

Mind Matters

Winter 2022
Department of Psychiatry Newsletter
Calgary Zone
Volume XXIV/Issue 4



Message from the Department Head

Dr. Valerie Taylor



Thank you to all for the great work put in over the past year. It has been a challenging time for many in health-care and we need to continue to support each other in order to support our patients. The work, time and advocacy given by you all may seem to have no impact but it does, and it is because of this that we enter in to the new year with plans for the first new beds to the system in a long-time, clinical assistants hired at all acute ERs, a 24/7 care model to be

implemented early in 2023 and renos planned for FMC ER and a PICU planned for the PLC. Hopefully the new year will bring further improvements, just as I am sure it will bring issues that continue to require advocacy. As always, Mind Matters highlights the many successes and great things occurring, and it is important to start the year with a sense on optimism. We are all aware of the many challenges, however, and I look forward to working with you to continue to do better. Much to be proud off, but a lot still to do.



Mathison Centre

Dr. Paul Arnold, Josephine Adda

Mathison members recognized among highly cited researchers for 2022



Mathison Centre members [Tamara Pringsheim, MD](#) and [Jean Addington, PhD](#) are on the highly prestigious Clarivate's Highly Cited Researchers list for 2022. They emerged as 2 out of 10 researchers from the University of Calgary named on the list this year. Each year, Clarivate™ identifies the world's most influential researchers – the select few who have been most frequently cited by their peers over the last decade in 21 research fields and across multiple fields.

This year Dr. Pringsheim join the list for the first time and became the fourth Mathison member to make this list over the last decade. Among her highly cited works is her leading contributions to the development of guidelines for the American Academy of Neurology. Dr. Addington who is also a member of the Department of Psychiatry continues to lead in her contributions to the field of schizophrenia by remaining on the highly cited researchers' list for the 8th consecutive year.

Enhancing mental health outcomes in children with neurodevelopmental disabilities

Dr. Carly McMorris reiterates the need for collaboration and community support to address mental health challenges in children with neurodevelopmental disabilities. Her work over the years has sought to fill the gaps in care that can often happen for families of neurodiverse youth. McMorris is a member of the Mathison Centre, a registered child clinical psychologist, is the director of The ENHANCE Lab, which aims to promote the mental health and well-being of children and youth with an NDD and their families. [Read more](#)



Mathison-Littmann Research Day 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,

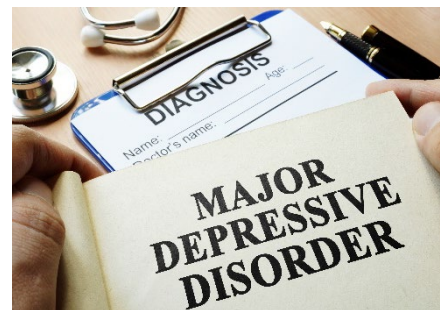
residents and trainees.

Join us to learn and share the breadth and depth of mental health research happening at the University of Calgary. Speakers will include clinicians, researchers, residents and trainees from across the UCalgary and two guest speakers Dr. [Ahmad Hariri](#), Professor, Duke University and Dr. [Bo Cao](#), Associate Professor, University of Alberta.

Accepting Abstracts – we invite clinicians, researchers, residents and trainees to submit abstracts by February 10, 2023 using the forms [here](#).

Leveraging an antibiotic to enhance brain stimulation

Department of Psychiatry researcher and member of the Mathison Centre [Dr. Alex McGirr](#) and his research team have shown that the antibiotic D-Cycloserine (DCS) increases the effectiveness of transcranial magnetic stimulation (TMS) for people with major depressive disorder (MDD). Results of the clinical trial involving 50 participants published in [JAMA Psychiatry](#), show that almost 75 per cent of participants treated with DCS and TMS benefited, compared to only 30 per cent of those treated with TMS and a placebo. Read more [here](#)



Department of Psychiatry Grants Awards, Achievements and Publications

- **Chan EC.** Sustained remission of psychotic symptoms secondary to hypothyroidism (myxedema psychosis) after 6 months of treatment primarily with levothyroxine: a case report. J Med Case Rep. 2022;16(1):378. Published 2022 Oct 20. doi:10.1186/s13256-022-03626-x
- Thanh NX, **Tanguay RL**, Manhas KJP, Kania-Richmond A, Kashuba S, Geyer T, et al. (2022) Economic burden of chronic pain in Alberta, Canada. PLoS ONE 17(8): e0272638. doi:10.1371/journal.pone.027263.
- Anna Fiselier, Gaya Narendran, Joe Raiche, **Robert Tanguay**, Anmol Kapoor, Ted Jablonski, Olga Kovalchuk(2022) From discrimination and disease to aging and disease-an epigenetic connection, The Lancet Regional Health - Americas, <https://doi.org/10.1016/j.lana.2022.100282>.
- Congratulations to **Dr Donald Addington** on his well-deserved accomplishment and recognition by the CPA at the annual meeting this year on being awarded the Presidents Commendation. During a time of progressive illiberalism and regressive ideologies in our professional organizations and educational institutions he has been a voice for healthy for pluralism and view point diversity in service to evidence based practice in Psychiatry
- Congratulations as well to **Dr. David Crockford** for his 2 awards: He became a Distinguished Life Fellow of the American Psychiatric Association and a Distinguished Fellow of the Canadian Psychiatric Association. They represent the highest levels of recognition for both associations
- **Dr Daniel Chinedu Okoro** becomes a Distinguished Fellow of the American Psychiatric Association (DFAPA) with effect from 1 January 2023. He was elected to the class by the American Psychiatric Association Board of Trustees. It is gratifying to be advanced to this class by the pre-eminent body of psychiatrists in the world.
- **Dr. Rajamannar Ramasubbu** has received Clinical Research Grant (25,000CAD) from Cumming School of medicine to conduct a double blind randomized controlled pilot study on accelerated bilateral TBS for TRD.
- **Dr Rup** Pandya was invited to do the Plenary Session at the Annual Meeting of the Canadian Academy of Consultation-Liaison Psychiatry in Toronto on October 26, 2022. Title of the presentation was How to Formulate the Secret Sause of a Successful MPU.



Announcements



It gives us great pleasure to announce that **Kristi Kerby** has accepted the

permanent position for Manager-Administrative Services, Departments of Psychiatry and Clinical Neurosciences. We are confident that she will continue to provide our departments with key leadership and service in the years ahead. We would like to take this opportunity to congratulate Kristi and please join us in welcoming her as a permanent member of our team!

Please join us in welcoming **Dr. Rita Watterson** into the role of CMD for the Foothills Day Hospital Program. In addition to a Master's in Public Health, Dr. Watterson completed her medical and residency training at the University of Calgary. Since graduating, she has worked as an Inpatient Psychiatrist on Unit 22, provided consultation to the Refugee Clinic, as well as being part of the Day Hospital and Adult Psychosis Program. The day hospital team is thrilled she will be stepping into the CMD role and look forward to her leadership.

Please join us in welcoming **Dr. Mark Colijn** into the role of CMD for the Adult Psychosis Program. In addition to holding a master's degree in Neuroscience, Dr. Colijn completed medical school in St. Louis (USA) and his psychiatry training in Calgary in 2020. He went on to obtain a fellowship in Neuropsychiatry from UBC in Vancouver. Since graduating he has been working at the Early Psychosis Intervention Program, Adult Psychosis Program, Arnika Centre, FMC Day hospital, and the Neurogenetics Clinic. The Adult Psychosis Program is excited for him to take on this role

and looks forward to his leadership in the coming years.

Dr. Ravi Bains is our new CMD Short Stay Unit PLC, effective December 1st, 2022. Dr. Bains has been working at Peter Lougheed Hospital since 2018, providing inpatient and outpatient psychiatric services in a multi-disciplinary team setting. Currently, he is also the Chief Medical Advisor for ATMA Journey Center. Please join me in welcoming Dr. Bains to his new role.

Dr. Bains takes over from Dr. Lloyd Maybaum as CMD SSU PLC. Lloyd is a stalwart of our department who has served in multiple leadership roles. Please join me in thanking Lloyd for all his hard work and many contributions to high quality psychiatric care over many years.



Please be advised that **Dr Deepak Mirok** has been appointed as the **Physician Lead, Rural (North) Programs, AHS Addiction & Mental Health Calgary Zone**. In this role, Dr Mirok will provide medical leadership across the clinics and programs within the rural (north) section of Calgary zone and will report to the zone Section Chief.

Dr Mirok has extensive international training and clinical experience in Psychiatry and is currently an Assistant Clinical Professor of Psychiatry at University of Calgary. He is passionate about providing psychiatry services to underserved communities. Over the past 10 years or so, Dr Mirok has consistently covered several of our rural clinics and has gained the respect and admiration of his physician and clinician colleagues during this time.

Please join us in thanking Dr Mirok for accepting to serve in this role, and in congratulating him on his appointment.

Please welcome **Dr Ehsan Dorri** he is the first graduate of the geriatric psychiatry subspecialty program at the University of Calgary. He completed his medical school in Iran, where he practiced as a family/emergency physician for 5 years. Currently, his work includes inpatient psychiatry, consultation liaison and specialty clinics. Along with the geriatric psychiatry he likes to explore his personal interested in psychology, neuroscience, and philosophy, of course after the family time!



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.
Submissions & Inquiries: Marissa Mackenzie Marissa.mackenzie@ahs.ca
Phone (403) 944-1298