

# Mind Matters

Fall 2021

Department of Psychiatry Newsletter

Calgary Zone

Volume XXV/Issue 2



## 20<sup>th</sup> Anniversary Edition

**Congratulations on 20 years of Psychiatry Mind Matters!**



In this edition:

Department Heads – pg 3

Photo Album – pg 4-11

Kolabo Update – pg 13

### The world 20 years ago...

- ✚ January 9 – iTunes is launched
- ✚ January 15 – Wikipedia is launched
- ✚ January 20 – George W. Bush is sworn in as the 43rd President of the United States
- ✚ February 19 – The 2001 United Kingdom foot-and-mouth outbreak begins
- ✚ July 2 – The world's first self-contained artificial heart is implanted in Robert Tools in the United States
- ✚ August 31 – The World Conference against Racism 2001 begins in Durban, South Africa
- ✚ September 1 – Nakai, the first captive orca to be born as a result of artificial insemination, is born at SeaWorld San Diego
- ✚ September 11 – World Trade Center attacks, changing the world forever
- ✚ November 21 – The film Harry Potter and the Philosopher's Stone is released grossing \$90 million
- ✚ December 15 – The Leaning Tower of Pisa reopens after 11 years and \$27,000,000 spent to fortify it, without fixing its famous lean
- ✚ Top Billboard Song in 2001 “Hanging by a Moment” Lifehouse
- ✚ Top Country Song in 2001 “I’m Already There” Lonestar
- ✚ Al Duerr was mayor of Calgary
- ✚ Ralph Klein was Premier of Alberta
- ✚ Jean Chretien was Prime Minister of Canada

Facts courtesy of Wikipedia

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**And for the sports fans...**

- ✚ 2001 World Series won by Arizona Diamondbacks
- ✚ 2001 Stanley Cup won by Colorado Avalanche
- ✚ 2001 Superbowl won by Patriots

*Meanwhile back home in our Department*

**Fun Facts (trip down memory lane...)**

- ✚ Did you know that the first edition (Fall 2001) did not yet have a name? It was simply titled “Newsletter”!

The voting options were:

- Calgary Psychiatry Newsletter
- Shrink Rap
- Mind Matters
- Brain Bites
- The Rapport
- Psychiatry Insights
- Psychiatry Outlook

Dr. Suparna Madan, PGY-4, submitted the winning title and was presented with a dinner gift certificate for two! Hope the dinner was fantastic Dr. Madan!

- ✚ The Department Head’s secretary Janny Postema had desktop publishing experience. ☺
- ✚ Previous to this a newsletter was supported by the Calgary Health Region Public Affairs.
- ✚ The new residents in 2001 were: Drs. Karin Kerfoot, Tony Lo, Bina Nair and Jeremy Quickfall!
- ✚ There were a record number of new members (some names you may recognize as still here!): Drs. Abdul Rahman, Kathleen Bryden, Pamela Manning, Adeyinka Marcus, Rajamannar Ramasubbu, Maria Filyk, David Gibbs, David Tano, David Li, Elena Petrov, and Jeremy Roberts.
- ✚ June 17, 2002 was the Department of Psychiatry’s first Annual Golf Tournament, launched by Dr. Miyauchi the purpose for colleagues to get to know each other and to raise funds for the Resident Scholar Development Fund.
- ✚ We went from black and white print to color in Winter 2010/2011 edition!
- ✚ All Editions are now available in the archives online:  
<https://cumming.ucalgary.ca/departments/psychiatry/news-and-events/mind-matters-newsletter/archived-newsletters>

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Department Heads in the last 20 years...

**Dr. Don Addington**  
2001 (end of his 1<sup>st</sup> term)  
2002-2008 (2<sup>nd</sup> term)



**Dr. David Miyauchi**  
2002 (acting Department Head)



**Dr. Valerie Taylor**  
2018 to present



**Dr. Glenda McQueen**  
2008-2012



**Dr. Beverly Adams**  
2012 (interim Department Head)  
2013-2018





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The fun we've had...

MM 2005 Spring pg 3

MM 2005 Winter pg 5



Dr. Janet Wright, keynote speaker, with Dr. Don Addington

Fall Social 2005



Dr. Don Addington presenting the CME Award to Dr. Hussam Bawa



Dr. Joann McIlwrick is presented with the Undergraduate Education Award by last year's winner Dr. Lauren Zanussi



Dr. Jeremy Quickfall receives the Award for Most Innovative Resident Research from Dr. Scott Patten



Dr. Scott Patten presents the Best Resident Research Project Award to Dr. Jordan Cohen



Yvette Kosidowski, Admin Secretary at PLC, receives flowers for her 35th anniversary with the Region



Dr. Wilkes presents the Child&Adolescent Research Award to Susan Ponting, MH Therapist at FACS

Sebastian K. Littmann Research Day

MM 2009 Winter pg 3



Dr. de Groot shows off her purple gloves in China

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MM 2003 Winter pg 7



MM 2008 Winter pg 11



Fall Social 2008

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MM 2005 Winter pg 6/7

## 5th Invitational Golf Tournament



June 20,  
2005



Dr. Kazi Islam, Gord Lee,  
Dr. Sara Binder & Len Zafra



Dr. Rory Sellmer, Cathy Grant &  
Dr. David Miyauchi



Mindy Salomon-Harbin, Alison Shaw-  
chuk, Dr. Tony Lu & Dr. John deWit



Elbow Springs  
Golf Club



Dr. John Tarnai, Dr. Ray Turner, Dr. Josh Benjamin  
& Dr. Ian Forbes

## The Teams



John Bradbury, Dr. Kent  
Sergeant, Dr. Tim Yates &  
Dr. Jeremy Quickfall



Dr. Salim Hamid, Dean Holton,  
Dr. Paul Reinhardt & Dr. David Crookford



Dr. John Tarnai, Dr. Sara Glavattano, Paul Zarnke  
& Dr. Mike Trow



Jon Perillo, Gordon Shukh, Dr. Ray  
Pardner & Dr. Tyler Polke



Dr. Don Addington, Dr. Bina Nair,  
Karen Giam & Dr. David Gibbs



Dr. Jordan Cohen, Dr. Tim Culver,  
Dr. David Miyauchi & Dr. John deWit



Fergus Ginn, Dr. Danny Malik, Dr. Ben Adams &  
Dr. Ray Cole



Dr. John Brown, Owen Connor, Patrick Nyberg  
& Dr. Carl Adams

MM 2004 Fall pg 7



Farewell Party for Carlos Tester-Mabe, hosted by Dr. Miyauchi

MM 2010 Spring pg 6



Dr. Beverly Adams and Dr. Jordan Cohen



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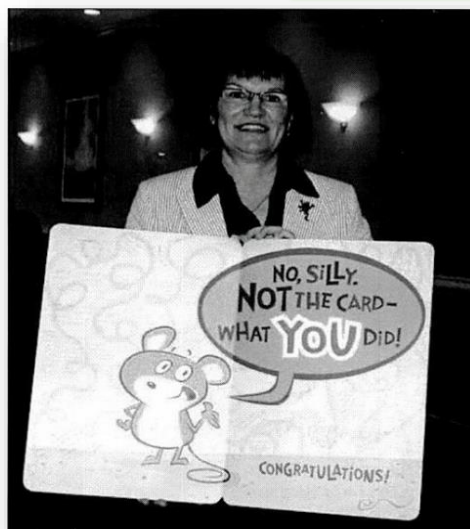
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MM 2006 Spring pg 6/7



MM 2010 Spring pg 5



### Thanks

*"I would like to thank the people that contributed towards my gift. I have already purchased an airline ticket. It was a nice surprise at Littmann when they made a special presentation in honor of my 40 years of service. I received a signed oversized card, lovely flowers and visa gift cards. I appreciated the many congratulations and well wishers. Once again, thank you very much."*

*~Yvette Kosidowski*

I would like to formally thank Yvette for her dedication and service to the Department of Psychiatry and our health care system. I applaud her commitment.

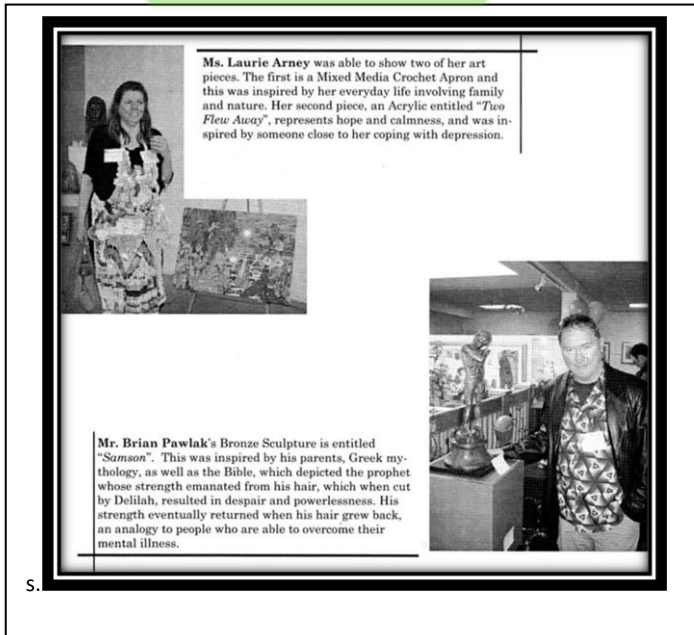
*Glenda MacQueen*

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MM 2004 Summer pg 6



MM 2013 Fall pg 13



Centre of Wellness, Canadian Mental Health Calgary Region recently exhibited a Show and Sale of art works

MM 2011 Spring pg 2

MM 2011 Winter pg 12

Congratulations to Dr. Nathan Finkbeiner, PGY-1, and his wife on the safe delivery of their baby girl, Lilly. Lilly's great timing allowed her dad to play in the Annual Golf Tournament before making her appearance later that night.



Dr. Andriyka Papish is presented the award for Most Innovative Research by a Resident and Dr. David Terriff is presented the award for Best Research by a Resident by Dr. Scott Patten 2011 Sebastian K. Littmann Day



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MM 2012 Spring pg 6



Dr. Frank MacMaster with the new MRI

MM 2021 Summer pg 4



MM 2014 Spring pg 11



Joel Kleinman, Stephen POW, Scott Patten, Thomas Raedler  
– 2011 Sebastian K. Littmann Day



Leanne Foust, Rachel Grimminck, Mike Papirny, Karen  
Duncalf, Ben Grintuch, Brooke Duncan – 2011 Sebastian  
K. Littmann Day

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MM 2016 Fall pg 2



Brent Scout



Mayor Naheed Nenshi (left) Dr. Bruno Falissard (right)



Dr. David Swann

Inter-national Association of Child and Adolescent Psychiatry  
and the Allied Professionals (IACAPAP) Meeting

MM 2014/15 Winter pg 9



Rich Man Poor Man Event

MM 2019 Fall pg 3



Mental Health and the Calgary Comic Expo





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MM 2014/15 Winter pg 2



MM 2018 Spring pg 3

Well we've worked hard and had lots of fun over the last 20 years...

Here's to making the next 20 years even better!!

And now for the latest news...



Mental Health Research Day



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**Message from the Department Head**

*Dr. Valerie Taylor*

I know for many of us, it has felt like we are not moving forward and it is often hard to feel we are gaining traction. As we celebrate 20 years of the newsletter, I wanted to share a comprehensive update on some of the many good things to have been developed over the past 12 months. The



Dr. Valerie Taylor

report below shows our increases in volumes but also ways in which the program has expanded to help meet needs. There is more that is needed and more to come, but I hope this overview of all that has happened or will happen is a balm for too much of the negative. As part of a focus on the positive, our wellness initiative led by Dr. Monique Jericho and a group of amazing faculty across our sites also recently kicked off its work and I hope there will be concrete things we can share in the new future. The days are getting darker outside but hopefully there is light at the end of the tunnel.

Best  
Valerie

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## **Addiction & Mental Health, Calgary Zone**

### **Overall**

COVID-19 continues to pose multiple challenges that have affected all AMH services. AMH programs remain very busy and are using a blend of in-person and virtual care visits.

The Access Mental Health Resource database (AMHRD) was converted to a new web-based platform that is now available to all Addiction and Mental Health (AMH) staff.

The AMHRD is designed to provide resource information for many addiction and mental health services available in the Calgary zone (both AHS and non-AHS). With easy to navigate search filters and a search text box, the AMHRD makes it easy for AMH staff to locate AHS and non-AHS resources for their patients when discharge planning, making referrals, or letting patients know about services in the Calgary zone.

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As part of the provincial funding announcement for new addiction treatment beds, Calgary Zone AMH Contracted Services has been working to implement new agreements with community agencies for close to 200 publicly funded beds to assist people struggling with substance use.

### **Child & Adolescent**

Child & Adolescent Personalized Care in the Community (PCC), a service provided in collaboration with Child and Family Services (CFS), will be launching though the Fall of 2021. PCC will provide a temporary customized supported living environment in the community for children who are involved with CFS and who have required a long hospitalization as a result of their mental health needs.

The Child and Adolescent Mental Health Acute at Home service is being expanded. Acute at Home is an outreach service to provide support to those discharged from Emergency Departments or Inpatient settings.

Child and Adolescent Mental Health Walk-in is preparing to launch in early 2022. This service will provide an option for children, adolescents and families to immediately access mental health services when in crisis. The service will operate 12 hours a day 7 days a week.

The Youth Recovery Program (YRP) started taking admissions on Monday, September 13, 2021. This is a 6-bed live-in treatment program located on the Hull Services Campus. The program targets youth 13-18 years old who struggle with substance use and mental well-being. It is a 12-week

program, however, services can be extended beyond the 12 week live-in component when clients are no longer living in the treatment facility but require support. The program is anticipated to serve up to 40- 50 clients a year.

### **Emerging Adult**

The Emerging Adult initiative is in the planning phase of co-designing a program of health system transformations that integrate science and innovation in an effort to improve the health and wellbeing of emerging adults seeking mental health and addiction services within the Calgary Zone. Child and Adolescent and Adult Mental Health Services, as well as Matheson Centre are involved.

### **Adult**

Adult South Health Campus will be opening the first Psychiatric Intensive Care Unit (PICU) in the Calgary Zone in early 2022. Unit 56C is currently undergoing renovations to convert existing rooms into high observation rooms. The 8 bed PICU will be a sub specialty unit within Mental Health Inpatient services for adults who are experiencing an acute phase of a serious mental illness and require stabilization.

Excellent progress has been made in standardizing adult outpatient services. For example, all Day Hospitals have transitioned to a 4-week length creating additional capacity, a common process and criteria for referrals from the ED, outpatient services and inpatient units and standardized group programming.

Clinical Repetitive Transcranial Magnetic Stimulation (rTMS) Program has been

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implemented on two sites (FMC and RGH). This outpatient treatment provides an additional option for patients suffering from severe depression. In early 2020, the clinic opened fully to referrals from primary care clinicians.

Information on the treatment, screening criteria, and educational resources for both physicians and patients is available on the Specialist Link and Alberta Referral Directory websites.

Expansion of Police and Crisis Team Services (PACT), from 6 teams to 12 teams - Since 2009, Alberta Health Services has partnered with Calgary Police Services in the provision of crisis response and case management to individuals experiencing an addiction and/or mental health crisis and their families. By pairing together police officers with mental health clinicians, PACT aims to divert individuals who are in crisis from the justice system and hospital emergency departments, assess and stabilize individuals in crisis within the community and connect individuals and families with resources and support. Recently PACT received funding to expand from 6 teams to 12 teams and increase their hours of service to 22 hours per day. This allows them to increase support to more individuals/families and expand to more communities in the Calgary Zone. PACT clinicians and officers work closely with other Addiction and Mental Health services including the Mobile Response Team (MRT), Emergency Medical Services (EMS), Calgary Police Service (CPS), Downtown Outreach Addictions Partnership (DOAP) team, Assertive Community Treatment (ACT), community clinics and hospitals to ensure clients receive the best possible

interventions. Referrals come to PACT through a central triage system. This triage model evaluates the safety of everyone involved in the calls and deploys PACT to calls where there may be higher risk to individuals or the community.

Expansion of Mobile Response Team (MRT) - The Mobile Response Team (MRT) recently expanded their operations to 24/7 coverage. MRT assists clients who call the Distress Centre and require additional professional support, including an assessment/intervention within the client's own environment (outreach available until 2130). MRT triages all crisis calls with potential referral to the Police and Crisis Team (PACT). Calgary Police Service (CPS) has a direct line to MRT which is used to consult about any mental health related calls for service or those that could result in a Form 10 (police transport to hospital under the Mental Health Act). The goal of MRT is to provide a comprehensive, professional crisis intervention and stabilization service. Providing 24-hour support to police officers gives Calgary Police Service (CPS) officers the opportunity to speak with a mental health professional while responding to mental health calls for service in the community. This also provides the Distress Centre volunteers, staff, clients and their families' access to the same support they access during daytime hours.

Developmental Disabilities Mental Health Program (DDMH) began a service redevelopment process in the spring. In the past, the DDMH program consisted of the Arnika Clinic and the Catalyst team. The Catalyst team primarily worked with the client's support network and provided



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behavior management support, case management, advocacy and system navigation services. The program redevelopment will focus on enhancing services by introducing more mental health and addiction oriented therapies that are required for patients.

The NE Community Addiction and Mental Health Outpatient Clinic has added an Urgent Consultation Clinic to services offered. This service expansion occurred as a result of an expressed need from clients and care providers within neighboring urgent and acute care sites. This clinic will help serve patients and primary care providers by offering one time psychiatrist consultation that will support continued addiction and mental health care within the primary care medical home.

Addiction and Mental Health Growth at PLC Site – Building has begun for both the Short Stay Unit and Mental Health care area within the Emergency Department, both on target for summer 2022 opening.

Artist Rendering of the New PLC Short Stay Unit Lounge



Additionally, the design of the new Psychiatric Intensive Care Unit has begun with slated opening for summer 2023. These changes will enhance space, increase capacity and create trauma informed environments to better support patients

Lander Treatment Center Program Revitalization is set to launch January 2022. The enhanced program will now include admissions five days a week, flexibility with treatment duration while focusing on individual care plans and the addition of psychiatry support for case consultation.

Rapid Access Recovery Program (RARP) provides a “one-stop-shop” for people who are seeking medium-term, medically supervised addiction treatment. While in the program, people can access addiction, medical, and psychosocial treatment supports.

Digital Overdose Response System (DORS) - is a new app created by Alberta Health in partnership with Aware 360 and STARS and with the consultation/collaboration of AHS and community agencies. The app helps protect people using opioids and other substances while alone. DORS also provides information about recovery-oriented supports and services available to ensure people have the information they need to support their journey to recovery. DORS is currently available in Calgary and Edmonton and immediate surrounding areas, with the plan to expand to other parts of AB in the coming months.

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**Rural**

- All rural A&MH sites have now transitioned to Access Mental Health providing initial intake for therapy services. Individuals call Access Mental Health to initiate referral. The referral is then sent to the appropriate rural clinic, who call the client to schedule an appointment.
- Coming this Fall, an Urgent Mental Health/Walk-in program will be starting at Okotoks Health & Wellness Centre. The service will operate 7 days a week, 7.75 hours a day to serve the rural south area.
- Claresholm Community Mental Health Clinic has added two Addiction Workers with accessibility for both youth and adults.
- High River & Okotoks have added a Child & Adolescent specialist.
- Rural South has added a community connector 0.7 FTE (RN) for Geriatric Mental Health (GMH) teams, specializing in working with facilities/homes/communities on education and accessibility for the geriatric population with mental health needs.
- Airdrie has been chosen as a pilot community for e-mental health, an online mental health resource for youth aged 14 – 24 who are accessing mental health services through the school, PCN or AHS Airdrie AMH Service.
- Airdrie Mental Health Addiction Liaison Team (MHALT), working collaboratively with the Airdrie RCMP, is operational 5 days a week (Monday to Friday) and supports individuals who are high users of RCMP services often resulting in a Form 10. With the implementation of MHALT, a significant reduction in Form 10's has been achieved and individuals are connecting to resources and remaining in their community.

- Strathmore AMH is launching a Youth Mental Health Hub involving a collaboration of various community agencies, PCN, AHS Addiction and Mental, Schools, and the Town of Strathmore. The goal is to achieve a model that will better support and serve youth in the Strathmore community and surrounding area.

**Statistics**

There has been an increase in the demand for AMH services in the Calgary zone. Notably:

- An overall 55% increase in Access Mental Health call volume in 2021 compared to 2020.
- An increase in referrals to all services, in particular rural and child outpatient clinics (12% and 72% in 2021 compared in 2020).
- 130% increase in referral volume to the Eating Disorder Program and a 285% increase in eating disorder emergency admissions.
- 50% increase in referrals to the Police and Crisis Team (PACT) from 2019 to 2020. Referrals have continued to increase in the first quarter of 2021-2022.
- The Mobile Response Team (MRT) Police Consult Line receives more than 100 calls each month and another 120 calls from other professionals. Since the inception of the police consult line in October 2018, calls to the line have steadily increased. MRT data shows that officers in every police district use the consult line and it has resulted in a reduction of Form 10's being completed. Calgary Police Service data indicates that 2000 less Form 10's have been completed since 2018, when the MRT Police Consult Line was launched.
- The Child and Adolescent Addiction and Mental Health Acute at Home Service that

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began in 2020 provided care for 825 unique clients in 2020/2021. 62% of referrals were seen within 72 hours.

- The Child and Adolescent Addiction and Mental Health Psychiatric Emergency Services team typically sees ~ 150 patients a month. Currently they are seeing ~ 280 patients a month.

**Resources/Links**

[Access Mental Health](#)

[Know Your Addiction & Mental Health Options](#)

[Together We're Better](#)

[Help in Tough Times](#)

[Digital Overdose Response System \(DORS\)](#)

[Teen Mental Health](#)

[Healthy Minds Healthy Children](#)

[Community Education Service](#)

[Mental Health On-line Resources for Educators](#)

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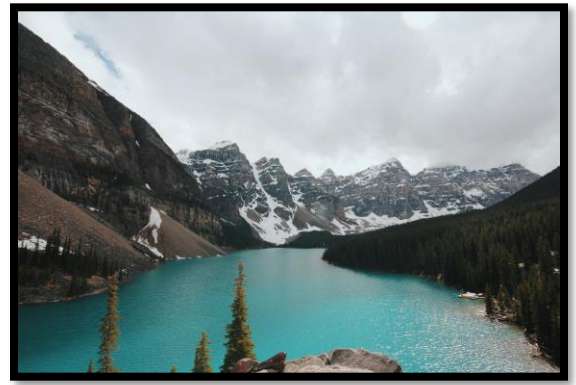
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## Kolabo Updates

*Paige Durling & Megan Howlett*

Throughout the COVID19 pandemic, the Kolabo team has continued to innovate and collaborate with our partners to provide a UME Psychiatry Curriculum for third year medical students at the Catholic University of Health and Allied Sciences (CUHAS) in Mwanza, Tanzania. Prior to the pandemic the team was planning to teach on-the-ground in Mwanza in February 2021. Instead our University of Calgary team members pivoted and simultaneously were able to deliver pre-recorded vodcast lectures and virtual learning materials on a variety of mental illness topics through early 2021. This fall, with the onset of the fourth wave, we have stayed committed to providing virtual support for our CUHAS colleagues. We will once again be working to provide online materials that will be more accessible and equitable for students at CUHAS for 2022, and plan to deliver a virtual course in early 2022.

In Mwanza, Dr. Mwita has continued to lead a team of burgeoning and new-career psychiatrists to teach an escalating amount of mental health content on the ground, with the assistance of their fifth year medical students to run small group learning sessions. Thanks to the hard work and dedication of team members on both continents, we have continued towards our shared goal of creating a self-sustaining psychiatry curriculum for medical students at CUHAS. Future steps will include the creation and fostering of a Psychiatry Residency Program at CUHAS/Bugando Hospital in Mwanza.

We want to thank all of the team members (current and past), cofounders Rita Watterson and Kimberly Williams, advocates and donors for Kolabo, and the University of Calgary, Department of Psychiatry for continuing to support our efforts to improve mental health care in Tanzania.

Be sure to stay tuned for upcoming fundraisers this academic year as we continue to support our annual Tanzanian Psychiatry Residency Scholarship!

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## Child and Adolescent Psychiatry

*Dr. Chris Wilkes and Dr. Abdul Rahman*

Psychiatry has lost two giants this month.

### Aaron "Tim" Beck

1921-November 1<sup>st</sup> 2021

Aaron "Tim" Beck, MD, known as the father of cognitive behavioral therapy (CBT), died on Monday, November 1, 2021 in



**Dr. Aaron Temkin Beck**

July 18, 1921-November 1, 2021

Philadelphia. He was 100 years old. Beck's pioneering career in psychoanalysis spanned more than seven decades, yielding

more than 600 published articles and nearly two dozen books. Many of our faculty, staff and residents have been trained in CBT and visited the Academy of Cognitive Therapy for professional development.

Dr Ashley Pauls works was one of those residents. She now works on faculty as a child Psychiatrist and ACH Eating Disorder Program and at the Adolescent Day Treatment.

Ashley Pauls is a graduate of The Child and Adolescent Psychiatry and Psychiatry

Residency Programs at the University of Calgary. Previously, she completed a medical degree and a Bachelor of Science in Psychology at the University of Manitoba. She completed supplementary training in group therapy and CBT. According to Ashley, the highlight of her residency was meeting Dr. Aaron Beck at the Beck Institute.



**Dr. Aaron Beck and Dr. Ashley Pauls**

([https://en.wikipedia.org/wiki/Aaron\\_Beck](https://en.wikipedia.org/wiki/Aaron_Beck))



Front: Judy Beck, Dr. Aaron Beck  
Back Middle: Jane Toth Psychologist on Unit 26 Adolescent Division with other seminar attendees from around the States.

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**Sir Michael Rutter**

August 15, 1933 – October 23, 2021

On October 23, 2021 we lost the Father of Child Psychiatry, Sir Michael Rutter at the age of 88, pictured right with Dr. Rahman at an event in Calgary when Sir Michael visited Calgary division of Psychiatry. Sir Michael Rutter was a graduate of Birmingham University Medical School, UK. He has many notable achievements such as setting the Child Psychiatric Research Unit and then later the social



**Sir Michael Rutter**  
August 15, 1933-October 23, 2021

genetic  
and

developmental Psychiatry Unit. His work included the famous epidemiological prevalence study on the isle of Wight, studies in Autism, maternal deprivation and the English and Romanian adoptees study. He was a great mentor and advocate for children and trainees. He will be missed.

([https://en.wikipedia.org/wiki/Michael\\_Rutter](https://en.wikipedia.org/wiki/Michael_Rutter))



Dr. Abdul Rahman and Sir Michael Rutter



Dr. Don Addington, Sir Michael Rutter and Dr. Abdul Rahman



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## **Peter Lougheed Hospital**

*Dr. Darcy Muir and Dr. Manrit Kaur Takhar*

### **Dr. Hussam-ul Haque Bawa**

June 10th, 1953 – June 13th, 2021

It is with great sadness that we remember our dear friend and treasured colleague Dr. Hussam Bawa. In 1980, he graduated from the prestigious Dow Medical College in Karachi, Pakistan. He went onto work within Ireland and then complete Psychiatric training in London, England. In 1999, he began working at the Peter Lougheed Centre (PLC). He was a skilled and respected psychiatrist whose work was more than just a calling. It was his passion.



Dr. Bawa was an inpatient psychiatrist on Unit 27 for almost 20 years. He regularly worked in Psychiatric Emergency Services for many years and conducted ECT. He also, worked in outpatient psychiatry; first at Psychiatric Outpatient Services at the PLC and then transitioned over to Sunridge Medical Gallery where he practiced until the end. He had transitioned to a solely outpatient practice in 2018. He was the medical director of the geriatric program at the PLC and also worked in the community both privately as well as serving the rural mental health programs outside of Calgary. He shared his love for medicine with a smile on his face to the very last day at Sunridge Medical Gallery.

Dr. Bawa was a valued teacher. He served on the clerkship committee for many years and was the PLC Clerkship Site Coordinator. He was the preceptor for countless residents, clinical clerks and international medical graduates. He patiently taught the subtle differences among mood disorders complicated with comorbid anxiety and cultural factors.

Dr. Bawa was a warm and gentle soul to everyone. He was respectful of all. He was appreciated by his patients and their families. He would welcome new hires to the PLC psychiatric team and make them feel comfortable. He was supportive during the transition from a resident to an attending. He was a natural mentor to those around him.

Dr. Bawa had a profound impact on the community of Calgary through his dedication, volunteer work and leadership. He was a part of building the institution of Islamic Association NW Calgary through which he organized conferences to bring people of different faiths together and later was the co-founder of the Maryam Masjid in Calgary. He was one of the organizers for MOSAIC Volunteers Association, Just Vote Calgary, MD International, Canadian Muslims for Peace and Justice, and Association of Physicians of Pakistani Descent of North America APPNA Alberta Chapter. He was also on the Board of Directors of Islamic School NW Calgary, Alberta Chapter. He helped organize several symposiums in Calgary. He was a member

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of the inaugural Board of Directors of International Development and Relief Foundation, Calgary Chapter. He was engaged in these activities until the last moment of his life. Working for the welfare of people was a great source of pleasure for him.

Dr. Bawa contributed heavily within the larger Calgary community and within our department for the past 22 years. Calgary has lost a giant. He is greatly missed.

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

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

I want to give you a few updates from the Clerkship Committee. As you may remember, multiple rotations were shortened due to the pandemic. We adapted to a four week rotation consisting of three weeks Adult psychiatry and one week of Child/Adolescent psychiatry. We recently received notice that we will return to increasing the length of our rotation for the incoming Class of 2023, back to individuated rotations of four weeks of Adult Psychiatry and two weeks of Child Psychiatry (which will be linked to a Pediatric rotation). Thank you to Dr. Huntae Kim and Kary Zamiski who are diligently working to solidify the academic scheduling for the Child/Adolescent rotation.

Visiting electives are still on hold as per national consensus by all the medical schools. Future updates will be shared as they develop. Pre-clerkship shadowing has been approved and is already in motion. Please inform us if you are interested in having a pre-clerk to shadow with you.

As a reminder, all preceptors require proof of vaccination to have medical students. The vaccination rate at the medical school is almost 100% at this juncture. A link will be sent to faculty to register with the University of Calgary, separate from the AHS registration.

Thank you to Dr. Nancy Brager and Lori Burnie-Watson for organizing another successful UME Psychiatry Retreat on October 8th, 2021. Although we miss the setting of the Calgary Zoo, we are grateful the zoom platform still provides us with a virtual meeting place. Assistant Deans Dr. Kevin Busche and Dr. Sarah Weekes were also in attendance and informed us of all the updates directly from the Cumming School of Medicine. Also thank you to Dr. Brager for funding the Thank You chocolates/cards to all clerkship preceptors, much appreciated!

All of the clerks have had N95 testing, hence depending on their comfort level, they can choose to either attend ECT in person or

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participate in a learning module consisting of a video and reading available on their clerkship network Osler.

Once again, I want to thank all of you for your time and dedication to undergraduate medical education, it is greatly appreciated by all of us, and most importantly by your future colleagues.

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**Course 7**

*Dr. Phil Stokes*

Course 7 has not run for over a year since the pandemic moved our timeslot forward last year. And change will be the only constant going forward. Next year we will move from our current December slot to September, to allow pediatrics the final place in the preclerkship curriculum. And by 2024 the idea of set blocks of time will likely be discarded in favour of a spiral curriculum. Stay tuned!

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**Post Graduate Medical Education (PGME) Program**

Dr. Rory Sellmer, Pauline Burgess

Recent graduates of the residency program after their belated graduation dinner with Drs. Jericho and Sellmer.



Left to right: Christine Desjardin, Jordan Li, Mim Fatmi, Susan Poon, Wauldron Afflick, Jian Choo, Mary Shen, Dean Mrozowich



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

*Dr. Thomas J Raedler, MD*  
*Anne Enders, CPD Coordinator*

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 Spring 2021 Grand Rounds semester ended on June 29, 2021. We had 25 Grand Rounds presentations that covered a variety of different topics. A total of 911 CME credits were issued to 111 physicians.

The Fall 2021 Grand Rounds semester commenced Tuesday, September 7, 2021 and will finish on Tuesday, December 14, 2021 with the annual tradition of the residents presenting 'Christmas Rounds'. The CPD committee will start scheduling Grand Rounds for the Spring 2022 Grand Rounds semester during the November 2021 meeting. Please forward suggestions for topics or speakers for Grand Rounds by the end of October 2021.

Grand Rounds will continue to be available via Zoom at <https://ucalgary.zoom.us/j/91288206268> until further notice. Once the University of Calgary has given the permission to resume

Grand Rounds in person, we may try a hybrid approach of both Zoom and in person.

The Psychiatry Online Literature Review Course (POLRC) 2021 began on September 7, 2021 and will run through until December 5, 2021. There are 27 participants enrolled. POLRC covers 12 journal articles with a focus on 'Highlights of 2020'. POLRC offers participants the option of obtaining up to 38 MOC Section 1 and 3 MOC Section 3 CME-credits from the convenience of home. Dr. Thomas Raedler (chair), Dr. Cindy Beck, Dr. David Crockford and Dr. Waqar Waheed have selected the top articles on Child & Adolescent Psychiatry, General Psychiatry, Geriatric psychiatry as well as Psychotherapy.

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.

## Mathison Centre

*Dr. Paul Arnold, Josephine Adda*

***The Mathison Centre for Mental Health Research & Education turns 10yrs!***



### THE MATHISON CENTRE for MENTAL HEALTH RESEARCH & EDUCATION

The Mathison Centre for Mental Health Research & Education is turning 10 years in March 2022. Launched in March 2012 with a primary research focus on children, youth and emerging adults, the Centre was made possible by a \$10 million investment from Ronald P. Mathison, president and chief executive of Matco Investments Ltd.

Save the date for two days of seminars on March 11 & 14, 2022, featuring a great line up of



speakers including Michael D. Fox (Harvard), Dr's Srividya Iyer (McGill University), Dylan Gee (Yale), Christopher Mushquash (Lakehead

University), Michelle Munson (New York University), and Ziva Cooper (UCLA).

Stay tuned for various other activities to mark this great milestone and celebrate the achievement of the Centre.

### ***Study finds depression and anxiety symptoms have doubled in youth during pandemic***

Mathison Centre member Dr. Sheri Madigan and postdoctoral fellow Dr. Nicole Racine have undertaken a meta-analysis of 29 separate studies involving over 80,000 youth globally that reveals that symptoms of depression and anxiety among children and adolescents have doubled when compared to pre-pandemic times. The research incorporates 16 studies from East Asia, four from Europe, six from North America, two from Central and South America and one from the Middle East — also shows that older adolescents and girls are experiencing the highest levels of depression and anxiety. [More...](#)



### ***Mathison Centre researchers looking into rapid onset of tic-like behaviours during the pandemic.***

Drs. Tamara Pringsheim and Davide Martino are collaborating with colleagues to understand a functional tic-like disorder that has emerged among youth during the

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pandemic. The researchers describe it as "a parallel pandemic of young people aged 12 to 25 years (almost exclusively girls and women) presenting with the rapid onset of complex motor and vocal tic-like behaviors," and add that there have been striking similarities in these tic-like behaviors observed across Canada, the United States, the United Kingdom, Germany, and Australia. [More](#)

***Mathison Centre members proudly listed among 2021 Top 40 Under 40 honourees***

The Mathison Centre proudly celebrates 3 members who made it in the 2021 edition of Top 40 Under 40 – Calgary's highlight of the brightest trailblazers, rising innovators, creators and influencers who are paving the way for what comes next. The annual Top 40 Under 40 initiative lists 40 individuals, all under the age of 40 years old, who have

distinguished themselves professionally and are moving the city forward. [Dr. Monty Ghosh](#), [Dr. Zahra Goodarzi](#) and [Dr. Alex McGirr](#) each embody the excellence in mental health research happening at the Mathison Centre. [More...](#)



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## **Research Projects**

Post-doc research from Dan Devoe: [Link to site](#)

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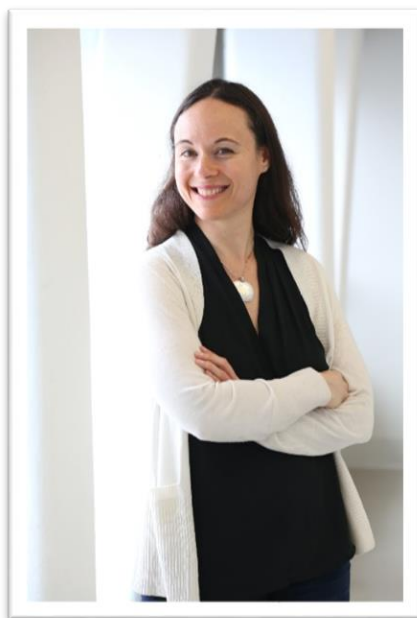
## Upcoming Events

### Sebastian K. Littmann Research Day

*Dr. Scott Patten*

The 35<sup>th</sup> Annual Sebastian K. Littmann Research Day will be held on March 4<sup>th</sup>, 2022. A final decision about whether this event will be online or at a physical venue has not been made. There is much uncertainty about the feasibility of an in-person event due to the pandemic and demands on AHS venues as a result of the ConnectCare role out and associated training courses.

Irrespective of whether the event is held online or in person, we are very excited to announce that Dr. Simone Vigod has agreed to be the keynote speaker this year.



**Dr. Simone Vigod**

Dr. Vigod, a Professor at the University of Toronto and Psychiatrist-in-Chief at Women's College Hospital is a leading expert in perinatal mood disorders and has conducted some of the largest studies worldwide on maternal mental illness around the time of pregnancy.

Her presentation will be entitled: "Innovations in research on mental health around the time of pregnancy."

The research day provides opportunities for researchers doing mental health research at the University of Calgary, affiliated Institutes (E.g. HBI, ACHRI, others), Psychiatry, and/or in other departments, to present their work. An abstract form is available for download at

<http://www.psychiatryresearchday.ca/>

Abstract forms can be returned by email to Nancy Colp at: [nancy.colp@ahs.ca](mailto:nancy.colp@ahs.ca)

If you plan to attend, please register at

EventBrite:

<https://www.eventbrite.ca/myevent?eid=189957125877>. Additional information and

updates will be made when available at <http://www.psychiatryresearchday.ca>.

## Awards and Achievements

- ✚ **Chan EC**, Wallace K, Yang EH, Roper L, Aryal G, Lodhi RJ, Baskys A, Isenberg R, Carnes P, Green B, Aitchison KJ. Internal consistency and concurrent validity of self-report components of a new instrument for the assessment of suicidality, the Suicide Ideation and Behavior Assessment Tool (SIBAT). *Psychiatry Res.* 2021 Jul 29;304:114128. doi: 10.1016/j.psychres.2021.114128. Epub ahead of print. PMID: 34343876
- ✚ Treatment-resistant major depressive disorder: Canadian expert consensus on definition and assessment.  
Rybak YE, Lai KSP, **Ramasubbu R**, Vila-Rodriguez F, Blumberger DM, Chan P, Delva N, Giacobbe P, Gosselin C, Kennedy SH, Iskandar H, McInerney S, Ravitz P, Sharma V, Zaretsky A, Burhan AM. *Depress Anxiety.* 2021 Apr;38(4):456-467. doi: 10.1002/da.23135. Epub 2021 Feb 2. PMID: 33528865 Free PMC article. Review.
- ✚ Quality of Life Impacts of Bright Light Treatment, Fluoxetine, and the Combination in Patients with Nonseasonal Major Depressive Disorder: A Randomized Clinical Trial.  
Morton E, Michalak EE, Levitt A, Levitan RD, Cheung A, Morehouse R, **Ramasubbu R**, Yatham LN, Tam EM, Lam RW. *Can J Psychiatry.* 2021 Mar;66(3):289-297. doi: 10.1177/0706743720936470. Epub 2020 Jun 23. PMID: 32573396 Free PMC article. Clinical Trial.
- ✚ Recruitment Challenges for Studies of Deep Brain Stimulation for Treatment-Resistant Depression.  
**Ramasubbu R**, Golding S, Williams K, Mackie A, MacQueen G, Kiss ZHT. *Neuropsychiatr Dis Treat.* 2021 Mar 10;17:765-775. doi: 10.2147/NDT.S299913. eCollection 2021. PMID: 33731996 Free PMC article.
- ✚ Early post-treatment blood oxygenation level-dependent responses to emotion processing associated with clinical response to pharmacological treatment in major depressive disorder.  
Williams RJ, Brown EC, Clark DL, Pike GB, **Ramasubbu R**. *Brain Behav.* 2021 Aug;11(8):e2287. doi: 10.1002/brb3.2287. Epub 2021 Aug 1. PMID: 34333866 Free PMC article.
- ✚ Personality changes with subcallosal cingulate deep brain stimulation in patients with treatment-resistant depression  
**Rajamannar Ramasubbu**, Laina McAusland, Sanchit Chopra, Darren L. Clark, Bettina H. Bewernick and Zelma H. T. Kiss  
*J Psychiatry Neurosci* August 10, 2021 46 (4) E490-E499; DOI: <https://doi.org/10.1503/jpn.210028>
- ✚ Functional outcomes with bright light in monotherapy and combined with fluoxetine in patients with major depressive disorder: Results from the LIFE-D trial.  
Victor W. Li, Emma Morton; Erin E. Michalak, Edwin M. Tam, Anthony J. Levitt, Robert D. Levitan, Amy Cheung, Rachel Morehouse, **Rajamannar Ramasubbu**, Lakshmi N. Yatham, Raymond W. Lam. *Journal of affective disorder* ( in Press)

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- ✚ **Daniel Chinedu Okoro.** In a sentimental mood: the confluence of jazz, blues, and psychiatry. Catharsis! October 2021. Newsletter of the Western Canada District Branch of the American Psychiatric Association.
- ✚ **Book Publication: Daniel Okoro.** Psychiatric phenomenology from first principles for medical students, psychiatric residents and practitioners. Tellwell. Under publication. ISBN-13: 9780228869719.



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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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