psychiatry. The overarching goal of the project has been to create a sustainable mental health curriculum for medical students and build stakeholder capacity. Each year Kolabo funds one residency position for trainees in Psychiatry in Tanzania, so that CUHAS



can work towards their goals of being able to support their patients and learners to the best of their abilities.

This year, as a result of the COVID19 pandemic the 2021 Kolabo team quickly pivoted and worked very hard to support a virtual curriculum for CUHAS medical students. The residents have

recorded vodcasts for the major mental illness topics and we have worked to support the ground team, including Dr. Matiko Mwita (a local psychiatrist), with their in person lectures. Dr. Mwita will be leading the introductory sessions this year and overseeing all small group learning in-person in Mwanza. Residents Dr. Paige Durling and Dr. Megan Howlett have been leading the Calgary team and would like to thank each of the members for their hard work and dedication to this project - Dr. Hilary Aadland, Dr. Jaylynn Arcand, Dr. Jacqueline Bobyn, and Dr. Elisabeth Merner. Special thanks to Dr. Phil Stokes, Dr. Margie Oakander, Dr. Rita Watterson and Dr. Kimberly Williams for overseeing all of the residents' hard work on this project.

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We would like to celebrate all this hard-work in February 2021 with a virtual wine tasting event. Keep your eyes open for an e-mail invite to join our team for a virtual event that will review the exciting changes to the Kolabo program! This event will also be an opportunity for all of us to connect over wine and travel stories, as Kevin, the owner of Market Wines shares his wine-tasting stories during a wine tasting session.

If you want to learn more about the project please check out our website at [kolabo.org](http://kolabo.org). Additionally, you can look us up on Instagram to keep up with the virtual roll out of the UME Psychiatry teaching.

Asante Sana,  
The Kolabo Team





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**Sky Psychiatry**  
*Dr. Waqar Waheed*

It is my pleasure to share with you some information about our new outpatient psychiatry service for children, adolescents and adults located on Level 21 of the Telus Sky building in downtown Calgary at the corner of 7th Avenue and Centre Street.

We offer clinical and forensic psychiatric services by way of referrals from physicians, registered clinicians, attorneys and third-party agencies. Clinical services include initial consultation and follow up as needed. Forensic consultation services encompass a broad range of civil and criminal law matters including capacity to form criminal intent,

psychiatric malpractice, testamentary capacity, and risk assessment/management of sexual behaviors among the child/adolescent population.

From day 1, it will be a University of Calgary, Cumming School of Medicine teaching site with Dr. Andrew Dutcher (R6, Child and Adolescent Psychiatry) as our inaugural trainee.

It is a privilege to be joined by Dr. Seema Hussain, Dr. Suzanne Black and Dr. Yuserly Rosas.

If you'd like to get in touch or just know more, please visit us at [SkyPsychiatry!](#)

Regards, WW



### **Undergraduate Medical Education**

*Dr. Tim Ayas MD FRCPC CCFP MPH BSc*

*Clinical Assistant Professor, U of C*

*Section Chief Community, Addictions, & Rural South*

*Clerkship Director, Psychiatry, U of C, UME*

On behalf of all the clinical clerks, I want to thank all the faculty and administrative staff that assist in maintaining an excellent psychiatric clerkship experience. There is a strong interest in mental health in the current class, much of it due to their excellent experiences in both the Mind Course and during their clerkship rotations. In fact, a virtual career exploration day with the Psychiatry Interest Group is being organized for this summer due to their strong interest levels.

I want to give you a number of updates from the Clerkship Committee. It was recently decided on a national level that external elective rotations will likely not occur in the near future due to the pandemic, we are hopeful this may change by Fall but will keep you posted. Clerks have now been instructed by the UME that they can work with COVID patients, providing they adhere to full PPE guidelines and do not attend a potential aerosolized procedure, such as electroconvulsive therapy. Junior clerkship is a two week rotation that started on

January 25th. In essence, it is a new rotation, created at the onset of clerkship due to their reduced clinical exposure during the pandemic. These students will largely have an observational role. Thank you to all the preceptors who offered to take these students recently, the offers were numerous and gracious.

Our UME retreat on November 6th, 2020 was a success, thank you to all of you who attended and to Dr. Nancy Brager for spearheading this annual initiative.

We also want to remind you about two awards by the Canadian Organization of Undergraduate Psychiatric Educators (COUPE) award for Best Paper by a Medical Student and The Early Educator Award, applications can be submitted to Dr. Nancy Brager by March 31st, 2021. Once again, I want to thank all of you for your time and dedication to undergraduate medical education, it is greatly appreciated by your future colleagues.

## Subspecialty Programs

### Child and Adolescent Psychiatry Subspecialty Training Update

*Sterling Sparshu MD, FRCPC  
Clinical Assistant Professor  
Program Director, Child & Adolescent  
Psychiatry Subspecialty  
Cumming School of Medicine, U of C*

The COVID-19 pandemic has turned our plans upside down for this academic year but I am proud of the way that our staff and residents have adapted. Academic half-days have moved to being done virtually and are now being supplemented with content from a national curriculum via CAP-COPE. Our residents have worked hard to change their best-laid plans (including cancelling electives) in order to find rotations that continue to cater to their interests while also preparing them for practice and meeting the Royal College curriculum. Our various meetings have all moved online as well. Sadly, this has meant fewer opportunities to connect, so we are looking for ways to use our budget for wellness initiatives as the pandemic drags on.

The program continues to change and evolve, including in preparation for the launch of Competence By Design in 2021. Our team is working hard to make it as seamless a transition as possible for our incoming

trainees. Speaking of which, I am pleased to welcome Drs. Joey Prisnie and Jennifer Woo to our program! I look forward to getting to know them better as they begin their subspecialty training in the months to come.

Not to leave our other trainees out, it is important to recognize that both Drs. Andrew Dutcher and Ashley Pauls have successfully completed their Royal College exams in general psychiatry. They are in good standing to sit their subspecialty exams in the Fall of 2021. I wish them well, as well as our current PGY-5s, Drs. Wauldron Afflick, Dean Mrozowich, and Vince Lee as they prepare for their exams. Accolades also go to Dr. Pauls for publishing her research in the Journal of Eating Disorders. Congratulations!

Although the last few months have been very challenging, I continue to look for opportunities to grow and improve the Child and Adolescent Subspecialty Program. I am grateful to have the support of my RPC and Kary Zamiski as we move forward in continuing to ensuring that we train physicians who are confident, competent, and compassionate in meeting the great challenge and privilege of working with youths and their families.

## Continuing Professional Development (CPD)

*Dr. Thomas Raedler/Anne Enders*

The 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 Fall 2020 Grand Rounds semester finished on December 15, 2020 with the Residents honouring and thanking Dr. Greg Montgomery for his years of service for the role of Residency Training Director. The CPD Committee would also like to thank Dr. Greg Montgomery for his service and wish him continued success in his future endeavors. We welcome Dr. Rory Sellmer and Dr. Monique Jericho to the role, wishing you much success.

For the Fall 2020 Grand Rounds semester we awarded a total of 475 CME credits to 91 participating physicians. The CME-certificates for the Fall 2020 Grand Rounds semester were sent out on January 7, 2021 to all physicians who completed the weekly online survey. Please let Anne know if you did not receive your CME-certificate.

The Spring 2021 Grand Rounds semester commenced on January 12, 2021. The spring 2021 Grand Rounds semester covers a wide array of topics that will end on June 29, 2021. The CPD committee will start scheduling Grand Rounds for the fall 2021 semester after our May meeting. Please forward

suggestions for topics or speakers for Grand Rounds by the end of April.

Grand Rounds will continue to be via Zoom at <https://ucalgary.zoom.us/j/91288206268> until further notice.

At this time, the CPD Committee has decided not to continue with the Psychiatry Quarterly Updates. Although most events have been successful in attendance and with the feedback; with Covid 19 the decision was made to put these events on hold until they can be held again in person.

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](mailto: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.

## Department of Psychiatry Research Projects

### Mental Health Clinical Trials Unit (MHCTU)

*Thomas J Raedler, MD Medical Director*

**W**e are in the midst of a pandemic. Within one year from the initial reports about COVID-19, Health Canada has approved two safe and effective vaccines to bring this devastating viral infection under control. Around the world, numerous pharmaceutical companies are conducting clinical trials to find a cure for the pandemic. All compounds have to go through a rigorous process, called clinical trials. All new compounds undergo Phase 1, Phase 2 and Phase 3 clinical trials:

In **Phase 1**, a compound is used for the first time in humans (usually healthy volunteers).

In **Phase 2**, a compound is used for the first time in a specific disease.

**Phase 3** studies are large clinical trials (usually several thousand participants) which may lead to approval of this compound by the regulatory authorities.

**Phase 4** studies are conducted after a compound has been approved by the regulatory authorities.

The Mental Health Clinical Trials Unit (MHCTU) continues to pursue the goal of finding new and better pharmacological treatments for psychiatric disorders. We participate in phase 2, phase 3 and phase 4

studies. Our current clinical trials cover the areas of schizophrenia, attenuated psychosis syndrome (prodromal psychosis) and ADHD. Being in a clinical trial 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.

Like many other programs, our activities were significantly impacted by COVID-19. All clinical trials were initially closed for further recruitment. We were able to use online assessments for subjects who were already enrolled in our trials. We recently resumed our clinical trials activities in keeping with the COVID-19 safety parameters.

The MHCTU is currently participating in the following clinical trials:

**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 (NCT01908192)** assesses the effects of sodium benzoate as an add-on medication



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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 (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 (NCT03094429)** assesses sodium benzoate as add-on treatment in subjects who failed to experience sufficient benefits from treatment with clozapine.

**BI Cognition Study in Schizophrenia 1346-0038 (NCT03859973):** BI 425809 is an orally administered glycine transporter-1 inhibitor and may improve the function of the glutamate NMDA-receptor. This phase II clinical trial assesses whether treatment with this compound, in combination with regular computerized cognitive training, helps improve cognition in schizophrenia.

**BI Attenuated Psychosis Syndrome study NCT03230097):** BI409306 is a novel PDE9-Inhibitor (Phosphodiesterase-9 Inhibitor). This compound may increase concentrations

of second messenger in neurons and may improve synaptic plasticity. This study assesses if BI 409306 can prevent subjects, who are at high risk of developing psychosis, from becoming worse.

**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.

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 at [Thomas.raedler@ahs.ca](mailto:Thomas.raedler@ahs.ca),  
Geri Anderson at 403.210.6903 or email [Geri.Anderson@ahs.ca](mailto:Geri.Anderson@ahs.ca) or Jeff Cheng at 403.210.8679 or email [cfj.cheng@ucalgary.ca](mailto:cfj.cheng@ucalgary.ca) if you wish to have more information about these clinical trials, or if you wish to refer a patient for possible participation.

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## Awards and Achievements

- ✚ **Dr. Robert Tanguay** has received a cross appointment with the Department of Surgery, a promotion to Clinical Assistant Professor, named Co-Chair of the Alberta Pain Strategy, and became President of the Pain Society of Alberta.
- ✚ **Dr. Robert Tanguay** - Presidents Excellence Award Nominee, Buprenorphine in the Emergency Department, 2019
- ✚ **Dr. Robert Tanguay** - Presidents Excellence Award Nominee, Alberta Opioid Dependency Treatment (ODT) Virtual Training Program, 2018

## Upcoming Events

### Sebastian K. Littmann Research Day

The 34<sup>th</sup> Annual Sebastian K. Littmann Research Day will take place on March 5, 2021. As the event must take place by Zoom this year, it will be a half day, rather than full day event. This year will feature two guest speakers as well as abstracts submitted from the mental health research community.



The first is Dr. Julia Kirkham, the title of her presentation being: "Maybe You Should e-Talk to Someone: The PAST, Present, and Future of Online Psychotherapy."

Dr. Julia Kirkham, University of Calgary

The second presentation will be by Dr. Nolan Williams, of Stanford University, with the topic "Accelerating TMS for Emergency Settings."



Dr. Nolan Williams, Stanford University

Please consider submitting an abstract (deadline February 12, 2021), and/or virtually attending the event. This is a free event, the link to the registration page ([EventBrite](#)) and abstract forms can be found at: [psychiatryresearchday.ca](https://psychiatryresearchday.ca)



## 2021 Run for Women

The [Run for Women](#), brought to you by the LOVE YOU by Shoppers Drug Mart program continues to support the Women's Mental Health Clinic through [Calgary Health Foundation](#). We are excited to announce that **the 2021 Run for Women will be occurring virtually from July 4-11!**

This run has taken place in Calgary for eight years, and has generated an established, passionate community of women and families who participate annually in the run and walk.

Despite COVID-19, the Run for Women was held completely virtually in September of 2020, and raised an incredible \$179,000, which directly supports the Women's Mental Health Clinic and the 600 women and families that are seen there annually. The Women's Mental Health Clinic serves women in this reproductive stage of life, when nearly one in five women will experience mental health difficulties, such as major depression or anxiety disorders, during this stage of life.

Thanks to the Run for Women, the clinic has been able to expand services and supports offered for the patients and their families, ranging from individual and couples therapy, to social work support and education tools.

Krystin, a previous patient of the clinic, shares her personal journey with postpartum anxiety, her healing experience with the Women's Mental Health Clinic, and her enthusiasm for the Run for Women [here](#).



Although COVID-19 has brought us together in a global shared experience, physical distancing and being away from family and friends continues to test our collective mental health. More than ever, we are encouraged to check in on friends and family; this open dialogue around our mental health is one of the shared goals of the Run for Women, and all participants.

As we head into the next few months of ongoing COVID response, consider taking some time for yourself, and register for the Run for Women. We encourage you to create a team, check in on each other, and virtually join the collective of thousands of runners and walkers across Canada in the virtual 2021 Run for Women.

**Make sure to select 'Calgary' when you register - \$35 from your registration directly supports the clinic, and the patients and families the clinic cares for!**  
<https://www.runforwomen.ca/>

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## Department of Psychiatry Grants

- ✚ Executive Sponsor: Improving access to post-surgical transitional pain services in Alberta. CAN Health Network, \$250,000 Jan - Dec 2021, **Tanguay, R.**
- ✚ Co-Lead: Amoozegar, F., Louw, D., Ghosh, M., & **Tanguay, R.** Cannabis for the Prophylactic Treatment of Migraine: A randomized double-blind placebo-controlled clinical trial. CIHR Catalyst Grant, \$125,000.
- ✚ Knowledge User: Clarke, Katz, Mittal, Slepian, & Weinrib. Keeping Complex Chronic Pain Patients Alive During and After the COVID-19 Pandemic. CIHR, \$198,949, **Tanguay, R.**
- ✚ \$97,085.00 CIHR SPOR Catalyst Grant: MAY-Net (Mental Health & Addictions Youth Network): Application Number/Numéro de la demande: 425137, Developing a national standard for implementing, evaluating and improving youth-friendly mental health and addiction services. Principal Investigator Cheng C, Minnery, P. Co PI. Co Investigators: **Addington D**, Henderson, J, Mulhern C, Anderson K, Katt M, Mushquash C, Ehmann T, Langill G, Jacques A, Ford C, Moeller H, Tibbo P. Grant Term 2020-2021
- ✚ Eur 1,389,416.00 European Social Fund – Operational Programme Employment: Identification Number CZ.03.2.63/0.0/0.0/15\_039/0009304. Early Intervention in Severe Mental Illness. Petr Winkler PI, Lucie Kondratova and Investigators National Institute of Mental Health, Topolova 748, 250 67 Klecany, Czech Republic. PI. Term April 1st 2018 – March 31 2022. **Addington, D.**



## Publications

- ✚ **el-Guebaly N, Carra G, Galanter M, Baldacchino A (Eds.).** Textbook of Addiction Treatment: International Perspectives 2nd ed. Springer Nature, Switzerland, 2021, Vol I-II, 1547
  - An international perspective with contributions by 250+ leading experts from 23 countries
  - A reference text for the medical specialties as well as psychology, nursing, and social sciences worldwide
  - A compendium of the core knowledge required from a standard practitioner in Addiction Medicine worldwide
  - A reference book for the International Society of Addiction Medicine (ISAM) certification
  - Publisher link [here](#).
- ✚ Ponton, Meerholz, Soumbasis, Lewis, Llanos & **Tanguay** (2020) A Pediatric Patient Case Report with Autism Spectrum Disorder and Epilepsy Using Cannabinoid Extracts as Complementary Therapy. Journal of Medical Case Reports, 14(160): <https://doi.org/10.1186/s13256-020-02478-7>
- ✚ Ladha KS, McLaren-Blades A, Goel A, Buys MJ, Farquhar-Smith P, Haroutounian S, Kotteeswaran Y, Kwofie K, Le Foll B, Lightfoot NJ, Loiselle J, Mace H, Nicholls J, Regev A, Rosseland LA, Shanthanna H, Sinha A, Sutherland A, **Tanguay R**, Yafai S, Glenny M, Choi P, Ladak SSJ, Leroux TS, Kawpeng I, Samman B, Singh R, CLARKE H. Perioperative Pain and Addiction Interdisciplinary Network (PAIN): consensus recommendations for perioperative management of cannabis and cannabinoid-based medicine users by a modified Delphi process. Br J Anaesth. 2020 Oct 28:S0007-0912(20)30783-2. doi: 10.1016/j.bja.2020.09.026. Epub ahead of print. PMID: 33129489.
- ✚ Patrick McLane, Ken Scott, Zainab Suleman, Brian R Holroyd, Karen Yee, Kathryn Dong, S. Monty Ghosh, Josh Fanaeian, Jan Deol, Catherine Biggs, Eddy Lang, Buprenorphine/naloxone in Emergency Departments Initial Project Team (Heather Hair, Marshall Ross, **Rob Tanguay**, Asha Olmstead, Andrew Fisher, Scott Fielding). 2020. Buprenorphine/Naloxone Initiation in Emergency Departments for Opioid Use Disorder Treatment in Alberta: A Quality Improvement Initiative. CJEM, 22(S1), S54-S54. doi:10.1017/cem.2020.181
- ✚ Clarke, Weinrib, Kotteeswaran, Katz, Yu & **Tanguay** (2020) Remote Buprenorphine-Naloxone Initiation as an Essential Service for People with Chronic Pain and Opioid Dependence During the COVID-19 Pandemic: Case Reports, Clinical Pathways, and Implications for the Future, Canadian Journal of Pain, DOI: 10.1080/24740527.2020.1795634
- ✚ Ross, M., & **Tanguay, R.** (2020). Building capacity more important than adding to overburdened emergency departments. CJEM, 22(2), 135-136. doi:10.1017/cem.2020.6

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- ✚ McLane, P., Scott, K., Yee, K., Suleman, Z., Dong, K., Lang, E., Fielding, S., Deol, J., Fanaeian, J., Olmstead, A., Ross, M., Low, K., Hair, H., Biggs, C., Ghosh, M., **Tanguay, R.**, & Holroyd, B. (2020). MP33: Provincial spread of buprenorphine/naloxone initiation in emergency departments for opioid agonist treatment: A quality improvement initiative. CJEM, 22(S1), S54-S54. doi:10.1017/cem.2020.181
- ✚ Willows, Brasch, Sobey, **Tanguay**, & Martell (2020) Is All “Safe Supply” Safe? The Canadian Journal of Addiction; 11(1):30-31 doi: 10.1097/CXA.0000000000000079
- ✚ Ghosh M, Klaire S, **Tanguay R**, Manek M, Azar P (2019) A Review of Novel Methods To Support The Transition From Methadone and Other Full Agonist Opioids To Buprenorphine/Naloxone Sublingual In Both Community and Acute Care Settings. Canadian Journal of Addiction; 10(4): 41-50
- ✚ McLane, P., Scott, K., Suleman, Z., Deol, J., Fanaeian, J., Olmstead, A., Ross, M., Hair, H., Holroyd, B., Lang, E., Biggs, C., Ghosh, M., **Tanguay, R.**, Fisher, A., & Fielding, S. (2019). MP30: Implementing buprenorphine/naloxone in emergency departments for opioid agonist treatment: A quality improvement initiative. CJEM, 21(S1), S53-S53. doi:10.1017/cem.2019.165
- ✚ Ghosh, M., Lim, R., Vezina, L., Yu, A., Jariwala, A., & **Tanguay, R.** (2019) Exploring slow release oral morphine (SROM) as a transition bridge for medium to high doses of methadone conversion to buprenorphine/naloxone sublingual: A Calgary concept and approach. Canadian Journal of Addiction; 10(2): 18-24.
- ✚ **Addington D**, Cheng C, French P, Killackey E, Melau M, Meneghelli A, Nordentoft M, Nossel, Antonio Preti, Jo Smith. International application of standards for health care quality, access and evaluation of services for early intervention in psychotic disorders. Early Intervention in Psychiatry. 2020; 1-8 April 28,
- ✚ **Addington, D.**, Noel, V., Landers, M., & Bond, G. (2020). Reliability and Feasibility of the First-Episode Psychosis Services Fidelity Scale–Revised for Remote Assessment. Psychiatric Services, 2020; 71:12 1245-1251



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

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