

Mind Matters

*Summer 2023
Department of Psychiatry
Newsletter
Calgary Zone
Volume XXV Issue 2*



Message from the Department Head

Dr. Valerie Taylor

Welcome to the start of another academic year as we as a Department continue to grow and to expand our academic footprint both locally and beyond. One of the things I am most excited about is the expansion of our residency program, which is growing at the same time the medical school grows as well. Our program is something we should all be proud of, and is continuously ranked as one of the best in the country. I hope we continue that commitment to excellence while helping expand the trainee pool. Of course excellent trainees mean excellent teachers and again, this is something we will continue to support as a Department. Our research footprint is also growing, both in educational scholarship and research in to a variety of different areas. We will hopefully have our first combined Mathison/Department research Day this year that culminates with a social event, so we can start to engage more together. We continue to recruit more individuals with research interests and to engage those here

in academic quality improvement projects. We will also be hosting national child and geriatric conferences in Calgary this academic year, highlighting how great this place is to live and work. I hope you enjoy reading about the great work occurring within the Department as we build momentum for future great initiatives as well. Best Val.



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Kolabo 2023 Update

"In September, members of four different universities will convene in Mbarara, Uganda with a shared goal of furthering leadership and educational capacity for psychiatry training in East Africa. The University of Calgary, Catholic University of Health and Allied Sciences (CUHAS, from Mwanza, Tanzania), and McMaster University will culminate at the Mbarara University of Science and Technology (MUST) to learn from one another regarding global mental health partnerships and psychiatry postgraduate program development.

Since 2013, the Department of Psychiatry at McMaster University, led by Dr. Sheila Harms, has partnered with the Mbarara University of Science and Technology (MUST) in Uganda to collaborate on a post-graduate psychiatry curriculum. This was the second residency program to exist in Uganda and their partnership is based in clinical and didactic teaching experiences. Similarly, Kolabo is the partnership between the University of Calgary and CUHAS aimed at furthering mental health training and education in Tanzania. The program has evolved over recent years from teaching at the medical school level at CUHAS, both virtually and with on-the-ground teams of staff psychiatrists and residents from Calgary, to transitioning to the creation of the the first psychiatric residency program at CUHAS. Tanzania is a country of 64 million people served by an approximate of 38 psychiatrists.



Dr. Megan Howlett (FRCPC)



Dr. Elisabeth Merner (PGY5)



Dr. Deborah Adesegun (PGY3)

This autumn, Dr. Megan Howlett (FRCPC) will be accompanied by resident leaders Dr. Elisabeth Merner (PGY5) and Dr. Deborah Adesegun (PGY3) representing the University of Calgary at this monumental meeting with partners from the McMUST team, as well as their longstanding partner Dr. Mwita and his team from CUHAS.

If you wish to learn more about the project follow along at:

<https://www.kolabo.org/>

Instagram: @kolaboproject



Facebook:

<https://www.facebook.com/kolaboproject>


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Donate to furthering psychiatric training in
Tanzania
at: <https://engage.ucalgary.ca/kolabodonation>


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**MBARARA UNIVERSITY OF
SCIENCE & TECHNOLOGY**

**COLLABORATION
FOR**
**MENTAL
HEALTH
EDUCATION**



IN SEPTEMBER 2023, PSYCHIATRISTS AND TRAINEES FROM MCMASTER UNIVERSITY AND THE UNIVERSITY OF CALGARY IN CANADA WILL MEET WITH THEIR COUNTERPARTS AT MBARARA UNIVERSITY OF SCIENCE & TECHNOLOGY (MUST) IN UGANDA ALONGSIDE COLLEAGUES FROM THE CATHOLIC UNIVERSITY OF HEALTH AND ALLIED SCIENCES (CUHAS) IN TANZANIA TO DISCUSS PSYCHIATRIC TRAINING PROGRAMS. THESE TEAMS HAVE A SHARED GOAL OF TRAINING MORE MENTAL HEALTH PROFESSIONALS IN EAST AFRICA AND PROVIDING ADEQUATE MENTAL HEALTH CARE TO ALL.

**CATHOLIC UNIVERSITY OF
HEALTH AND ALLIED SCIENCES**

**KOLABO**

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Post Graduate Medical Education (PGME) Program

Dr. Rory Sellmer, Pauline Burgess

We are thrilled to announce that all of our PGY-5 residents have passed their Royal College exams; we are so proud to now call them colleagues.

A massive congratulations to Dr's Chad Diederichs, Paige Durling, Jihane Henni, Megan Howlett, Taka Hoy, Justin Khunkhun and Anson Wong! You have all worked so hard, and embody the values of our program and our profession. We can't wait to see your careers take off and flourish!

Thank you also to all the administrative and teaching faculty and staff who work so hard to support the success of our residents; you are truly making a difference. Thank you for caring and for always showing up with your skills, talents, knowledge and enthusiasm. We are a team.

Pauline, thank you for the massive amount of effort, energy, and knowledge you bring to everything that happens in resident training. Know you are appreciated.

Imagine the impact these new grads will have over a career? The good things they will do in the world? Amazing....

Please join us in congratulating the class of 2023!

University of Calgary clinical promotions

- Natalia Ng be promoted to Clinical Assistant Professor
- Huntai Kim be promoted to Clinical Assistant Professor
- Iliana Ortega be promoted to Clinical Associate Professor
- Nneka Orakwue-Ononye be promoted to Clinical Associate Professor

Award

- Dr. David Crockford be awarded the Postgraduate Clinical Education Award for clinical, adjunct and research faculty, this award acknowledges Dr. Crockford's significant achievements in 2022 in the area of postgraduate clinical education.

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SAVE THE DATE

Department of Psychiatry

PGME Retreat 2023

Venue: Calgary Zoo, Safari Lodge 1/3

Date: Friday, September 22, 2023

Time: 08:00—18:30

Contact: Edita Skoric 403-944-2637 / edita.skoric@ahs.ca

Agenda: TBA

****Please include any dietary restrictions/or allergies****

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Psychiatry Speed Dating

Dr. Ken Hashman

The following psychiatrists attending a "speed dating" event with all 3 years of medical students on July 19, 2023. It was a great success with nearly 80 students attending.

Final Subspecialty List:

Room 1: Dr. Phillip Stokes (General Psychiatry and Emergency Psychiatry)

Room 2: Dr. Izu Nwachukwu (Cultural Psychiatry)

Room 3: Dr. Megan Howlett (Neuropsychiatry)

Room 4: Dr. Huntai Kim (Child and Adolescent Psychiatry)

Room 5: Dr. Tim Ayas (Community Addictions Psychiatry)

Room 6: Dr. Janet de Groot (Psychosocial Oncology and Psychotherapy)

Room 7: Dr. Ken Hashman (Forensic Psychiatry)

Room 8: Dr. Nia Abdullayeva and Dr. Harleen Hehar (Amazing residents)



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Child & Adolescent Psychiatry

The Child and Adolescent Psychiatry subspecialty training program has successfully wrapped up another academic year! The program continues to review our processes and build on feedback received from the external surveyors. I remain grateful to our RPC, Competence Committee, and Faculty for their hard work and continuous support with program development.

With great excitement, we honored our trainees Dr. Joey Prisnie, who graduated end of June, and Dr. Jennifer Woo (off-cycle) with a graduation dinner on June 27th. They have successfully navigated the different stages of training as our pioneer CBD class. Dr Prisnie has moved on to independent practice at the Adolescent Mental Health Inpatient Unit (U26), Foothills Medical Centre. Congratulations and best wishes, Joey!

We delightfully welcomed Dr. Sean Andrea (PGY6) as a University of Calgary resident and congratulate him on completing his elective year with McMaster University. Dr. Andrea is the new Chief Resident for the program.

The program also welcomed our PGY5 trainees, Dr. Sunny Kang from the University of Saskatchewan and Dr. Jamie

Hickey from the University of Ottawa. We had a successful orientation session on July 4th, where they had the opportunity to meet some of the leads and RPC members. This will be followed shortly by a welcome dinner.

Congratulations to PGME's newly appointed Quality Improvement and Accreditation Manager, Rayane Al Achkar. We look forward to ongoing work with you.

The Child and Adolescent Psychiatry Training Program is pleased to call for applications for the next academic year starting July 1st, 2024. There are three funded spots, and the application deadline is September 1st, 2023. Please kindly refer to the Child and Adolescent Psychiatry, University of Calgary website for further information to this regard or contact Dr. Nneka Orakwue-Ononye or Bernice Mina-Buna (<https://cumming.ucalgary.ca/departments/psychiatry/education/subspecialty-programs/child-and-adolescent>).

Finally, I sincerely appreciate our program administrator Bernice Mina-Muna who remains relentless in ensuring the smooth running of our program processes. We all look forward to an exciting and productive year ahead. Thank You.

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Mathison Centre

Dr. Paul Arnold, Josephine Adda

**A Youth Mental Health
Strategy in Alberta**



A team of researchers from the Mathison Centre led by Dr. Paul Arnold have been working in

collaboration with colleagues from the O'Brien Institute for Public Health to develop a set of recommendations for the creation of a comprehensive strategy on youth mental health for Alberta.

According to the team, the strategy must include the input of youth and families, and incorporate the perspectives of marginalized groups. Three core elements that have been identified for the strategy are:

- Increase equitable access to mental healthcare for youth
- Improve effectiveness by developing standardized ways to assess youth mental illness severity and monitor treatment progress
- Increase the use evidence-based mental health interventions by incentivizing clinicians



Pandemic Babies and Developmental Milestones

Dr. Gerald Giesbrecht and his colleagues have been evaluating the developmental milestones of children born during the pandemic; they found that most of these children are doing fine, with almost 90 percent meeting their key developmental milestones in each of five separate domains: Communication, Gross Motor, Fine Motor, Personal-Social and Problem Solving. A slightly higher proportion of the children born during the pandemic were at increased risk of developmental delay in Communication, Gross Motor and Personal-Social domains, compared to children born before the pandemic. Read more [here](#)

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**Leading the development of
national guidelines for paediatric
pain management**



Mathison Centre member Dr. Katie Birnie, who is also associate scientific director for Solutions for Kids in Pain (SKIP) has chaired the Health Standards Working Group along with 14 other experts in pediatric pain management for the development of the Canadian guidelines for pain management. The guideline was published on April 3, 2023, the development team comprised voices from across the country including physicians, physical therapists, psychologists, child life specialists, health administrators, nurses, international experts, and youth and family partners with pain experiences. Find out more about this project and the guidelines by clicking [here](#).



Digital stress and mental health

According to Mathison Centre member Brittany Harker Martin, in addition to rising mental health concerns, there is an emerging trend of "general malaise across normally

well individuals in society". The general feeling of unwellness best described as digital distress is a form of psychological distress caused by a dysfunctional experience by technology users; this phenomenon manifests as cognitive and physical exhaustion, limited patience, disinterest in work and a resentment of the stressors in everyday life. Additional information [here](#).

**C-BRAID LAB: Seeking
Indigenous Participants**

The [Calgary Biopsychosocial Risk for Adolescent Internalizing Disorders \(C-BRAID\) Lab](#) is seeking to understand the risk factors for depression and anxiety in youth. In recognition of the importance of including Indigenous perspectives in their research they are actively recruiting Indigenous participants. If you or someone you know is interested in participating, please visit the [website for more information](#).



**SAVE THE DATE: Mathison-
Littmann Research Day 2024**

The Mathison Centre and the Department of Psychiatry are pleased to announce March 15, 2024 for the next Mathison-Littmann research day. Save the date and look out for additional details coming soon.

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Publications

Dr. Elena Lopatina, Dr. Nguyen X. Thanh, Dr. Robert Tanguay, Dr. John X. Pereira, and Ms. Tracy Wasylak. 2023. Opioid prescriptions and patients' health services utilization and cost before and during the Covid-19 pandemic: An exploratory population-based administrative data analysis. Canadian Journal of Physiology and Pharmacology. Just-IN <https://doi.org/10.1139/cjpp-2022-0544>

Stone, Scott, Holroyd, Lang, Yea, Taghizadeh, Deol, Dong, Fanaeian, Ghosh, Low, Ross, Tanguay, Faris, Day, and McLane. Buprenorphine/naloxone initiation and referral as a quality improvement intervention for patients who live with opioid use disorder: quantitative evaluation of provincial spread to 107 rural and urban Alberta emergency departments. Can J Emerg Med (2023). <https://doi.org/10.1007/s43678-023-00520-3>

Timothy Wood, Winson Cheung, Dean Ruether, Aynharan Sinnarajah, Robert Tanguay, Yoko Tarumi, Jenny Lau, and Colleen Ann Cuthbert. **Safe Prescribing Practices: Clinicians' Views on Prescribing Opioids to Patients With Early-Stage Cancer.** JCO Oncology Practice (2023) <https://doi.org/10.1200/OP.22.00766>



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Announcements

After a competitive selection process, I am pleased to announce that Leena Norman has accepted the position of Department Manager for the Departments of Clinical Neurosciences and Psychiatry, effective June 12, 2023. Leena has very successfully filled the Interim Dept Manager position, after moving from her previous role as Team Lead, Critical Care and Emergency Medicine.

Leena began her career working for a government publication in Dubai before relocating to Calgary in 2006. In the same year, she joined Alberta Health Services and had been working in various roles for the Department of Critical Care Medicine. In 2018, she took on her previous role as the Team Lead, adding Emergency Medicine to

her portfolio. In 2020 Leena acted as interim Admin Manager in CNS & Psych and subsequently as Interim Department Manager in 2022 to recent.

Leena holds a Bachelor of Science Degree with a Major in Microbiology, Masters Diploma in Computer Science from Mumbai University, India, and Post Graduate Diploma in Human Resources Development.

Leena enjoys spending time with her husband and two sons. As a family they love to travel and see new places. Please join me in welcoming Leena to her newest role.

Leena's contact details at CNS/Psych will be:

Tel: 403-944-1295

Email: Leena.norman@ahs.ca



Hospital.

On behalf of the Department, I am excited to announce that Dr. Farid Bazaz has been hired as the new Clinical Assistant effective June 28, 2023. Dr. Bazaz's primary site is Alberta Children's

years later and completing his Return of Service, he started pediatrics residency.

He mainly practiced in remote or underprivileged areas of Iran, including in Kurdistan and at the border with Afghanistan. In 2006, five years before moving to Canada, he was hired by the Medical University of Mashhad to serve in a tertiary children's hospital. As a pediatrician, he practiced in a pediatric ICU until April 2016. Since then, he has practiced as a pediatrician and general practitioner in clinical settings.

Dr. Farid Bazaz was born and raised in Mashhad, Iran. After graduating high school, he started medicine and about ten

He moved to Canada in 2011, passed the MCC exams, and received the LMCC certificate. After a few months of observership at Sunnybrook Hospital in Toronto and attending a clinical research

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program, he started and completed a few research and clinical programs as a research/program assistant and coordinator. Meanwhile, he kept returning to Iran frequently to practice medicine in various settings.

He enjoys swimming and hiking. He likes a variety of arts; such as playing keyboard, working on old Persian literature and poems, and taking digital photographs.

Please join us in welcoming Dr. Bazaz to the team. He can be reached at Farid.HadizadehBazaz@albertahealthservices.ca

On behalf of the Department, I am excited to announce that Dr. Pallavi Kainth has been hired as the new Clinical Assistant effective June 19, 2023. Dr. Kainth's primary site is Foothills Medical Centre.



Pallavi Kainth always knew she wanted to pursue a career within the healthcare sector. Her compassionate and helpful nature pulled her towards this line of work at

a young age. Pallavi is an International Medical Graduate with clinical experience in different specialties. She worked in health settings at a community level as a general practitioner for 3 years. She has a particular interest in mental health and has got

experience in working with patients of diverse mental health conditions.

Her clinical work in Obstetrics and Gynecology made her a person who is a strong promoter of women's health and well-being. Her interest in drugs and research led her to pursue clinical pharmacology as a specialization. During her academic career, she has been a keen learner, a humble leader and a reliable healthcare professional and has excelled herself as an educator throughout her professional life. Pallavi has also been a prominent voice for those who have been victims of sexual assault and harassment by being an active member of the sexual assault and harassment team.

Pallavi obtained her Bachelor's degree in Medicine and Surgery from Rajeev Gandhi University of Health Sciences, Bangalore, India in 2012. She has also been pursuing Mac Master University applied clinical research program as a part of her interest in research activities. As a person she is industrious, inquisitive and a team player.

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On behalf of the Department, we are excited to announce that Dr. Anuja Ashok has been hired as the new Clinical Assistant effective July 31, 2023. Dr. Ashok will be joining the Regional Housing

Program.

Anuja is an international medical graduate with work experience in international and Canadian medical practice and clinical research. After graduating from medical school in India, she worked at World Health Organization Collaboration Centre for 3

years serving vulnerable patients suffering from chronic disabilities and was involved in training health workers. While working there she was also involved in an international multicentric clinical trial. Before joining Alberta Health Services, she had been working as a Clinical Assistant in a family Clinic and an addiction clinic in Ontario.

Anuja's interests include mental health and addiction, geriatric health, primary care, and women's and children's health. She delivers patient and family-centered empathic, and compassionate medical care. She is a passionate mental health advocate who aims to spread mental health awareness and reduce stigma in the community. When not at work Anuja loves spending time with family and friends, painting, watching movies, traveling, and reading.



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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