

Mind Matters

Summer 2022
Department of Psychiatry Newsletter
Calgary Zone
Volume XXIII/Issue 2



Message from the Department Head

Dr. Valerie Taylor



Happy summer. I hope everyone gets to take time to focus on things important to them outside of work over the upcoming few months. I do not need to tell you

all how stressful things have been as you are living it, but at times we do all need to be told to take step back. We know burn out is real and that it is impacting many in healthcare. Prioritize yourself and those you care about.

The challenges we are seeing across the system are being felt in every area of medicine. The Department is trying hard to

listen to you all and to respond accordingly, and there is light at the end of the tunnel with the addition of different types of health care professionals to help with challenges like our call schedule. We also have much to be excited about, with the opening of the new child youth center, renovations to expand rTMS at both Foothills and RockyView and the pending opening of an expanded Short Stay Unit and Psych ICU at the Peter Lougheed Center. The system is trying to respond to pressures and we as a Department are trying to respond to your concerns as quickly as we can. I hope this update helps us focus on the successes and the positives.

Be well and take time for yourselves.



Department of Psychiatry



Hello!
Looking
for Stats
Help?

My
name is

Dr. Vineetha Warriyar. K. V., and I have had the opportunity to take on the position of the Statistician for Department of Psychiatry during the start of the Pandemic.

First, I must begin by extending sincere thanks to the researchers in the department for their support and understanding. Well, I survived!!

As a Statistician I have been involved in many projects, both academia and industry, working with multidisciplinary teams that need development of research methods, analyses, and scientific interpretation of results. I believe Statistics, as an applied skill, is learned best within the context of a researcher's own data and at every stage of the study need ongoing statistics training and support. So, if you are you looking for statistical support for your projects or research, please reach out to me - vineethawarriyar.kod@ucalgary.ca.

I look forward to working for each one you to strengthen your research and excited to be back at work!

Subspecialty Programs

Geriatric Psychiatry Update

As another year of geriatric psychiatry Subspecialty training draws to an end we have learned many valuable lessons and have established a solid foundation for our training program. Dr. Ehsan Dorri will complete his training in June 2022 and will move on to independent practice at the Foothills Medical Centre combining inpatient psychiatry and consultation liaison. He has been a wonderful inaugural resident for our program. His clinical skills, dedication to his patients and openness to learn have made the past two years of his training fly by. We wish him all the best and are excited to have him join the geriatric psychiatry faculty.

Dr. Harry Zhou has successfully completed his first year of subspecialty training and has proven to be a wonderful addition to our program. His

thirst for knowledge, excellent clinical skills and easygoing nature make us all excited for him to complete his training and join our division. He has shown great adaptability and openness to the implementation of competence by design and his experience and feedback will a great help to future cohorts.

In other news, our annual geriatric psychiatry Boot camp for the general psychiatry residents starting their 6 month core rotation will be held in person at RGH July 19 and 20, 2022. Breakfast and lunch will be provided! Also a new geriatric chronic care rotation has been approved by the RPC to take residents starting July 2022. Residents will work with the geriatric mental health nursing team to provide care for seniors

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with severe and persistent mental illness in their homes and other community settings.

Finally, the updated application for training starting in July 2023 has now been posted on the Geriatric Subspecialty website (<https://cumming.ucalgary.ca/departments/psychiatry/education/subspecialty-programs/geriatric>). We are accepting applications from current PGY4 and 5 residents. We have one confirmed position for July 2023.

Child and Adolescents Subspecialty Program

Dr Nneka Orakwue-Ononye, Bernice Mina-Buna



As we wrap up the first half of this year, the CAP program delightfully celebrated the graduation of our PGY6 class of 2022: Drs Dean Mrozowich, Vince Lee, and Wauldron Afflick. Please join me in

wishing them the very best in their future career.

We congratulate Drs. Jennifer Woo and Joey Prisnie who have successfully completed their first year as the pioneer class of the CBD model. It has been an interesting learning curve for them and the CAP faculty and we appreciate their diligence and patience in adapting to the changes as we learnt together along the way. I want to extend special thanks to Dr. Michael Stubbs, Competence Committee Chair, and all the Competence Committee members for supporting them through this process. Dr. Krystyna Banas has relentlessly continued to support the residents and faculty in navigating this new training and assessment

The deadline for applications will be September 1, 2022. If any interested residents have questions about our program Ehsan, Harry and myself would be delighted for you to reach out to us.

Have a relaxing and rejuvenating summer!

Darrin Leung MD FRCPC
Geriatric Psychiatry Subspecialty Program
Director

process and is also highly appreciated. We also look forward to welcoming our incoming PGY5, Dr. Sean Andrea, from McMaster by July 1st, 2022. Dr. Andrea will be completing his 1st six-month rotation in his home program and will join us physically by January 2023.

We warmly welcome Bernice Mina-Buna, our new Program Administrator, who joined us recently as Kary Zamiski went on a leave of absence. We look forward to continuing to grow this program together. We wish to use this opportunity to thank Kary for her amazing work in supporting the program these past years, and wish her the best in her next endeavors.



It is equally with mixed emotions that we announce the retirement of Dr. Chris Wilkes this summer. In his capacity as Head of the sub-division, Section Chief and Curriculum Lead, Dr. Wilkes has been a great pillar of support to the CAP program. We are sad to see him

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go and, at the same time, rejoice with him as he wraps up several fruitful years of meritorious service to Children, Youth, and their families both at local, national, and international levels. Chris, may you be proud of your work and the difference you have made...best wishes for the next chapter of your life!

Finally, preparations for accreditation remain of paramount importance to the program as we look forward to the visit by the external surveyors this fall. It has indeed been a tasking process. I extend my profound

gratitude to the Residency Program Committee, The Competence Committee, our residents, Program Administrators (old and new), and all CAP faculty for your unwavering support in this regard as we look forward to a successful outcome.

Here's to a sun-filled summer and always remember to be mindful and NOT mind-full!!

Dr Nneka Orakwue-Ononye MD, FRCPC
CAP Program Director

Mathison Centre

Dr. Paul Arnold, Josephine Adda

Mental Health Initiative for Stress and Trauma launched

The Mathison Centre and the Hotchkiss Brain Institute (HBI) have launched the [Mental Health Initiative for Stress and Trauma](#) (MIST). The initiative entails research to understand the underpinnings of not only stress, but also how brain trauma leads to long-term consequences for mental health. A partnership in conjunction with dedicated members of the community, MIST is led by Jaideep Bains and is designed as a research response to the challenges in our understanding, education, and improvement of mental health broadly and in particular stress and trauma.



The initiative was developed as an enduring and impactful legacy to the untimely death by suicide of Mike McClay, a beloved member of the Calgary community. Read more [here](#).



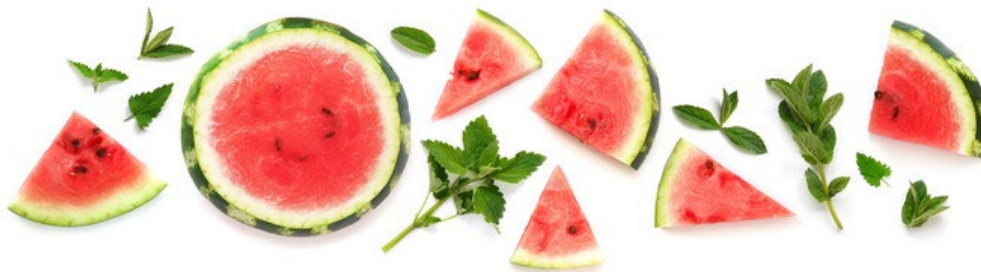
Dementia: early identification through non-cognitive markers.

Mathison Centre researcher Dr. Zahinoor Ismail and his colleagues have published a series of studies indicating the need for inclusion of additional indicators to help health professionals diagnose dementia sooner. Findings from their studies have shown that by looking at non-cognitive markers of dementia, we can identify dementia risk in a substantial number of people when cognitive symptoms are mild or even absent. Ongoing studies by the research team show psychosis, hearing and gait disturbances, and medical frailty are markers of risk for dementia. [Read the full story here.](#)



Adverse childhood experiences (ACE) project receives \$2.4M to train next generation health researchers

Propelled by a \$2.4M award from CIHR under the Health Research Training Platform (H RTP), Nicole Letourneau and colleagues are developing the much needed human capacity to transform community health and social services for girls and women who are at risk for or already affected by violence and adversity. The innovative, cross-sectoral, cross-disciplinary, cross-jurisdictional training platform will embed early career researchers and trainees in collaborative health research teams with the goal of increasing their career prospects and building Canadian health research capacity. [Read more here.](#)



High density of fracking operations and increased risk of adverse birth outcomes



Mathison Centre member Carly McMorris and colleagues have found the rate of spontaneous preterm deliveries, birth before 37 weeks, increased significantly relative to the number of fracturing sites within 10 kilometers of the homes of pregnant people and children living near these sites. The team is currently recruiting participants for a further study to better understand whether hydraulic fracturing impacts child development by assessing thinking skills, academic abilities and social-emotional functioning in children in Grades 1 through 3 living in a community close to and remote from

fracking operations. Read the [full story here](#).

Marking 10 years of elevating research in mental health

Upcoming this fall the Mathison Centre for Mental Health Research & Education is hosting two research symposiums on October 14th (at the foothills campus) and October 28th (at the

main campus) to mark the 10th anniversary of the Centre. Additional details including registration will be communicated closer to the dates.



Featuring are a great line up of speakers including Michael D. Fox (Harvard), Srividya Iyer (McGill University), Dylan Gee (Yale), Christopher Mushquash (Lakehead University), Michelle Munson (New York University), and Ziva Cooper (UCLA). Topics will span basic science, clinical research, and population mental health.

Department of Psychiatry Grants

\$98,934

Canadian Institutes of Health Research Catalyst Grant: Quadruple Aim and Equity
Title: Standardizing Approaches to Transitions in Care in Early Psychosis Intervention
Principal Applicants: Dr. Janet Durbin Mr. Brian Andrew Cooper Dr. Nicole Kozloff
Co-Applicants: **Dr. D. Addington** Ms. T. Alexander Mrs. M. Cloutier Mrs. C. De Vos Mr. G. Langill Ms. A. Selick Ms. J. Shakespeare Dr. S. Soklaridis Dr. P. Tibbo Dr. A. Voineskos

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Duration 1 year 01/03/2022-31/03-2023

Competition Code 202110QA4 Application Number/478438

\$100,000.00

Canadian Institutes of Health Research Catalyst Grant: Quadruple Aim and Equity

Title Measuring Schizophrenia Care: Towards Population Based Evaluation of Quality

Principal Applicant Kirkham, J.

Co Applicants Kurdyak P. **Addington D.** Bolton J. Seitz D, Crockford D. Barry R. Taylor V.

Duration 1 year 01/03/2022-31/03-2023.

Funding reference # QAE 181003

\$50,000

National Institutes of Mental Health

Title- "MAPNET fidelity to the coordinated specialty care and individual placement and support models."

Principal Applicant Nicole DeTore, Co Applicants Daphne Holt, **Donald Addington**, and Kim Mueser

Duration- 1 year 01/06/2022-31/05/2023

Awards and Achievements

Publications

Murtaza Kadhun, Olatunde O Ayinde, **Chris Wilkes**, Egor Chumakov, Dulangi Dahanayake, Agaah Ashrafi, Bikram Kafle, Rossalina Lili, Sarah Farrell, Dinesh Bhugra and Andrew Molodysnki

Wellbeing, burnout and substance use amongst medical students: A summer of results from nine countries. International Journal of Social Psychiatry. DOI: 10.1177/00207640221094955

Thomas Christopher Wilkes, Thomas Lewis, Mike Paget, Johanna Holm, Nancy Brager, Andy Bulloch, Frank Macmaster, Andrew Molodysnki and Dinesh Bhugra

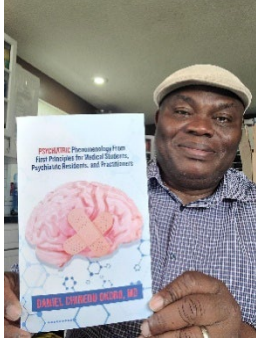
Wellbeing and mental health amongst medical students in Canada. International Journal of Social Psychiatry DOI: 10.1177/00207640211057724

The Vizdom project, a four-year project in Czechia funded by the EU Social Fund was completed. I made a keynote presentation at a wrap up meeting in Prague organized to present the results to funders, government department's clinicians and researchers. The results have been accepted for publication.



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Congratulations, Dr Daniel Okoro on publication of your book "Psychiatric Phenomenology From First Principles for Medical Students, Psychiatric Residents, and Practitioners" 2022. Tellwell. ISBN 978-0-2288-6972-6, 978-0-2288-6971-9, 978-0-2288-6973-3.



Calgary Summer Fun 100+ things to do in Calgary -2022



See the link below for some fun summer activities in and around Calgary this summer for both families and adult activities.

[100 Things to Do This 2022 summer in Calgary: Outdoor Fun, Adventure and Festivals \(todocanada.ca\)](https://www.todocanada.ca/100-things-to-do-in-calgary-2022)



UNIVERSITY OF CALGARY
CUMMING SCHOOL OF MEDICINE
Department of Psychiatry



THE MATHISON CENTRE
for MENTAL HEALTH RESEARCH & EDUCATION

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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