

Mind Matters

Spring 2023

Department of Psychiatry Newsletter

Calgary Zone

Volume XXV Issue 1



Message from the Department Head

Dr. Valerie Taylor

We all want progress. It is change we dislike. And there has been a lot of change recently as we try to move the Department forward. This includes Connect Care, the 24/7 nursing model, the addition of clinical assistants and nurse practitioners to our call roster and this years double cohort residency exam as we full transition to a new curriculum. Plus many many more. Please accept my sincere thanks. As I reflect on the last 5 year, however, the fact that we have hired more than 100 new faculty, which includes almost 100% of residents transitioning to staff, as well of recruiting academics from all across the country, speaks to the strength of our Department. Our growth and success brings different challenges and a different set of requirements to change to achieve progress. We had excellent engagement from all levels of the Department in the strategic plan and we will use our plan to help inform the largest Calgary Zone health care plan. Mental Health plays a key role. I want to continue to focus

on our people, with the creation of more robust wellness roles, continued transparency and navigating a complex environment. I continue to encourage advocacy and communication and hope this Department continues to be a place people want to work. Best, Val



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Quality Assurance Team members

As Quality Assurance Lead, I'd like to welcome our new members and thank all for your passion and dedication to system improvement. I hope that the section of Quality Improvement / Quality Assurance of Mind Matters can include any work from our teams around this important topic. If you want to share your work, please do so!

Dr. Lisa Gagnon

Many will know **Dr. Eric Fung** as a University of Calgary psychiatry residency program graduate (2014) or in his many roles within our department. He is a general adult psychiatrist whose broad experience includes inpatient psychiatry, emergency psychiatry, day hospital and caring for individuals with severe mental illness. He had worked at Assertive Community Treatment for 6 years. Eric's practice is at Foothills Medical Centre.

Dr. Zahra Mohammed is a perinatal mental health clinician since 2010. Her medical training was from the University of Nottingham and residency is from University of Manitoba. She has served on the Calgary and South Mental Health Review Panel for almost 7 years. She has had many administrative roles including the informal medical lead for the Women's Mental Health Clinic, member of Continuing Professional Development committee, and chair of the Women's Mental Health conferences since 2014. She also is involved in Medical Admissions Office as an Academic File Reviewer.

Dr. Tyler Pirlot is a Child and Adolescent Psychiatrist who completed his medical

school in Saskatchewan and residency in Calgary. He works in many settings at ACH. His passion for Quality Improvement has been at a local and national levels. He has been involved in a Canadian network work for 15 years related to Somatic Symptoms disorders, including creating a clinical care pathway and clinic for this population. He helped establish a process with Children's Services and ACH for Medical Child Abuse. He had been invited to Nunavut to do this work. During his presidency of Child and Adolescent Psychiatry at the AMA, Tyler was invited to join The College of Physicians and Surgeons of Alberta Specialist Consultation around QI and QA strategies.

Kim Conlon has an undergraduate and graduate degrees in Social Work. She has been a Clinical Safety Leader since 2011 and joined Addiction and Mental Health in 2012. Prior to that, she was the clinical supervisor at Access Mental Health for 8 years. For those of you who don't know Kim, she is incredibly passionate about patient safety. She also likes sci fi and makes soap with lego pieces in them, in a creative way to get kids (and adults) to use soap.

Dr. Cristin Fitzgerald has been the sole Quality Assurance Lead during the last year of the pandemic and we had doubled the number of adverse events. We are so grateful to her! She comes with a wealth of clinic and administrative experience, including working as an inpatient, consultation-liaison, and transplant psychiatrist. She has been a member of many committees, including residency related, ethics, international psychiatry development and has been a QAR Lead for almost 4 years. She leads CL at the PLC.

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The 'Medical Care on Inpatient Leadership Committee' (MCIL) continues to meet monthly since starting in September of 2021. This work encompasses the full continuum of the patient journey and as such it is being segmented into preadmission, admission, and discharge to assist in making the work manageable and meaningful. Current focus is on three interrelated areas; 1) inclusion criteria, 2) training requirements based on what medical challenges we can/should be able to admit, and 3) impacts on human resources.

A dedicated subcommittee is focused on the inclusion criteria for patients being admitted into psychiatric inpatient units from the emergency rooms, and other medical units. This lens is also being applied to patients that may decompensate medically while admitted. Working through standardizing, where possible, processes to ensure the safety and appropriate care for the patient is met in all situations.

Simultaneously, a pre-existing committee that has been reviewing the training and clinical education requirements in Addiction and Mental Health. This education team has a strong representation on the MCIL committee as they continue their review with considerations including possible changes and clarifications to the medical care being provided on AMH units.

Each area of focus is interrelated to and/or impacts other segments of the patient journey. It potentially impacts other stakeholders within AHS, community partners and primary care. Balancing this work around the patient as the foundation is critical to meaningful improvements to care. The quality improvement work of the leadership committee falls under the guidance of Dr. Lisa Gagnon, and operational directors, Andrea Perri and Peter

Czepuryk. Project support is being provided by Michael McComb. Any questions or comments can be directed to those listed here.



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Mathison-Littmann Day

The 36th Annual Sebastian K. Littmann Research Day was held on March 3rd, 2023. The Mathison-Littmann Research Day 2023 is a merger of the annual Mathison Research Day of the Mathison Centre for Mental Health Research & Education and the Sebastian Littmann Research Day of the Department of Psychiatry. The merger of the two research days provides a great opportunity to feature talks, presentations and posters from lab to bedside while engaging broadly with clinicians, researchers, residents and trainees. This was in-person, event and held at the Foothills Medical Centre Auditorium and Coombs Lecture Theatre. > 120 registrants and featured a keynote presentations by **Dr. Ahmad Hariri Professor of Psychology & Neuroscience at Duke University** “What have we learned from studying the brain correlates of general psychopathology” **Dr. Bo Cao, Associate Professor of Medicine and Dentistry-Psychiatry, University of Alberta** “AI and Machine Learning in Mental Health Data”.

Congratulations and thank you to all of the presenters and attendees, and to the award winners:

- ❖ **Best Presentation by a Resident:** Elizabeth Merner and Erica Blimkie: A Novel Pedagogical Project to Spur Decolonization in Medical Education
- ❖ **Best Presentation by a PhD candidate:** Robert Aukema: Molecular and Circuit Heterogeneity of Basolateral Amygdala Projection Neurons.
- ❖ **Best presentation by a Masters Student,** Imogene Roulson: the Impact of the 2008 Global Recession and the 2015 Alberta Economic Recession on Men’s Mental health Outcomes.
- ❖ **Best presentation by an Undergraduate:** Aaron So, Alena Tahir, Ana Ramirez-Pineda, and Harveen K. Saini: Student Recommendations for Actions to Address Suicide at Post-Secondary Institutions: A Qualitative Analysis
- ❖ **Best Poster Presentation by an Undergraduate** Katherine Holland: Resilience Against Stress: Environmental Determinants of Mental Toughness.



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- ❖ **Best Poster Presentation by a Resident:** Psychosocial Interventions and Quality of Life in Young Adults with Autism Spectrum Disorder.

The abstract have been archived to the University of Calgary's PRISM archive.

They will be indexed in Google Scholar so that they can be cited in future research work. This will also support confirmation of the presentations on the participants' CVs.

Post Graduate Medical Education (PGME) Program

Dr. Rory Sellmer, Pauline Burgess



Calgary Psychiatry was one of only six (out of sixteen) programs to have a full CaRMS match on our first iteration. In no particular order, below are the successful applicants:

Lisa Kim- UofM
Aurna Khan- UofC
Sana Jawad- UofC
Alex Toohey- UofC
Siavash Zare-Zadeh- UofC
Vyto Jankauskas- UofA
Rees Kelly- UofA
Nia Abdullayeva- UofC

Welcome to our new Psychiatrists! And a massive thank you to Pauline, Anabella, Rory and Monique, all our current residents and everyone in the Department whom contributes to a strong training environment.

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Mathison Centre

Dr. Paul Arnold, Josephine Adda

Mathison Centre takes lead in national dialogue on standards for child & youth mental health services

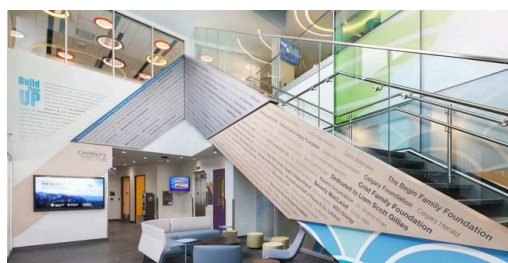


A cohort of researchers from the Mathison Centre are leading and influencing national dialogue on standards for

children and youth mental health services in Canada.

In demonstration of outstanding leadership, out of 25 CIHR Catalyst Grant projects funded nation-wide, Mathison Centre members play various leading roles on 8 projects. Congratulations to Drs. Gina Dimitropoulos, Sheri Madigan, Tamara Pringsheim and Davide Martino who are principal investigators on 3 successful projects. Other members playing leading roles on successful projects in the competition are Drs. Paul Arnold, Andrew Szeto, Scott Patten and Gabrielle Wilcox.

THE SUMMIT: a one stop facility to address the mental health of children & youth



The Mental Health Research for Kids (MHR4K) program comprising researchers from the Mathison Centre & the Owerko Centre are partners integral to the newly opened facility in Calgary to address the mental health needs of children and youth. Known as The Summit, the \$39-million mental health facility will offer Calgary and area youth and their families improved access to publicly funded mental health services, while developing, testing, and refining new clinical interventions in a partnership between the AHS and UCalgary researchers. Dr. Paul Arnold, director of the Mathison Centre is co-leading the research program at The Summit with Dr. Susan Graham, director of the Owerko Centre in the Alberta Children's Hospital Research Institute (ACHRI). [Read more](#)

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Mathison Centre & HBI lead Mental Health Initiative for Stress and Trauma (MIST)



Deputy
director
in
charge
of basic
science
at the

Mathison Centre Dr. Matthew Hill, will lead the Mental Health Initiative for Stress and Trauma (MIST) program. The MIST initiative, a collaborative effort of the Mathison Centre & the HBI explores how stress and trauma impact the brain and what can be done to create healthier outcomes.

MIST was created after tragedy struck in October 2021 when Mike McClay, a charismatic Calgarian, outgoing husband and father of two, died by suicide. His friends and family were not only devastated but also completely caught off guard. McClay was secretly suffering from depression, the severity of which he kept from those closest to him. [Read more here.](#)

Taking vitamin D could help prevent dementia

Mathison Centre member Dr, Zahinoor Ismail is leading a study with colleagues from the University of Exeter in the United Kingdom to explore the



relationship between vitamin D supplementation and dementia in more than 12,000 participants. They found that people who reported taking vitamin D supplements may have a lower risk of dementia.

Read more [here](#)

Transitioning to adult care: supports for youth with eating disorders

According to Gina Dimitropoulos PhD., youth with eating disorders experience difficulties accessing services, which only makes their eating disorder worse while they are waiting for care. Once youth reach the age of 18, they are typically required to move to adult treatment. Dimitropoulos is the principal investigator on TransitionED: Co-Designing and Implementing Canadian Practice Guidelines for Transitions for Youth and Young Adults with Eating Disorder, a Transitions in Care grant from the Canadian Institutes of Health Research (CIHR). The research team are striving towards establishing and implementing a standardized approach to support youth as they transfer to adult services. [Read more here.](#)

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Overdose Response Service telephone hotline from December 2020 to February 2022. Staff took 2,171 calls from 222 unique callers and monitored them over the phone while they used drugs such as opioids, cocaine and methamphetamine, either intravenously or by inhalation. During 53 of the calls, the clients became unresponsive and staff were concerned they might be in trouble, so emergency services or community-based responses were alerted. Followup contacts confirmed that all survived.

**Mathison member co-
leads National Overdose
Response System (NORS)
initiative.**

Dr. Monty Ghosh co-founder and adviser for the National Overdose Response System (NORS) and colleagues are helping to prevent drug overdoses while saving lives through the initiative.

According to [findings](#) by the team recently published in the [Canadian Medical Association Journal](#) (CMAJ), researchers reported no deaths during a pilot of the National



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Awards and Achievements



- 2022 Queen's Jubilee Medal recipients this year are Dr. Abdul Rahman, Dr. Robert. Tanguay, Dr. Karl Tomm, and Dr. Michael Trew.
- Dr. Robert Tanguay was named as a member of the Recovery Expert Advisory Panel for the Minister of Addiction and Mental Health for Alberta.
- Dr. Robert Tanguay was invited to Chair the Queens's University 2nd Annual Addiction Summit this June He will also Co-Chair the Western Canadian Addiction Forum in Kelowna this May.
- Dr. Chris Wilkes received the 2022 AMA Medal for Distinguished Service.

Grants

- Dr. Tanguay, as the Co-Chair of the Alberta Pain Strategy secured a \$4M Provincial grant to initiate Canada's first Provincial Pain Program. The Alberta Virtual Pain Program (AVPP) will include three protocols including Chronic Pain, Transitional Pain (Pre- and Post-Surgical Pain), and Opioid Deprescribing & Stabilization for all Albertans via a virtual platform.

Publications

Dr. Jean Addington

1. Metzak PD, Shakeel MK, Long X, Lasby M, Souza R, Bray S, Goldstein BI, MacQueen G, Wang JL, Kennedy S H, **Addington J**, Lebel C (2022) Brain Connectomes in Youth at Risk for Serious Mental Illness: An Exploratory Analysis. *BMC Psychiatry*, 2022 Sep 15; 22(1):611. [PMID:36109720](#)
2. Santesteban-Echarri O, Liu L, Miller M, Bearden CE, Cadenhead KS, Cannon TD, Cornblatt BA, Keshavan M, Mathalon DH, McGlashan TH, Perkins DO, Seidman LJ, Stone WS, Tsuang MT, Walker EF, Woods SW, **Addington J** (2022) Cannabis use and attenuated positive and negative symptoms in youth at clinical high risk for psychosis. *Schizophrenia Research*, 2022 Oct; 248:114-121 [Epub 2022 August 26]. [PMID:36030758](#)

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3. Barbato M, Liu L, Bearden CE, Cadenhead KS, Cornblatt BA, Keshavan M, Mathalon DH, McGlashan TH, Perkins DO, Seidman LJ, Stone WS, Tsuang MT, Walker EF, Woods SW, Cannon TD, **Addington J** (In Press) Migrant Status, Clinical Symptoms and Functional Outcome in Youth at Clinical High Risk for Psychosis: Findings from the NAPLS-3 Study. *Social Psychiatry and Psychiatric Epidemiology*, 2022 Nov 8; [PMID:36348056](#)
4. **Addington J**, Woods SW, Yung AR, Calkins ME, Fusar-Poli P (In Press) Harmonizing the Structured Interview for Psychosis-Risk Syndromes (SIPS) and the Comprehensive Assessment of At-Risk Mental States (CAARMS): An initial approach. *Early Intervention in Psychiatry*, 2023 Jan 16; [PMID:36646443](#)
5. **Addington J**, Chao A, [Braun A](#), [Miller M](#), Farris MS (2023) Patient Reported Outcome Measures in Clinical High Risk for Psychosis: A Systematic Review. *Schizophrenia Bulletin Open*, 2023 Feb 23

Dr. Alexander McGirr

1. Cole J, Sohn MN, Harris AD, Bray SL, Patten SB, **McGirr A** (2022) Efficacy of Adjunctive D-Cycloserine to Intermittent Theta-Burst Stimulation for Major Depressive Disorder: A Randomized Clinical Trial. *JAMA Psychiatry*, 2022 Dec 1; 79(12):1153-1161. [PMID:36223114](#)
2. Ashby DM, **McGirr A** (2023) Selective effects of acute and chronic stress on slow and alpha-theta cortical functional connectivity and reversal with subanesthetic ketamine. *Neuropsychopharmacology*, 2023 Mar; 48(4):642-652. [PMID:36402835](#)
3. Sohn MN, Dimitropoulos G, Ramirez A, McPherson C, Anderson A, Munir A, Patten SB, **McGirr A**, Devoe DJ. (2023) Non-suicidal self-injury, suicidal thoughts and behaviors in individuals with an eating disorder relative to healthy and psychiatric controls: A systematic review and meta-analysis. *The International Journal of Eating Disorders*, 2023 Mar; 56(3):501-515. [PMID:36647184](#)
4. DeMayo MM, **McGirr A**, Selby B, MacMaster FP, Debert CT, Harris AD (2023) Consistency of frontal cortex metabolites quantified by magnetic resonance spectroscopy within overlapping small and large voxels. *Scientific Reports*, 2023 Feb 8; 13(1):2246. [PMID:36755048](#)

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Announcements

Please welcome Chenhui Hao (go by Chloe) who has accepted the position of Biostatistician in the Department of Psychiatry replacing Vineetha Warriyar. She started her new role on February 2, 2023.

Chloe has both a mathematical background and research experience in Magnetic Resonance Imaging analysis for Multiple Sclerosis. She graduated with her master's degree in Mathematics and Statistics in 2020. After that, she has worked in the Department of Clinical Neurosciences with Principal Investigators and multidisciplinary research team members on MRI analysis projects with statistical analysis planning and implementation including Survival Analysis, Bayesian Statistics and Machine Learning related methods. She is passionate about the applications of statistical learning methods in medicine and she enjoys solving problems using statistics and programming.

She hopes to contribute to the team research with her mathematical and statistical knowledge and learn psychiatry from all of you. She looks forward to meeting and working with everyone in the team!

Kelly Derkson has taken on a new role of an AMHSP Coordinator in the Departments of Psychiatry and Neurosciences effective March 13, 2023.

Kelly Derkson started with AHS in 2016 in her current role as Admin Assistant V with the Department of Psychiatry. Having mastered call schedules, contracts, and

sessionals she is ready to move onwards and upwards. With both a business and mining background, she is happy for a new challenge and looking forward to diving head first into her new role as Coordinator with AMHSP. In her spare time she enjoys gardening and hanging out with her dogs, and never turns down the chance to discuss either one.

It is with great pleasure I am able to announce that **Lori Burnie-Watson** has taken the Admin V position within the Department of Psychiatry.

This is the role that was recently vacated by Kelly Derkson. Lori officially takes over this position on April 3 2023.

Lori has been in the Department of Psychiatry since 2020 and most of you know her or have worked with her in some capacity over this time.

Lori brings with her many years of various administration experience and will be a great asset to our team in her new capacity.

On behalf of the Department we are pleased to announce that Edita Skoric will be joining our department in the capacity of Admin IV in the role that was left vacant by Lori Burnie-Watson. She will be the Administrative Assistant to Drs. Nwachukwu, Sellmer, and Jericho.

Edita comes to us from the Internal Medicine Residency Program with the Department of Medicine where she held a Program Administrator role. Edita's previous role was with the DLRI (Department of Distributed Learning and Rural initiatives) within the Cumming

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School of Medicine where she held a position of Administrative Coordinator supporting the Associate Dean and the Manager, Business and Operations. Prior to that, Edita worked for several years within AHS as Admin Support IV/V supporting Department Manager and Section of

Community Pediatrics at the Alberta Children's Hospital, Dept. of Peds. Edita holds a diploma in Business Administration and Management, French Language at UofC and has a background in Civil Law.



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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