



# Department of Psychiatry

## Annual Report 2023



UNIVERSITY OF  
**CALGARY**



Alberta Health  
Services

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# Message from the Department Head

## **Dr. Valerie Taylor**

This has been an interesting year for the Addictions and Mental Health portfolio. There have been many, many accomplishments. There has also been much uncertainty, but I have been inspired by the work of everyone's commitment to excellence.

Our residency program is winning international awards, our researchers are having local, national and international impact and our care teams continue to provide exceptional care we can all be proud of.

The volumes of patients presenting to our acute care clinics, discharged to our community care teams and co-managed by our partners in primary care continue to grow, and so does our portfolio. We have recruited over 100 psychiatrists in the past 5 year and this last year saw the most growth ever.

We have added a huge cadre of new nurses to our team, especially to emergency services, and given the nursing shortages across the system, those new hires are with us because they enjoy this work and we are grateful for it, and to them. We have also added clinical assistants to our portfolio and, again, welcome the additional care providers who are there to help us meet the health system's needs.

As the year came to a conclusion, we saw substantial change in the Addictions and Mental Health portfolio, and I hope this indicates a recognition of how important



this area of medicine is understood to be. I am sure the new year will bring additional challenges, and additional opportunities and I look forward to your continued advocacy to ensure we do our best for Albertans.

Dr. Valerie Taylor  
Professor  
Zone Clinical Department Head



## Our Vision

- Advancing mental health solutions for our community

## Our Mission

- Promote the highest quality care for individuals with mental disorders and their families.
- Support mental health promotion and prevention.
- Promote a learning environment through psychiatric education and research.
- Represent the profession of psychiatry.
- Collaborate and develop networks.
- Develop innovative service delivery models.
- Integrate mental health care with health care.
- Work to reduce the stigma of mental illness.

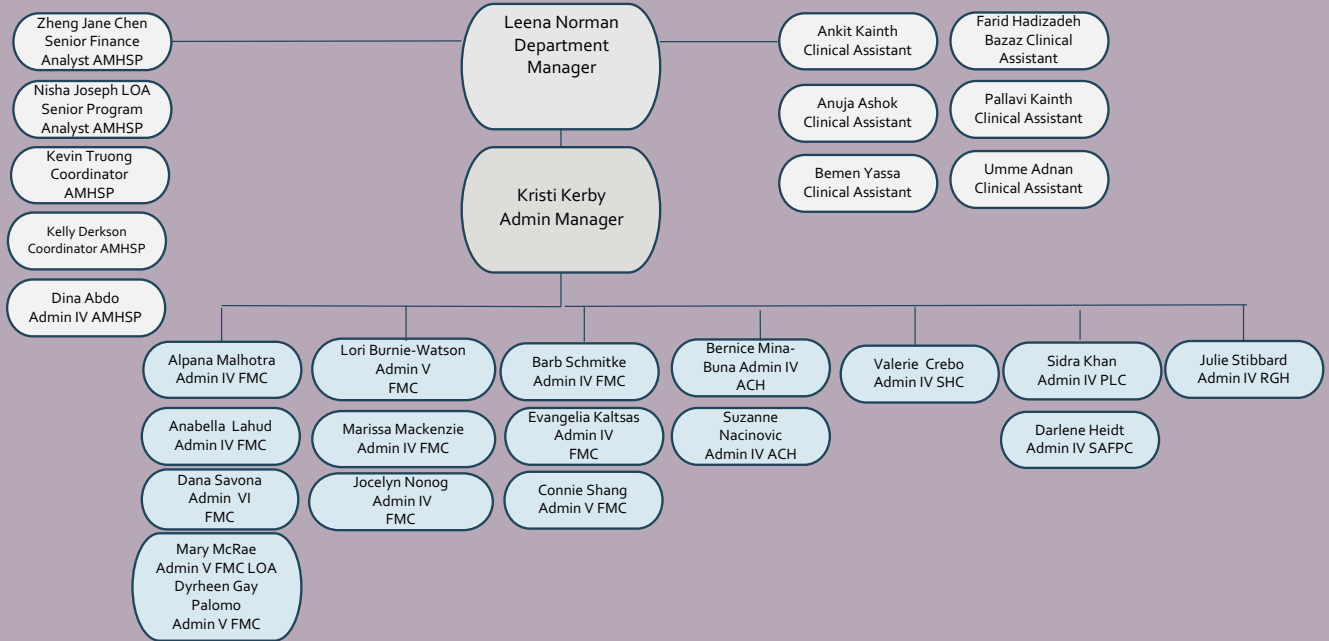
## Our Values

- Best standards of clinical practice
- Highest ethical standards of professional conduct
- Prevention, access, care and sensitivity for patients and their families
- Patient-focused treatment decisions
- Evidence-based principles of treatment
- Advocacy for patients
- Leadership
- Lifelong learning
- Collegial Support
- Respect for other health professionals
- Respect for multi-disciplinary team approach



# Support Team

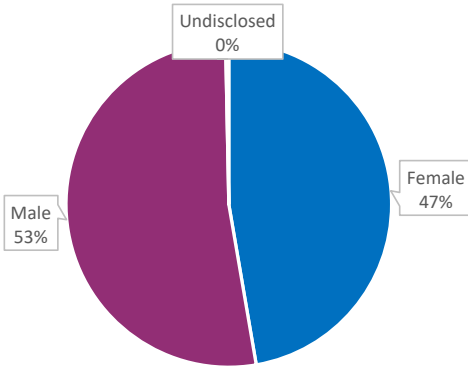
## Department of Psychiatry



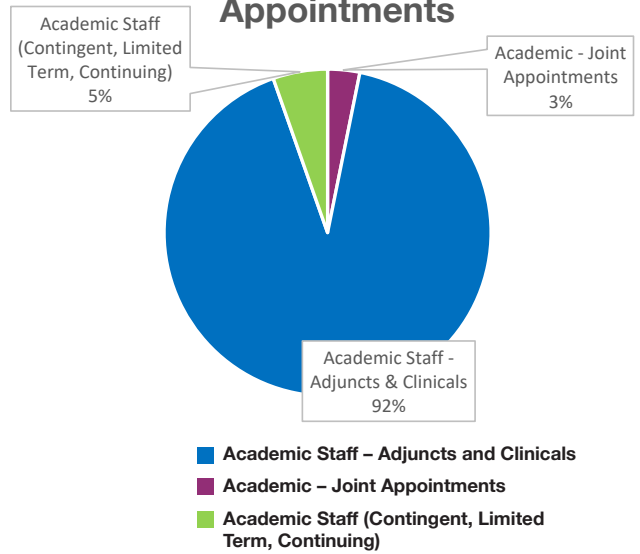


# Department Membership

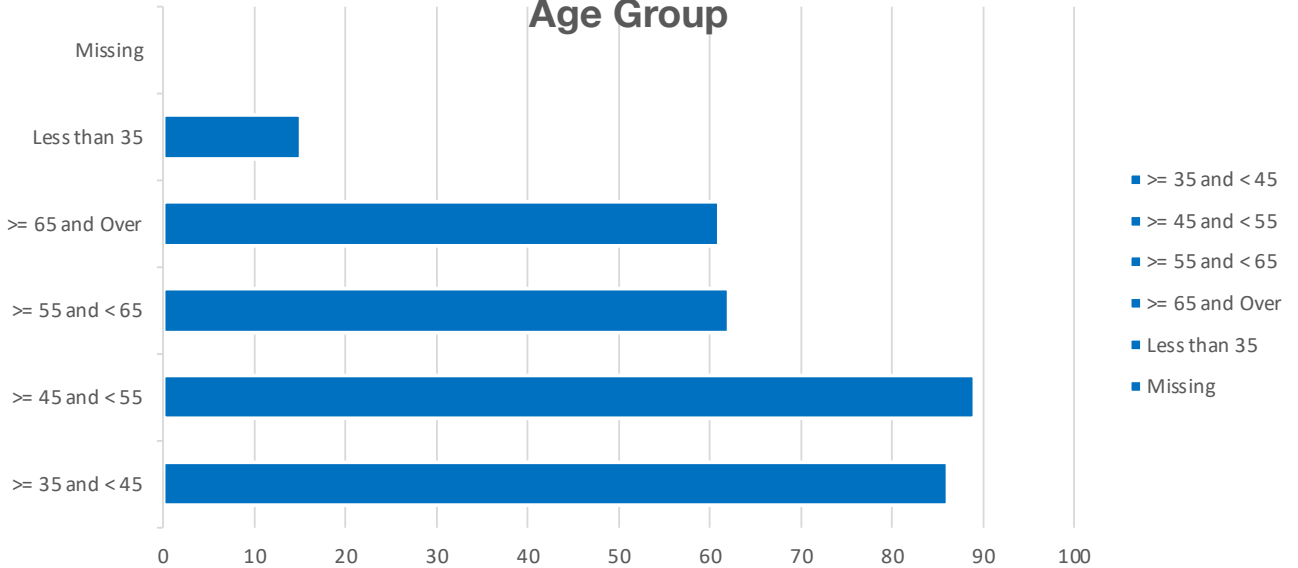
### Gender 365 Faculty Members



### Appointments

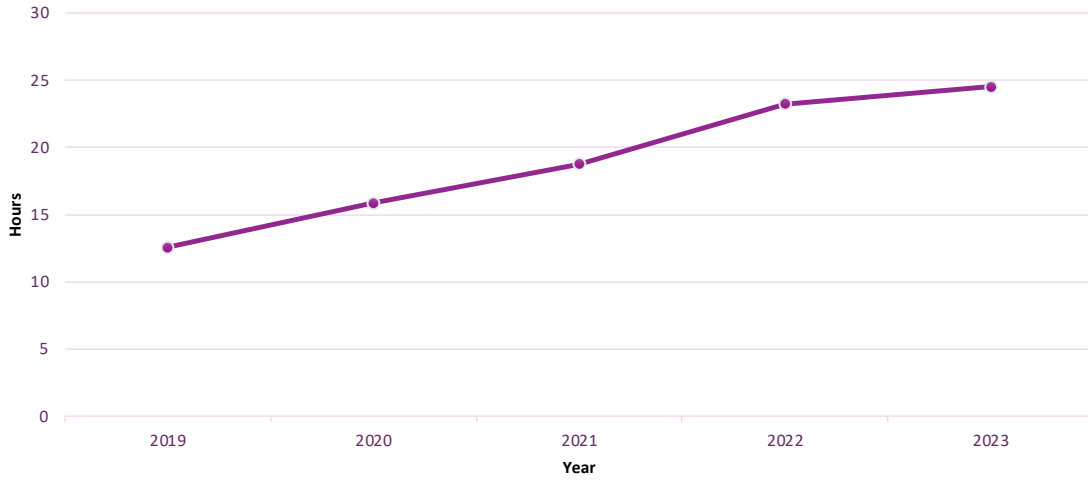


### Age Group

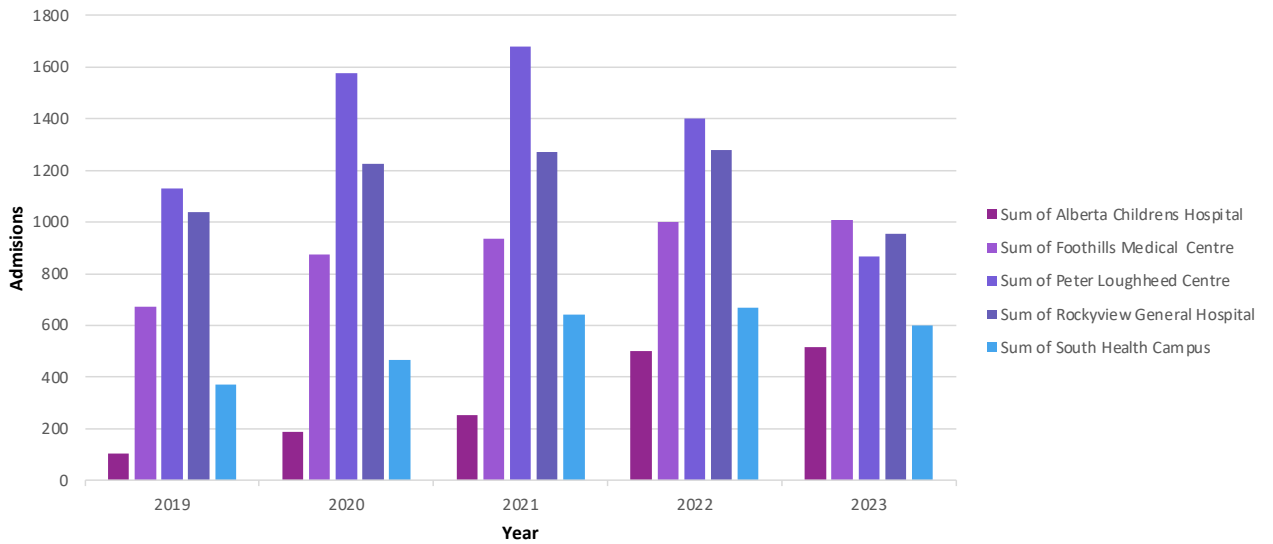


# Clinical Metrics

**Average Hours to Admit - All Emergency Departments Calgary Zone**



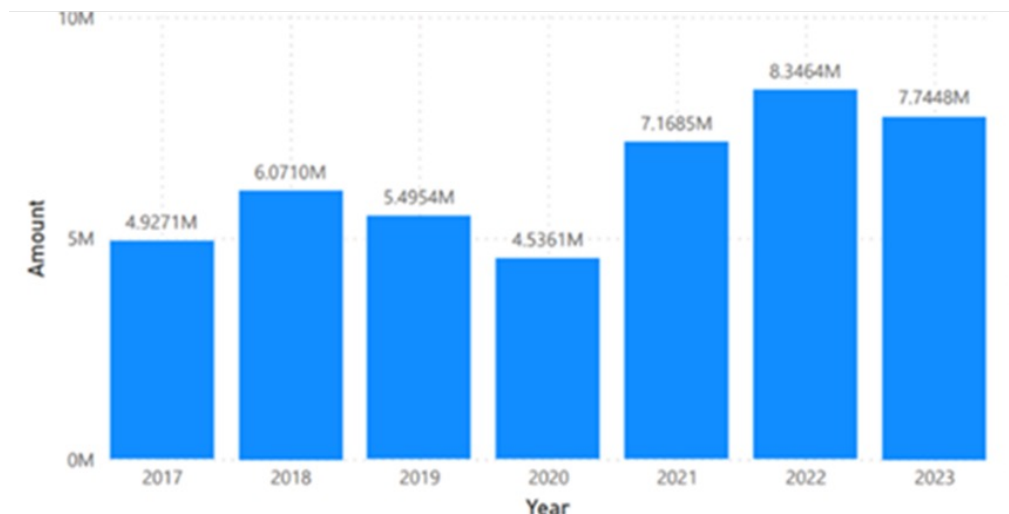
**Number of Inpatients Admitted through Emergency (All) by Admitting Physician Service**



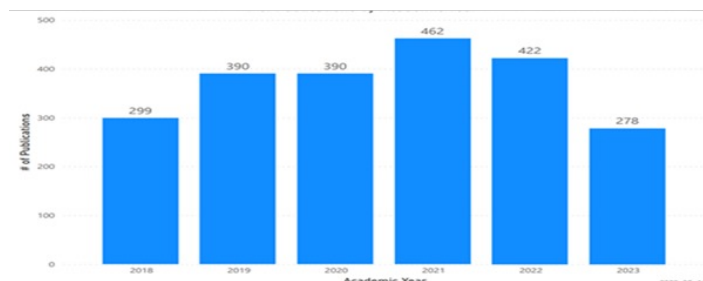


# Academic Metrics

## Research Funds Received 2017-2023



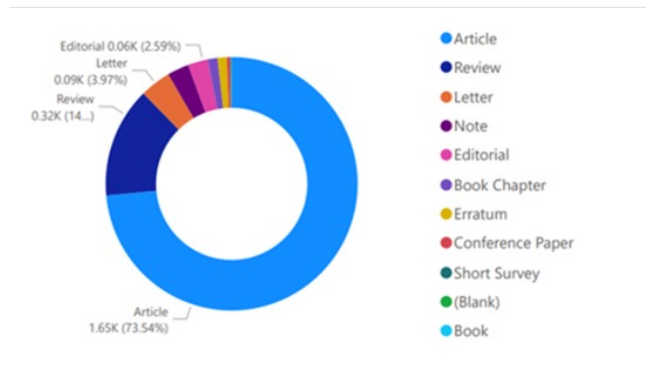
## Publications 2017-2023



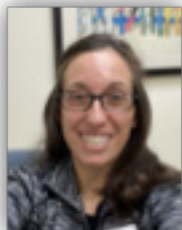
## 2023 Top Funding Sources

Sponsor	Amount
AB Health	1,884,165.72
CIHR	1,472,558.64
AB Children's Hospital Foundation	806,952.00
Hunter Family Foundation	300,000.00
Multiple Sources	282,832.10
Yale University	281,043.51
Calgary Health Foundation	258,010.00
Universite Laval / Centre Integre Universitaire De Sante Et De Services Sociaux (ciuss) De La Capitale-Nationale (cervo Brain Research Centre)	209,000.00
University of California	200,871.43
Canada Research Chairs	200,000.00
Mental Health Commission of Canada	193,333.00
NSERC	179,000.00
Regents of The University of California	155,023.12
Canadian Academy of Geriatric Psychiatry	150,000.00
Sunnybrook Research Institute	123,000.00
Grenfell Ministries	105,394.67
Unity Health Toronto	100,000.00
University Hospital Foundation	100,000.00
AB Medical Association	94,624.00
Johns Hopkins University	87,712.31
Alzheimer's Association	67,121.96
American Academy of Neurology Institute	58,658.50
Centre for Addiction and Mental Health	55,000.00
AB Health Services	50,000.00

## 2023 Publications by Type



# Psychiatry Recruitment



Dr. Lisa Ruiz  
Psychiatrist  
Child and  
Adolescent



Dr. Jamil Jivraj  
Psychiatrist  
Child and  
Adolescent



Dr. Ehsan Dorri  
Psychiatrist  
Geriatrics



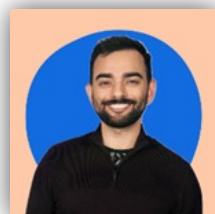
Dr. Dorothy Yu  
Psychiatrist  
Inpatients,  
RGH



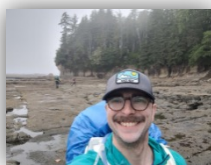
Dr. Tracy Allred  
Psychiatrist  
Outpatients,  
FMC



Dr. Harry Zhou  
Psychiatrist  
Geriatrics



Dr. Hamza  
Riaz  
Psychiatrist  
Short Stay  
Unit, PLC



Dr. Benjamin  
Roth  
Psychiatrist  
Inpatients,  
RGH



Dr. Joey  
Prisnie  
Child and  
Adolescent



Dr. Ian Stefanuk  
Psychiatrist  
Inpatient/  
Outpatient and  
Consult Liaison,  
SHC



Dr. Megan  
Howlett  
Psychiatrist  
Psychiatry and  
Neurology  
Outpatient  
Services, SHC



Dr. Justin  
Khunkhun  
Psychiatrist  
PLC



Dr. Sanjeev  
Billing  
Psychiatrist  
Short-Stay  
Unit, PLC



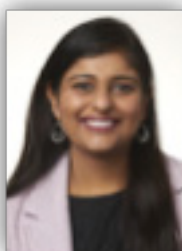
Dr. Peter Rodd  
Psychiatrist  
Forensics



Dr. Paige Durling  
Psychiatrist, RGH



Dr. Farid Bazaz  
Clinical Assistant  
ACH



Dr. Pallavi Kainth  
Clinical Assistant  
FMC and PLC



Dr. Anuja Ashok  
Clinical Assistant  
Regional Housing  
Program



Dr. Bemen Yassa  
Clinical Assistant  
FMC and SHC

# University of Calgary Promotions **Congratulations to all!**

## **Promotion to Professor**

Dr. Dallas Seitz

## **Promotion to Clinical Associate Professor**

Dr. Iliana Ortega

Dr. Nneka Orakwue-Ononye

## **Promotion to Clinical Assistant Professor**

Dr. Natalia Ng

Dr. Huntae Kim





# Awards

<b>Recipient</b>		<b>Award Details</b>
Addington	Dr. Jean	Highly Cited Researchers 2022 – 8th consecutive year
Addington	Dr. Donald	Canadian Psychiatric Association President's Commendation for Lifetime of Contributions to the Field of Psychiatry
Addington	Dr. Donald	Fellow of the Canadian Psychiatric Association (FCPA)
Bhaji	Dr. Anees	2023: Participant Subsidy, Canadian Centre on Substance Use and Addiction (CCSA)'s Issues of Substance 2023 (IOS 2023) conference
Bhaji	Dr. Anees	2022, 2023: Alberta Innovates Graduate Student Scholarship, University of Calgary
Bhaji	Dr. Anees	2022-2026: Canadian Institutes of Health Research, Doctoral Fellowship
Birnie	Kathryn	CIHR-IMHA Inclusive Research Excellence Prize
Birnie	Kathryn	2023 ISPP Early Career Award
Chintoh	Dr. Araba	Best Presentation, Centre for Addiction and Mental Health, Research Day
Chintoh	Dr. Araba	Underrepresented Minorities Mentorship Program, American College of Neuropsychopharmacology
Crockford	Dr. David	2023 Area of Focused Competence in Addiction Medicine - Diplomate of the Royal College of Physicians and Surgeons of Canada (DRCPSC)
Crockford	Dr. David	Crockford 2023 American Academy of Addiction Psychiatry Award for Residency Education
Crockford	Dr. David	2023 University of Calgary Cumming School of Medicine Postgraduate Clinical Education Award for Clinical, Adjunct and Research Faculty
Crockford	Dr. David	Distinguished Fellow, Canadian Psychiatric Association (DFCPA)
De Groot	Dr. Janet	Gold Star Award, Undergraduate Medical Education
Dimitropoulos	Gina	2023 College of New Scholars, Artists and Scientists, RSC
Fiest	Kirsten	2023 College of New Scholars, Artists and Scientists, RSC
Hodgins	David	2023 Royal Society of Canada Fellow
Zahinoor	Dr. Ismail	Geriatric Psychiatry Subspecialty Resident Teaching award for his contributions to geriatric psychiatry resident teaching and support of resident research projects in our field.
Zahinoor	Dr. Ismail	Outstanding Reviewer, CIHR
Lebel	Catherine	Stecie Prize, 2022
Lebel	Catherine	ASTech in Social Innovation Award, 2022
Letourneau	Nicole	2023 Royal Society of Canada Fellow
McGirr	Dr. Alexander	Early Career Psychiatrist Research Award 2022, CPA
McGirr	Dr. Alexander	Young Investigator Award 2022, Canadian College of Neuropsychopharmacology
Nicholar	Dr. David	Fellow of the Canadian Academy of Health Sciences
Noel	Dr. Melanie	2022 College of New Scholars, Artists and Scientists, RSC
Ortega	Dr. Iliana	Excellence in Clinical Teaching Award by PGME University of Calgary
Perri	Andrea	Queens Platinum Jubilee Award
Pringsheim	Dr. Tamara	Highly Cited Researchers 2022 – 1st time
Raedler	Dr. Thomas	Psychiatrist of the Year', Residents, Department of Psychiatry
Raedler	Dr. Thomas	Gold Star Award, Class of 2022
Rahman	Dr. Abdul	Queens Platinum Jubilee Award
Raiche	Dr. Joe	Bronze Teaching Award, Cumming School of Medicine
Tanguay	Dr. Robert	Queen Elizabeth II's Platinum Jubilee Medal Recipient
Tanguay	Dr. Robert	Early-Career Leadership in Medical Education/CPD
Tom	Dr. Karl	Queens Platinum Jubilee Award
Trew	Dr. Michael	Queens Platinum Jubilee Award
Wilkes	Dr. Chris	2022 AMA Medal for Distinguished Service

# Quality Assurance

## Dr. Lisa Gagnon

Director, Quality Assurance

### Overview 2023

After 8 years, I will be retiring from this position. It has transformed my practice in the best ways. I had excellent collaborators, especially my dyad partner and Clinical Safety Leader, Kim Conlon.

In 2023 we said goodbye to Dr. Cristin Fitzgerald, after 4 years of service. Many thanks to her. We have 4 new QAR Leads: Dr. Eric Fung is a general adult psychiatrist whose broad experience includes inpatient, emergency, day hospital and assertive community treatment. Dr. Zahra Mohammed is a perinatal mental health psychiatrist, with many administrative and committee roles within and outside of the AHS. Dr. Tyler Pirlot is a Child and Adolescent Psychiatrist who works in many settings at Alberta Children's Hospital. His Quality Improvement work includes local and national levels. Our most recent hire, Dr. Manrit Takhar, has been an inpatient psychiatrist and CMD for that service for many years. She has served on many levels of leadership within AMA, APA, and other organizations. I am grateful they have dedicated time to focus on patient safety!

Due to the large number of adverse events this team had been reviewing (98 in 2022 and 131 in 2021), 2023 marked the start of a new approach. Other than suicides, all other adverse events will be initially reviewed by the operational and medical leads of the service to determine if there are system issues. The QAR Team could be activated by them, as needed. Suicides still are reviewed by the QAR Team and at the local service level. This aligns us more closely with the rest of the safety world and will allow thorough reviews.



Ongoing work with the Chairs of the Alberta Mental Health Review Panels, AHS Legal and provincial Addictions and Mental Health, was based on legislated changes to the Alberta Mental Health Act and adverse events. We were pleased that the Chairs provided some guidance via Grand Rounds, as well as we had many clarifying communications which was shared broadly.

Medical care of admitted mental health patient is a top 12 hazard in the Calgary Zone. The Medical Care on Inpatient Leadership Committee has a devoted team, including project manager Michael McComb, co-chairs Andrea Perri, Peter Czepuryk, and writer. Like most safety issues, it is a complex problem with each piece impacting all others. See diagram on foundational work. The Admission Criteria Working Group are compiling the beginnings of AMH Admission Criteria. Other areas of work include Connect Care Enhancements and Code Blue current training status. The Psychiatry Primary Care (PPC) Working Group has met to discuss current challenges within the PPC model.

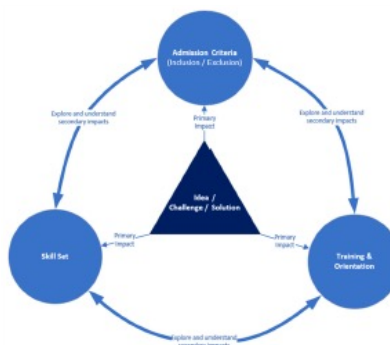
The QA Lead oversees psychiatrists related complaints to Patient Relations. At the invitation of the provincial Patient Relations group, writer presented an approach to Trauma Informed Complaint Resolution.

**Highlights**

- 4 new QAR Leads have been hired and trained, including Trauma Informed Leadership.
- QAR's completed in 2023 – 12 involving 68 unexpected patient deaths.
- Recommendations made - 14.
- As of October 2023 - Total recommendations in progress – 27.
- We have (after many years) finally clarified the pathway to access urgent medical support for adolescent patients at adult sites.
- Southern Forensic Psychiatric Assessment Services is in the process of adopting the PPC model.
- Eating Disorder unit at FMC has adopted the model and hired PPC.

**Challenges**

It was noted that team members are struggling with competing priorities, so QA work is often delayed. We plan to discuss within our leadership group to mitigate this. QA initially was set up to investigate adverse outcomes, oversee patient complaints and included perinatal mental health service development. Since then, multiple QAR related recommendations and QI projects fell to QA Lead.



**Research and Education**

CMPA Good Practices is an annual Psychiatry PGY1 seminar.

**Future Plans**

Calgary Zone AMH Connect Care Steering Committee, Dr. Mohamed, and writer are creating a flag and order set for postpartum psychosis. This is a high-risk for infanticide and suicide.

An additional flag to alert urgent care clinicians when a patient is escalating in their presentations to ER, is in the works, based on multiple adverse events.

We hope to retain funding for a leader within A&MH to support the Medical Care on Inpatient Leadership Committee and the next steps. This would include above, as well as Transfer of Care Between Inpatients Units to A&MH, Medical Clearance from ER and Transfer to Internal Medicine or Hospitalist Services.

In collaboration with Dr. Eric Chan, publications using the suicide database our team has collected over decades is in progress. We anticipate a geriatric related article soon.



# Child and Adolescent Program

## Dr. Abdul Rahman

Section Chief Child & Adolescent Outpatient & Specialized 'Services Department of Psychiatry, Calgary Zone

Section Chief Child and Adolescent Inpatient, Eating Disorders and Day Services Department of Psychiatry, Calgary Zone

Site Chief Psychiatry, Alberta Children's Hospital



### Overview of 2023

Child and Adolescent Psychiatry has been seen some exponential growth and development in 2022-2023.

Many thanks to the department leadership of Dr. Val Taylor and Janet Chafe and a very capable and supportive leadership of Section's dyad partners Andrea Perri and Avril Deegan. 2023 was also special because of 43 Annual Canadian Academy of Child and Adolescent Psychiatry meeting was held in Calgary with 265 in person attendees arriving from all over the globe and 75 attending virtually.

### New Team Members:

Welcome to Joey Prisnie and Jamil Jivraj to the section of Child and Adolescent Psychiatry. Dr. Joey Prisnie completed his general psychiatry and child and adolescent psychiatry training in Calgary. He is excited to be joining the FMC team working on Unit 26 and the Early Psychosis Intervention Program. Dr. Jamil Jivraj, has returned to Calgary after his Child and Adolescent Psychiatry training in Toronto. He is currently working at Community Psychiatric Unit and Alberta Children's Hospital Eating Disorder Unit.

### Grants:

McLennan JD (PI), Co-I: Afifi T, MacMillan H, Wilson W, de Wannemaeker P, Mosquea M. Improving the measurement of child exposure to parent disciplinary behaviour in low- and middle-income countries.

Funder: SSHRC Insight Development Grant (2023) \$75,000 (Canadian) (Sept 1, 2023-Aug 31, 2025).

### Research and Education Report:

Implementation of Measurement Based Care at The Summit has been the first step as we plan to roll it across all inpatient and outpatient services. Measurement based care (MBC) is a patient-centered care process where clinicians routinely collect patient-reported outcomes. It has been well established that the implementation of MBC improves clinical outcomes and satisfaction by enhancing patient engagement through patient-provider collaboration.

The aim of the Mental Health Research Program is to develop and carry out an evaluation framework on MBC. Using various methods like focus group feedback and discussion sessions with

managers, clinical and administration staff, to anonymous surveys with staff, youth and their caregivers. This continuous engagement and open communication with stakeholders is vital to the adoption and integration of MBC.

As of October 2023, thousands of individuals and families have walked through The Summit doors. Walk-In has had approximately 301 youth and their caregivers complete MBC surveys, Day Hospital has had about 134, while ICTS has had around 654. As expected, the numbers continue to rise as awareness of The Summit grows and we proceed to adapt our learnings from the Mental Health Research Program to help shape the care required by those in need.

There have been numerous publications under C&A Psychiatry's belt. Dr. Paul Arnold (14) Dr. McLennan (3) have authored most. Other contributors are Dr. Iliana Ortega, Dr. Abdul Rahman and Dr. Nneka Orakwue-Ononye.

### Operational achievements and updates.

- ACH Psychiatric Emergency Service (PES) has transitioned from a consultative model to implementing an enhanced care model. In this model, children and adolescents who arrive at ACH Emergency Department (ED) with primary mental health concerns receive support 24/7 from a dedicated mental health team. The nursing staff within PES have the added responsibility of providing daily care for patients in D-Pod, which is comprised of four specialized mental health beds located within ACH ED. Furthermore, PES staff offer mental health consultations to patients throughout the broader ACH ED.
- The Summit: Marian and Jim Sinneave Centre for Youth Resilience Opened March 13, 2023
- 945 clients have been seen in the Walk-in Clinic, 461 follow up appointments have been scheduled (Psychiatry, Social Work, Peer Support, Spiritual Care, etc.), for a total of 1406 sessions. 39 clients (2.7%) have been sent to hospital.
- 52 clients and families have been through the Intensive Community Treatment Services (ICTS) program so far, the average length of time in ICTS is 47 days. The multidisciplinary team has supported clients and families through individual, family and group therapy, psychological and OT assessments, Art and Music Therapy, Dietician and Spiritual Care supports, and more.
- Since opening the Ptarmigan Day Hospital has welcomed 90 clients. The multidisciplinary team offers group and individual therapy, specialized services such as Art and Music Therapy, Spiritual Care practitioners and a partnership with the CBE to provide continued learning for clients to support a successful transition back into their community & school.
- The Addiction Center amalgamated with Youth Substance Use and Mental Health Services (YSUMHS). Family Counselling services has added two Family Counsellors and gained two psychiatrists and a family physician with an addiction specialty.
- The Community Outreach Team introduced a Recreation Therapy service for outpatient clients and added a Nurse practitioner to the team. Groups have been expanded to include a DBT Skill group for youth, and a Collaborative Problem-Solving group for parents. Innowell (eMental Health) has also been introduced into the service delivery. A Unified Protocol group to parents has been added in collaboration with Gina Dimitropolis. Counsellor supports are ongoing at three Calgary High Schools, and Youth Probation
- The Mental Health Literacy Project has been developing the Elementary Mental Health Literacy Resource (EMHLR) based on feedback collected from over 60 classrooms who field-tested the resource. Revisions and additions included curricular alignments for the new Alberta Education health and wellness curriculum for grades 4, 5, & 6.
- Mental Health Online Resources for Educators (MORE) published the 4-part Teaching Sexuality course, the Climate Anxiety in the Classroom course, and the Using the School-Based Suicidal Ideation Protocol in Virtual Settings 4-part course.
- CanREACH exceeded their targets having trained a total of 702 primary care providers to date (200 in the past fiscal year) equating to over 160,000 Alberta youth gaining access to improved mental health care in their medical home.



- The Connection in the Community Pathway pilot project was developed for clients in the community accessing Mental Health services primarily through EDs. This pathway, run by the Acute@Home team, supports clients and families experiencing significant adversity and trauma. The pilot has received overwhelmingly positive feedback, with 86% of respondents indicating that the case conference model was helpful.
- This summer the Youth Community Support Team (YCSP) and the Multi-Agency School Support Team (MASST) trialed a hands-on resilience scale model, an experiential way to show the resilience scale (developed by Centre on the Developing Child at Harvard and Palix Foundation) in action. The model demonstrates how the client's red boxes (challenges/traumas/adversities) and green boxes (enhancing, supportive relationships, supportive activities, and supportive environments) change the position of the balance beam on the fulcrum and how working on their skills and abilities can lead to a major shift in the fulcrum decreasing the impact of the red boxes.
- The Facing Your Fears group treatment program has been very successful, training several clinicians to facilitate the group in partnership with the Enhance Lab.
- Funding has been received to increase eating disorder inpatient capacity from 6 beds on FMC Unit 32, to a dedicated 10 bed inpatient unit at FMC, tentatively scheduled to open 6 - 12months after the Calgary Cancer Centre opens.
- Edgewood Health Network in collaboration with Calgary Eating Disorders Program (CEDP) will operate a 12-bed treatment facility for eating disorder patients, ages 12-24. The treatment home is in the community of Bridgeland and is expected to open late fall 2023.
- Early Childhood and Peri-natal (ECAP) is piloting an evening session for families with certain therapists. These groups have been well utilized, allowing for regular engagement with those parents that are not able to attend sessions in the daytime.
- The Community Clinics are currently trialing the move to having the Initial Group Session also available by a recorded link. This supports both parents' schedules and clinician's time. Results will be evaluated in Jan 2024.
- With Phase II and potential Phase III grant funding, the Emerging Adult Initiative (EAI) will work to operationalize 7 innovative solutions including an "About Me" fact sheet that will help emerging adults (EA) curate their own story to communicate with care providers and upgraded tech connections and solutions. Clinically, we are developing an EA focused model of care, testing it at two sites, one in CAAMHPP and one in the adult portfolio, and developing a measurement-based care model to imbed the patient voice in care decisions and goals.
- Over the next year, the Mental Health Collaborative (MHC) is working to develop or revise program planning documents to ensure a meaningful and evidence-based approach is taken across all programs in addition to aligning measurement and reporting to succinctly present the impact the upstream approach of the MCH is achieving.
- The Adult Gender Clinic has two new physicians, each doing one day a week, to provide transmedical care, which includes top surgery assessments, post-surgical support, and hormone starts.
- The CAAMHPP NDD/ASD Advisory Committee in partnership with the Owerko Centre's Enhance Lab, is exploring a collaboration with the ACH Family and Community Resource Center (FCRC) Family to Family Connection Peer Support Program to expand to include connections for caregivers of neurodivergent children who are experiencing mental health issues



# THE SUMMIT: Marian & Jim Sinneave Centre for Youth Resilience

## Dr. Jason Taggart

Clinical Medical Director

On March 13, 2023, Calgary opened its doors to the first community health centre designed exclusively for child and youth mental health. Since that time, hundreds of youth and families have benefited from the services provided. Funding for this centre was provided by the generosity of community donors via the Build Them Up campaign through the Alberta Children's Hospital Foundation. The goal of the centre was to help mitigate gaps in mental health care for youth and reduce burden on emergency services.

The following services are provided at The Summit:

### Owerko Family Walk-In Services

Youth are seen on a first come, first served basis - requiring no community referral. The walk-in therapy session may include just the child or adolescent, but in most cases the preferred option will be to have the whole family be a part of the session. Patients and their families receive: one hour counselling session, access to a one-time psychiatric consultation as needed and based on availability, discharge recommendations and additional referrals where necessary.

### Ptarmigan Day Hospital

This is a "step down" program for children and teens who are within AHS mental health inpatient services. On average, young people are engaged with the program



for two weeks as they make the transition from hospital back to home, school, and community life. This is often a tenuous time, and many patients end up returning to Emergency and readmitted to hospital. This program is effectively interrupting that cycle and helping kids stay out of hospital wherever possible. When appropriate, if a child had been in hospital within the last month, the team has been recommending a direct referral to Ptarmigan Day Hospital to divert them from a readmittance to the hospital and this has proven to be extremely effective.

### Tallman Family Services - Intensive Community Treatment

This program is designed as a "step up" from current community care. Youth referred to this program receive scheduled intensive individual, family, and group therapy provided for 1-4 hours daily for a period of approximately 4 weeks. Services include Psychological, Ed-psych, and Occupational Therapy (OT) testing, individual and family therapy, occupational therapy, psychiatric consultation as needed and patient, parent and multi-family clinical groups.



# 43rd Annual Canadian Academy of Child & Adolescent Psychiatry Conference

## Dr. Iliana Ortega

Division Lead  
Child & Adolescent Psychiatry



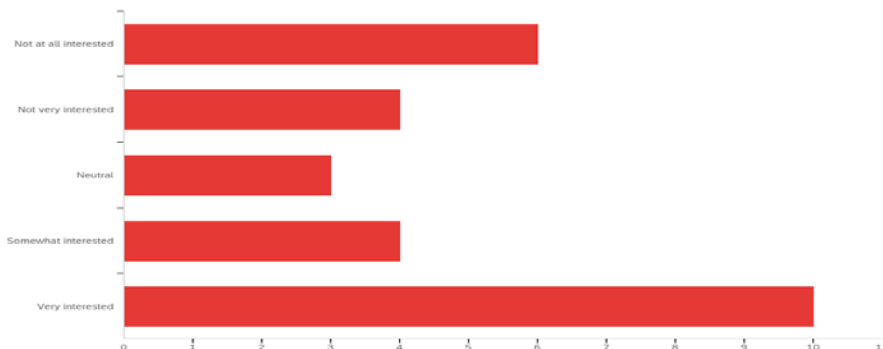
### Highlights

September 9 to 12, 2023 Calgary was the host for the 43rd Annual Canadian Academy of Child and Adolescent Psychiatry Conference. The meeting was held at The Westin in downtown Calgary. The event was a success with 265 in person attendees (Local, National, and International) in addition to roughly 75 people who joined us virtually.

### QI Project

A survey was conducted as part of a QI project to better understand participants current involvement or desire to participate in research and other academic activities including teaching within the Child and Adolescent Psychiatrist with the Division.

The survey was well received, and we obtained answers from 29 participants. The findings suggest a high level of interest to be involved in research and teaching.



### Research and Education

Implementing Measurement Based Care at The Summit has been the first step as we plan to roll it across all inpatient and outpatient services.

Measurement based care (MBC) is a patient-centered care process where clinicians routinely collect patient-reported outcomes. It has been well established that the implementation of MBC improves clinical outcomes and satisfaction by enhancing patient engagement through patient-provider collaboration.

The aim of the Mental Health Research Program is to develop and carry out an evaluation framework on MBC. Using various methods like focus group feedback and discussion sessions with managers, clinical and administration staff, to anonymous surveys with staff, youth and their caregivers. This continuous engagement and open communication with stakeholders is vital to the adoption and integration of MBC.

As of October 2023, thousands of individuals and families have walked through The Summit doors. Walk-In has had approximately 301 youth and their caregivers complete MBC surveys, Day Hospital has had about 134, while ICTS has had around 654. As expected, the numbers continue to rise as awareness of The Summit grows and we proceed to adapt our learnings from the Mental Health Research Program to help shape the care required by those in need.

## Grants

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# Emergency Mental Health Services

## Dr. Michael Stubbs

Clinical Medical Director

### Overview of 2023

With every year comes even more change. We continue to see a high volume of mental health needs throughout the school year and continue to try and grow/adapt/evolve services to meet the growing demand.

#### Highlights

- We have now recruited 5 full-time daytime ACH ED psychiatrists who work one day each, Monday through Friday in addition to some cross-coverage.
- Our call roster continues to expand.
- We have a new manager, Karen McKenzie who has hit the ground running!
- We have implemented multiple additions to our care team including a 24-7 PES nursing model and the introduction of clinical assistants.

### Challenges

Increased volume and complexity of patients. Adapting to ever changing models of care – now utilizing PES nurses in pod, CA's, medical students, residents, extenders. On-call responsibilities continue to be a challenge at times, many uncovered nights.

### Research and Education

Ongoing research within ED regarding pathways of care. Will be doing round for the ED group in November.



### Publications

Various joint publications with Dr. S. Freedman and Amanda Newton regarding ED mental health “bundle” or pathway.

### Future Plans

Continue to evolve, adapt, and change to meet ever growing demands. Increased linkages with Summit Centre.

# Richmond Road Diagnostic and Treatment Centre

## Dr. Shola Oyetola

Clinical Medical Director

### Overview of 2023

The different teams in the specialist programs became more familiar with the use of the new EMR -Connect care, with limited interference with the routine patient care.

### Highlights

Specialized Services Clinics at the Richmond Road Diagnostic and Treatment center continue to grow and adapt:

The Mood Anxiety and Psychosis Service (MAPS) is uniting and harmonizing with the ACH OCD team to create one unified OCD clinic at RRDTTC. September 2023 the team will move to physical space at RRDTTC. Dr. Paul Arnold and Dr. Iliana Ortega are the attending Psychiatrists. The Psychosis stream of MAPS will become a stand-alone Service to be renamed and rebranded. The Psychosis Service will also be offering Phlebotomy and bloodwork support to patients who require frequent sampling for Clozapine monitoring. Dr. Jason Taggart is the attending Psychiatrist.

Neuropsychiatry Service (NPS) continues to meet the needs of complex cases presenting with co-occurring Neurological and Mental Health concerns. NPS works with Neurodevelopmental Disorders (NDD) navigators on many cases to coordinate care across Mental Health and Medical Health systems and works with FSCD/ Children's Services and Education partners to advocate for and design coordinated care plans for children and families involved in multiple care systems. Dr. Abdul Rahman is the attending Psychiatrist.

The Complex ADHD Treatment Team (CATT) has been adapting to meet the needs of this growing referral population: The team ran Facing your Fears for co-occurring anxiety and ADHD with Dr. Carly McMorris'



research group. The clinic continues to meet the needs of complex neurodevelopmental patients and their families. CATT works with Neurodevelopmental Disorders (NDD) navigators on many cases to coordinate care across Mental Health and Medical Health systems and to work with FSCD /Children's Services and Education to meet the multi-system needs of this population. The team provides consultation, assessment, and treatment. Dr. Abdul Rahman and Dr. Dina Munim are the attending Psychiatrists.

Community Assessment and Consultation Service (CACS) – Just recently fully staffed again with Psychology and SLP. Provides discipline consultation and assessment to CAAMHPP Community Portfolio to support therapy.

Emerging Adult Treatment Clinic (EATC)– through a combination of budget and grant funding, EATC is adapting to provide timely access to service for Emerging Adults through Walk-in (in partnership with SUMMIT and on September 12 transitioning to RRDTTC), offering single session in-person and virtual session, Brief Therapy, groups, and skills workshops. Developing model of care in partnership with Dr. Melissa Soares (Project Manager) and Framework for Research with Emerging Adults (FREA) research partnership with Dr. Paul Arnold and Matheson Center. Dr. Michael Stubbs, Dr. Qasim Hirani, Dr. Greg Montgomery and Dr. Ursula Hines providing consulting Psychiatry support.

## Challenges

- Waitlists, demand for service are concern across the clinics – timely access to care.
- Staffing and filling posted positions for clinicians with requisite experience and acumen.
- Space for delivering Group and team assessment and intervention.
- Balancing virtual and in-person care for a catchment area that can encompass Southern Alberta for some clinical areas.

## Research and Publications

A protocol for using a rapid learning health system to implement stratified care within emerging adult mental health services” by Gina Dimitropoulos, David Lindenbach, Melissa Potestio, Tom Mogan, Amanda Richardson, Alida Anderson, Madison Heintz, Karen Moskovic, Jason Gondziola, Jess Bradley, Haley La Monica, Frank Iorfino, Ian Hickie, Scott Patten, Paul Arnold

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# South Health Campus Unit 56

## Dr. Nneka Orakwue–Ononye

Clinical Medical Director

### Overview of 2023

It has been an exciting year in Unit 56A with definite highlights and challenges. The team, however, remains collegial and resilient while navigating the bumps along the road and, at the same time, celebrating the successes as delivering excellent patient care remains our mandate.

### Highlights

Our Unit Manager, Michelle Houle, went on maternity leave and has since announced the birth of a bouncing baby girl. While we all miss Michelle, we wish her the best with their new bundle of joy. Hearty congratulations, Michelle!

We have also had the privilege of having an interim manager, Courtney Johnson, who has been an invaluable addition to the team. Courtney hit the ground running and has remained very hands-on and supportive of staff, patients, and their families. Thank you so much, Courtney!

Also, we would like to especially thank our Psychiatry Primary Care Team (PPC), who have been an immense support in dealing with medical issues affecting our patients.

The team continues to advocate and collaborate with our community partners to ensure adequate continuity of care and support for our families in the community.

### Challenges

The team has seen significant staff turnover, especially amongst the nursing staff and family counselors in the outpatient wing. This has created unprecedented staff shortages in both the inpatient unit and outpatient



programs, affecting admissions into the inpatient unit. Like other acute inpatient facilities, the unit has seen a significant increase in acuity with admitted patients. The acuity level equally reflects the struggles with many families in the community, leading to occasional challenges with discharge.

There have also been many renovations in the unit, leading to bed closure and contributing to possible backlog in the ERs.

### Future Plans

The management team continues to work collaboratively with colleagues while having an ear for feedback and innovations within the team.



# Community & Rural North

## Dr. Izu Nwachuckwu

Section Chief Community & Rural North



### Overview of 2023

During this past year, we are pleased to have successfully navigated the lingering tail of Covid-19 and much of the suffering related to the pandemic. We have also successfully emerged from the growing pains of embedding Connectcare into our work systems and processes. As a team, we have risen from these challenges with not only a great deal of resilience, perseverance, and tenacity, but also better equipped with newfound determination, humility, and discipline to deliver quality patient care, towards better mental health for all in our community, while also prioritizing the safety and wellness of our staff.

### Highlights

Our community portfolio continues to witness tremendous expansion and growth. During the year under review, we have successfully commissioned two new mental health supported housing programs:

1. Templemont Gardens is a 70-bed Designated Supported Living (SL4) facility that opened in November 2022 to provide continuing care services for patients challenged with comorbid mental health, substance use, and behavioral disorders who are unable to access traditional housing options.
2. Complex Mental Health Rehabilitation Program (Skypointe II) is a 32-bed AHS facility run by AHS in collaboration with AgeCare for patients with complex needs requiring intensive rehabilitation and support in a 24/7 care setting.

The Police and Crisis Team (PACT) program has also been significantly expanded to meet the growing needs in crisis assessments and supports for persons with mental health and addiction challenges who would otherwise be held up in the justice system.

### Challenges

We continue to experience unrelenting capacity pressures at our emergency departments and acute units, with the downstream effect that our community programs are having to accept and manage patients with higher acuity than these programs were designed or resourced to support. The harsh economic realities of these times are also disproportionately impacting low-income people, with mental health-related poverty and deprivation now at an unprecedented peak, especially in regard to trauma, homelessness and precarious housing.

### Future Plans

As we prioritize primary prevention, early recognition, and crisis intervention, we will continue to collaborate with our primary care and allied community partners on innovative ways to ensure timely and equitable access to quality care. For example, models such as the Access 24/7 program in Edmonton and the Rapid Assessment and Stabilization Program (RASP) in Halifax are currently being explored for suitability and implementation here in Calgary Zone.

### Appreciation

I will close these remarks by appreciating the great work of our staff, whose sacrifices on the frontlines have been indispensable in saving lives, supporting wellness, and building resilience in our community during these challenging times that we are in. On behalf of our patients and the entire community, I say THANK YOU!

# Community, Rural South Addictions & Claresholm

## Dr. Tim Ayas

Section Chief Community & Rural & Addictions South



### Overview of 2023

This has been an increasingly busy year with the adoption of all addiction programs in Calgary under our clinical leadership in psychiatry. Hence this portfolio now includes the addition of ARCH (PLC inpatient addiction consultation program), Safeworks, and the Supervised Consumption Site at the Sheldon Chumir. This is in addition to the existing programs including the Claresholm Centre for Mental Health and Addictions, Lander Treatment Centre, Youth Addiction Services, Adult Addiction Services, Rapid Access Addiction Medication, Opioid Dependency Program, Renfrew Detoxification, Addiction Network (SHC, RGH, FMC), and the Foothills Addiction Centre.

Dr. Kevin McLeod, Dr. Tashi Kinjo, Dr. Qasim Hirani, Dr. Jenny Mew, and I have been providing all psychiatric care for rural communities south of Calgary.

Dr. Monty Ghosh and I continue to serve on the board for Addictions for the Alberta Medical Association. Provincial issues debated are safe supply, the narcotic transition service, and the proposed involuntary treatment protocols.

### Highlights

The Claresholm Centre has been much busier over the past year with increased referrals. Dr. Hugh Colohan retired after many years of excellent service, and Dr. Tom Stark moved on to practice in Calgary. We have however been extremely fortunate to recruit Dr. Paul Reinhardt and Dr. Nathan Finkbeiner.

Dr. Yin Lawson has been promoted to the position of Clinical Medical Director of the Foothills Addiction Centre. Thank you to Dr. Stephen Amadala for his solid leadership prior.

Dr. Fernando Mulet has been promoted as an internal physician lead position in conjunction with Dr. Monty Ghosh and Dr. Robert Tanguay at the Rapid Access Addiction Medicine program.

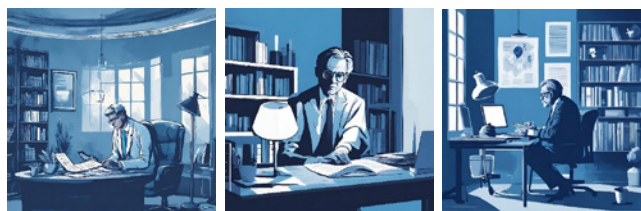
Dr. Monty Ghosh has been promoted to the new position of Clinical Medical Director of the Addiction Network.

Dr. Alvis Yu and Dr. Sarah Elliott have agreed to split the position of Clinical Medical Director of the Opioid Dependency Program. Thank you to Dr. Ronald Lim for providing years of excellent leadership at this position prior.

Dr. Shahab Fajar has been a welcome addition to the hospitalist staff at the Claresholm Centre for Mental Health and Addiction.

### Challenges

We are still adapting to the changes imposed by the provincial Narcotic Transition Service, especially at the Opioid Dependency Program.



## Future Plans

We are actively recruiting for psychiatric assistance to support the Addiction Network at the Foothills Medical Centre. Please contact me if you have interest in this position. Involuntary treatment for patients with addiction may be proposed by our government in the near future. We will need to recalibrate existing resources to accommodate this.

Plans to reorganize the clinical leadership for mental health services for all the rural communities in the Calgary zone under a central umbrella. Hopeful to consolidate multiple addiction services at one primary site in the future.

Renfrew Detoxification expansion is being proposed. Dr. Monty Ghosh is working on a project entailing methamphetamine toxicity management.

## Research and Education

Dr. Tim Ayas presented at the lunch symposium at the Canadian Psychiatric Symposium on the bi-directional influence of addictions and sleep.

Dr. Ronald Lim Canadian Society of Addiction Medicine 2023 Scientific Conference The predictive value of craving in treatment switching and retention under buprenorphine/naloxone or methadone models of care for prescription-type opioid use disorder.

Dr. Ronald Lim Canadian Society of Addiction Medicine 2023 Scientific Conference Microdosing in the Optima study: Comparing methadone, buprenorphine, and micro dosing of buprenorphine on study dropout and self-reported drug use.

Crockford D. Substance Use & Psychotic Disorders: Diagnosis & Management. Western University Psychiatry Grand Rounds, London, ON Oct 12, 2023

Crockford D. Teaching & Feedback by Design. University of Calgary Department of Psychiatry PGME Retreat, Calgary, AB September 8, 2023

Crockford D. Substance Use & Psychotic Disorders: Diagnosis & Management. University of Calgary, Department of Psychiatry Continuing Professional Development Telehealth Rounds, Calgary, AB Sept 19, 2023

## Publications

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- Evan Wood, Jessica Bright, Katrina Hsu, Nirupa Goel, Josey W.G. Ross, Averill Hanson, Rand Teed, Ginette Poulin, Bryany Denning, Kim Corace, Corrina Chase, Katelyn Halpape, Ronald Lim, Tim Kealey and Jürgen Rehm; for the Canadian Alcohol Use Disorder Guideline Committee Canadian guideline for the clinical management of high-risk drinking and alcohol use disorder. *CMAJ* October 16, 2023 195 (40)
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## Geriatrics

# Dr. Joshua Benjamin

Section Chief Geriatrics

### Overview of 2023

The Geriatric Mental Health Service provides seniors experiencing late-life mental disorders with integrated and interdisciplinary services that are patient-focused, flexible, and proactive.

Geriatric psychiatrists provide consultation-liaison support to medical-surgical wards at adult acute-care hospitals across Calgary, subacute facilities, long-term care & assisted living facilities, Primary Care Networks and Seniors' Health programs. Community based mental health teams are available to assist seniors with substance abuse issues, chronic illnesses (including those on Community Treatment Orders) and mood disorders. Outreach support is available for frail elderly who reside independently in the community.

The Geriatric Mental Health Outreach Team at RGH, comprising two full-time nurses and one full-time social worker, provides prompt follow-up and caregiver support to inpatients on psychiatry units and medical-surgical wards, speeding up patient discharge and reducing relapse and readmission to hospital.

To accommodate changing demographics, our Community Outreach Service and Acute Inpatient Unit services patients aged 70 and above (and those aged 65 to 69 with frailty). However, we continue to accept 65 to 69 as required to ease hospital bed capacity pressures.

### Highlights

The Geriatric Residency Program has successfully graduated its second Resident in July and we are pleased to welcome Dr. Harry Zhou as a staff member to our division. Unfortunately, we do not currently have a resident enrolled in the current year of the program. However, interviews have been conducted, from a very promising slate of candidates, to fill the

upcoming fellowship position for the 2024/2025 year. It appears that several specialty programs across the country are struggling with recruitment for these positions. However, fellowship program's successful full accreditation following a review of the program by the Royal College of Physicians and Surgeons and their very positive feedback will hopefully contribute to the attraction here for future residents. We look forward to continued growth within this program and our division.

Community physicians are being supported via the Specialist Link Service and new services including the MINT program (to assist PCNs with management of dementia patients). A new specialized complex dementia care (CDC) unit has also opened at Chinook Care Centre and adds to existing CDC beds at Bethany Riverview.

### Facilities and Services

Unit 48 at Rockyview General Hospital (RGH) is a multidisciplinary, 22 bed unit that is typically full to capacity. It is the only designated acute-care geriatric psychiatry unit in southern Alberta. The unit has a new manager in the last year and with stability of the manager we are looking at ways to enhance our staff education and skillset. Unit 48's gardening program continues to flourish and garner positive attention.

The Geriatric Mental Health Rehabilitation and Recovery Unit at Carewest Glenmore Park, a 20-bed sub-acute inpatient geriatric psychiatry unit, is a unique shared-care unit that focuses on group therapy and helps clients who do not require acute care or involuntary admission.

### Challenges

This year we faced the retirement of a key member of our division, Dr. Marlene Smart and will miss her historical perspective and wisdom, coupled with the extensive service she provided to our patients. Thankfully, with Dr. Zhou's completion of his Geriatric residency, he has been able to step into a full-time clinical role to support the programs affected by this change in staff.

## Research

Dr. Zahinoor Ismail's research program focuses on: 1) epidemiology, nosology, assessment, and management of neuropsychiatric syndromes in dementia; 2) detection of neurodegenerative disease in preclinical and prodromal phases with clinical, imaging, and biomarker studies of Mild Behavioral Impairment (MBI), gait changes, hearing loss, sleep disturbance, and frailty as a pre-dementia syndrome; and 3) treatment studies of cognitive and behavioral symptoms in dementia. He remains funded by the Alzheimer's Drug Development Foundation, Canadian Consortium on Neurodegeneration in Aging, CIHR, and the NIA. Dr. Ismail currently supervises 1 Postdoctoral fellow, 3 PhD students, and several undergraduates. He also participates in providing research supervision/mentorship to fellows in the Geriatric Psychiatry and Neuropsychiatry fellowship programs, and clinical/research supervision to fellows in Cognitive Neurology.

Dr. Ismail continues to participate in international working groups advancing nosology in neurodegenerative diseases. He is an author on the upcoming revision of the IPA criteria for Agitation in Neurocognitive Disorders and sits on the scientific advisory board for the Alzheimer Association International Conference, where he leads the Clinical Manifestations subgroup. He is now past chair of the International Society to Advance Alzheimer's Research and Treatment, Neuropsychiatric Symptoms Professional Interest Group. Nationally, Dr. Ismail chairs the Canadian Conference on Dementia (next meeting November 2023 in Toronto), and the Canadian Consensus Conference on Diagnosis and Treatment of Dementia, which generates dementia guidelines.

Ongoing studies include:

- 1) Biomarkers and MBI (BAMBI) - A 10-year study of cognitively older adults assessing associations between dementia risk markers (cognition, behavior, hearing, gait, sleep, frailty) and biomarkers found in blood, urine, and stool (i.e., gut biome) to predict and monitor cognitive decline (PI). □

- 2) PARADIGM - a 3-year study of neuroimaging biomarkers of MBI (PI). □
- 3) COMPASS-ND - Canada's national brain aging observational cohort study (site investigator). □
- 4) S-CitAD - randomized double-blind placebo-controlled trial of escitalopram versus placebo, in addition to a psychosocial intervention for agitation in AD (site PI).
- 6) NAB-IT (nabilone for agitation in AD) - an RCT for a synthetic cannabinoid for agitation in AD (site PI).
- 7) Cerevel Apathy - randomized double-blind placebo-controlled trial of a novel dopaminergic agonist for apathy in AD (site PI).
- 8) CAN-PROTECT - a longitudinal study recruiting 10,000 participants across Canada exploring health, stress, quality of life, cognition, function, and behavior in older adults and their care partners (friends, family) as well as formal caregivers in dementia (nurses, OT, RT, SW, home care, personal care aids, physicians, etc.) (PI).
- 9) Roche SKYLINE - randomized double-blind placebo-controlled trial of an anti-amyloid monoclonal antibody for dementia prevention in cognitively normal older adults (site PI).

Funding for these and other studies has come from CIHR, NIA, Alzheimer's Drug Development Fund, Brain Canada, Weston Foundation, and the Gordie Howe CARES Foundation.

Dr. Ismail Chairs the Canadian National Dementia Guideline group (the Canadian Consensus Conference on the Diagnosis and Treatment of Dementia), the Canadian Conference on Dementia, and the International Society to Advance Alzheimer's Research and Treatment Neuropsychiatric Syndromes group.

Funding for these and other studies has come from CIHR, NIA, Alzheimer's Drug Development Fund, Brain Canada, Weston Foundation, and the Gordie Howe CARES Foundation.

Dr. Ismail Chairs the Canadian National Dementia Guideline group (the Canadian Consensus Conference on the Diagnosis and Treatment of Dementia), the Canadian Conference on Dementia, and the International Society to Advance Alzheimer's Research and Treatment Neuropsychiatric Syndromes group.

Dr. Dallas Seitz continues his program of research related to geriatric mental health services, safety and efficacy of treatments for mental health disorders in older adults, and knowledge translation in geriatric mental health. He is currently completing studies related to using population-based data to understand the care needs of individuals with dementia, studies evaluating the effects of outdoor activities for people with dementia, and dementia guidelines. His research is currently funded by the Canadian Institutes of Health Research, the Alzheimer's Association, Calgary Health Trust, University Health Foundation, and Public Health Agency of Canada in the past year for his research program. Dr. Seitz has also recently been appointed as the Scientific Director for Provincial Mental Health and Addiction. A very noteworthy achievement and we congratulate him for being chosen for this position.

Dr. Julia Kirkham's research program focuses on healthcare quality and quality improvement. Current projects include studies examining medication antipsychotic deprescribing in long-term care and describing and measuring quality indicators for schizophrenia care. She is also leading development of the national standards for mental health in long-term care and assisted living as Chair of the Canadian Standards Association (CSA) Technical Subcommittee, CSA Z2004 Mental Health and Well-Being in Long-Term Care and Assisted Living Settings.

Dr.'s Kirkham and Seitz were also awarded a recent grant for a new project to study quality measurement in substance abuse: Mathison Centre for Mental Health Research and Education, University of Calgary.

"Developing Quality Indicators for Substance Abuse Disorders."

### Future Plans

Since I started as Section Head and Program Medical Director as of September 2021, there have been many exciting changes within our Section. New Clinical Medical Directors for Community Geriatric Mental Health, Geriatric Consultation, Acute Geriatric Inpatient (Unit 48), and the Rehabilitation and Recovery Unit services have become valuable leaders with significant contributions to program development since taking on these positions. As the senior's population continues to grow in our region, areas of deficiency in clinical care and service delivery are becoming more apparent, and amplify the stresses put on other areas of clinical care such as the ER, Transition units and medical units. Working together with my dyad partner in the region, Roberta Corea, we are starting to investigate the significant gaps in clinical care and are hoping to develop creative opportunities for program development to address these needs.



## Forensics

# Dr. Ken Hashman

Deputy Head and Section Chief Forensics

### Overview of 2023

The forensic psychiatry section provides assessment of and treatment for adults and adolescents with mental disorders within the legal system and works to ensure the courts understand the individuals in order to make the most appropriate decisions for those individuals and the community.

Our work includes pretrial assessments of an accused's fitness to stand trial and assessments of criminal responsibility, mental health circumstances around infanticide, pre-sentence risk and dangerous or long-term offenders. We also perform assessments mandated by the Youth Criminal Justice Act.

The Forensic Assessment and Outpatient Service (FAOS) provides community-based outpatient assessment and treatment of adults mandated by the legal system.

The Forensic Adolescent Program (FAP) provides community-based outpatient assessment and treatment of adolescents mandated by the legal system.

We also provide service in the areas of mental health diversion, correctional clinics, correctional transition team, telehealth and community geographic teams, which provide services to smaller centres in southern Alberta.

The Southern Alberta Forensic Psychiatry Centre (SAFPC), our inpatient facility in southern Alberta, has 21 beds for acute assessment and treatment of people in custody, as well as 12 beds for those found unfit to stand trial (UFT) or not criminally responsible by reason of a mental disorder (NCRMD).

Three rehabilitation homes, the Lighthouse (6-beds), Bright Harbour (4-beds) and Port Hope (4-beds) allow people who are found NCRMD to gradually reintegrate to the community, depending on their mental stability and safety of the community.



### Highlights

- The Forensic Psychiatry Subspeciality Program at the University of Calgary has been approved by the Royal College. We are actively recruiting to our subspeciality program. Individuals interested in the training program should be in contact with Dr. Tano – Program Director.
- The SAFPC Needs Assessment was approved by AHS and the Ministry of Mental Health and Addiction. It is currently with Alberta Infrastructure to complete their functional assessment of the site. We are seeking expansion of our services to meet the current and future needs of our clients.
- Opened a third NCR community recovery home, Port Hope, which houses 4 individuals that are under the care of the Criminal Code Review Board. Additional clinical staff were hired to support this work (Occupational Assistant, RN, Mental Health Aide). This enhanced our flow of NCR patients within our continuum of care.
- Seclusion nursing enhancement pilot was introduced to provide greater clinical care to individuals housed in our off-unit seclusion rooms at SAFPC. Early outcomes suggest faster stabilization of clients and transition to on-unit assessment, which increases our flow of assessing and discharging clients.
- Utilizing over-census beds at SAFPC to increase our occupancy. Allowed us to meet the increased demands of emergency admissions and transfers from corrections.



- Finalized the Responsible Adult Program, which highlighted the model used in Calgary as the preferred way to support our NCR patients and their families.
- Incorporated a Transfer Protocol between AHE & SAFPC, which ensured client transfers were completed in a timely fashion.
- Upgraded security features at SAFPC, which enhanced the safety of physicians, staff, and patients and allowed for greater use of clinical space within and outside of SAFPC.
- FAOS is seeing a significant increase in requests from the courts with respect to Fitness and NCR assessments.

### Challenges

- Staffing vacancies leading to significant overtime.
- Difficulties recruiting to specialty positions, such as PhD prepared Psychologists, which delayed testing and treatment for some patients.
- Acuity of patients leading to longer lengths of stay at SAFPC.
- Ongoing high number of individuals on the triage list and non-urgent patients waiting longer for their assessments at SAFPC.
- High referral volumes and recruitment into specialized staffing vacancies remain a significant challenge throughout the outpatient services given the specific treatment needs of the population.

### Research, Education

- The Forensic Psychiatry Section remains active in teaching of medical students and residents. Didactic teaching continues at the medical school as part of the MIND course and to both junior and senior psychiatry residents. Clinical training experiences are available for medical students, residents and sub-specialty training.
- Rocky Mountain Program (RMP) – Research collaboration with Australian health services, looking at the efficacy of a new pilot program looking at treatment of child exploitation internet offenders underway.
- The difficulties of people with severe mental illness to come to terms with their disorders took a significant paradigm change with the advent of the recovery movement that focused on the patient’s personal recovery rather than on illness remission. Relational Recovery aimed to shift the emphasis of recovery from the individuality of “personal recovery” to a more systemic process that stressed the social needs of the recovery process. Within the relational recovery model, families became the center stage of recovery, not only for the patient but also for their families. In the Not Criminally Responsible on account of Mental Disorder (NCR-MD) population, recovery appears to be hindered by the lack of systemic interventions that help their support system come to terms with the damage caused by their offences. Consequently, in 2011, family interventions were developed at a Maximum Secure Hospital in Alberta to facilitate the secure recovery of the NCR-MD population.
- To confirm the hypothesis that these interventions would prove beneficial to the recovery of NCR-MD patients in general and their violent recidivism in particular, a sample of NCR-MD from Alberta that engaged in this systemic approach were compared to those NCR-MD that were not involved in this type of intervention. This approach revealed that the children subsystem had major implications on the recovery of NCR-MD patients and their families.

- Despite considerable information on children of mentally ill parents and children with a parental history of criminality, little was known about the children of parents with a history of criminality and mental illness.
- Our research aimed to understand how the children subsystem impacted relational recovery.
- Preliminary results indicated that a significant proportion of the NCR-MD population have children and that their children were not the only ones impacted by their histories as a large proportion of the children of their relatives, mostly nieces and nephews, were also showing mental health problems.

#### **Future Plans**

- Continued advocacy for site improvements at SAFPC.
- Expansion of the NCR treatment services.
- Staffing strategies to recruit and retain staff within SAFPC & all outpatient service areas.
- Implementing Recovery Oriented Care principles within SAFPC.
- OSR implementation initialized, and starting to commence in FAOS, with future aim for implementation across other outpatient programs as appropriate.





# Arnika Centre

## Dr. Jennifer Hibbard

Medical Lead

### Highlights

2023 has been a year of challenge and change. We continue to build teams of passionate clinicians dedicated to improving the mental health of persons with developmental disabilities of all ages. Our patients often require extra-ordinary supports from hospitals and funded agencies, and we are all too aware of the gaps in care encountered by our most vulnerable members of society.

### Challenges

Transition to Connect Care and Accreditation were our two biggest challenges this year. Thankfully, we had the support of an amazing admin team (Rachel Burk and Celestina Caponigro) and program facilitator Rose Bonnet. We could not have overcome these obstacles without your patience and good humor! Rose prepared Superuser Survivor kits for all our clinic leads, complete with superhero bobbleheads. All things considered, the transition was only briefly painful, and electronic record keeping has become the norm. Also, a big shout-out to our AHS management team (James Weller) for the support provided to physicians during this difficult transition.

### Research, Education

Arnika is pleased to welcome Dr. Megan Howlett to a neuropsychiatry fellow's clinic at the Arnika center this year. We are thankful to Dr. Mark Colijn for supporting this endeavor. Our neuropsychiatry team members are a valued part of our team, as our clients often struggle with multiple complex neurological and psychiatric phenomena. We also welcomed several resident rotations this year and appreciated getting to know our residents a little better.

### Future Plans

In 2024, we are planning to reopen our modified DBT group program which was put on hold during COVID. We also have big plans for an exciting virtual education day May 31, 2024, entitled "Sexual behaviors and Intellectual disability: what are we not talking about?". We have scheduled presentations from Dr. Cyndi Baxter and the Sexual health clinic, as well as some sessions provided by our own clinicians. The event will be free to all, and appropriate for clinicians as well as family members. Stay tuned for further announcements regarding this unique learning opportunity.

# Inpatient Programs: Foothills Medical Centre

## Dr. Thomas Raedler

Site Chief



### Overview of 2023

We were hoping for a smooth recovery from the challenges and burden that COVID-19 imposed on the health care system. However, the recovery turned out to be more difficult than anticipated. Many members of our teams are struggling with increased stressors at work and are feeling burned out. Many experienced members of our teams decided to pursue new opportunities. Over the past months, we have experienced a clear improvement in staff morale and workplace satisfaction, which results in a renewed focus on providing excellent patient care in the context of family oriented and trauma-informed care. Thanks to the dedication and special efforts from all staff and physicians, we were able to overcome the challenges of the past years.

### Highlights

Foothills Medical Centre was part of Wave 5 of Connect Care, which was implemented on November 6, 2022. Overall, the transition was reasonably smooth, and we are now part of a provincial electronic medical records system.

We were able to recruit new staff, managers, and psychiatrists to the Department of Psychiatry at Foothills Medical Centre. Please join us in welcoming these new members of our teams.

Our inpatient units underwent some small but impactful renovations in 2023. In the high observation area, we were able to create safer bathroom spaces and add televisions to the rooms on Unit 22. Funding is in place to add TVs to the Unit 21 high observation rooms. We were recently informed that Psychiatric Emergency Services (PES) will undergo a major renovation over the next months. These renovations are long overdue and will create a safer, more trauma-informed space for patients.

### Challenges

Similar to other hospitals, Psychiatric Emergency Services (PES) at Foothills Medical Centre is switching to a 24-hour nursing model. We have not yet been able to fill all positions.

Our Psychiatric Emergency Services (PES) are experiencing unprecedented numbers of assessments and patients requiring admission. Our on-call group has also been facing an increased number of uncovered call-shifts, which adds to the workload. Many Emergency Inpatients (EIP) need to wait in PES for several days until an inpatient bed becomes available. This also results in unprecedented pressures on our inpatient and outpatient units. Inpatient units are also challenged with providing suitable discharge options for several complex,

ALC patients who may stay in hospitals for 6 months or longer.

Many areas of the Department of Psychiatry at Foothills Medical Centre are also struggling with staffing shortages, which increases the pressures on our staff. Due to ongoing challenges we need to focus on workplace satisfaction and staff retention. We need to continue to provide a safe, respectful and supportive environment for all staff working at Foothills Medical Centre.

## Research, Education

Foothills Medical Centre continues to be one of the main sites for the education of nursing students, medical students as well as psychiatric residents.

Foothills Medical Centre continues to support research through the Mathison Centre for Mental Health Research & Education.

## Future Plans

Psychiatric Emergency Services (PES) at Foothills Medical Centre will undergo major renovations over the next months.

The newly created Eating Disorders Unit is temporarily located on Unit 32. We are awaiting a move to Unit 57, which will result in an expansion to 10 inpatient beds.

The Day Hospital is developing a stream for psychosis patients with content that is more appropriate for this population.

We continue to strive for excellence in patient care, education, and research. The immediate goal is to deliver excellent patient care while providing staff with a safe, respectful, and supportive work environment.

## Upgrades to the rTMS clinics

Repetitive Transcranial Magnetic Stimulation (rTMS) is a therapeutic medical procedure approved for the treatment of psychiatric disorders, such as major depression. This non-invasive treatment, which uses a specifically designed magnetic coil to apply stimulation to target areas in the brain, is an alternative to ECT for treatment-resistant depression. Research has shown rTMS to be effective in reducing symptoms of depression, improving mood and enhancing quality of life. With funding from Calgary Health Foundation to purchase the rTMS machines and additional operational funding from AHS for staffing, the Calgary zone was able to open two rTMS clinics, one at RGH and the other at FMC. The clinics opened in temporary space in



2019. At FMC we repurposed the defunct audio-visual room in the Special Services building to serve as a clinic reception and hub for staff. Treatment was provided in an unused exam room across the hall. This space was cramped (only two machines could operate) and offered little privacy to patients.

In 2022 additional funding was provided by the Department of Psychiatry and Calgary Health Foundation to upgrade the clinic space at both sites. At FMC, we were able to transform the dreary audiovisual room into a state-of-the-art rTMS clinic that features: three private treatment rooms, a sink for hand hygiene, an administrative and observation area, and sliding door access for privacy and security. RGH has nearly completed their renovations.

# Inpatient Programs: Peter Lougheed Centre

## Dr. Lloyd Maybaum

Site Chief

Peter Czepuryk -  
Director Addiction & Mental Health Adult N



### Overview of 2023

Since our last report, our dedicated team in Mental Health and Addictions continues to do their utmost to deal with the overt capacity pressures during this parallel pandemic of Addictions and Mental Health difficulties.

Our teams are stretched but have been managing across the hospital including the inpatient units, med-psych unit, consultation liaison, outpatient programs and the emergency department. While balancing these pressures this team continues to strive towards optimal patient/family centered and trauma informed care.

### Highlights

Despite all of the challenges that we have faced in the last year, the importance of addiction and mental health continues to shine at the PLC.

Phase one of the new PLC ER and mental health space is now open and we have a 9-bed designated “E-Pod” situated close to the PLC SSU. In addition, our PES team has successfully adopted a 24/7 full care model of service delivery in the new ‘E-Pod’. We have also found space for a new resident room on the SSU, in close proximity to the ER, allowing team members to remain close at hand to the ER.

The new mental health SSU space is approaching one year of operations in December. In response to the overt demands for mental health beds across the system, the SSU recruited new psychiatrists and increased the bed count from 18 to 22 beds in early September.

Final construction of the dedicated and secure outdoor space was only completed this past September though we were not able to utilize it before snow set in.

Meanwhile, construction and demolition began for the planned new psych ICU and ECT/rTMS suite in the space of the former SSU. Safety, dignity and a trauma informed, healthy environment for our patients has been our guiding principle through these planning deliberations.

These improvements will help manage the ongoing and increasing demands for addiction and mental health supports for our patients in the city of Calgary.

### Challenges

Our length of stay has remained manageable, however; we continue to struggle with overt capacity pressures as our zone simply does not have enough, per capita, mental health beds.

We are no longer dealing with bed restrictions associated with the need to isolate patients as a result of the COVID pandemic but the sheer amount of mental illness and duress across the city has skyrocketed demand for mental health beds placing us far worse off than we ever were during the pandemic. Unheard of number of admitted inpatient mental health patients is now the norm often exceeding 50 across the ER’s in the zone.

This is causing stress throughout the system and certainly amongst our workers. Stress, burnout, attrition and sick leave is another pandemic affecting MH&A staff across the continuum. Maintaining adequate staffing levels and some semblance of staff morale has been and will likely continue to present as an ongoing challenge into the next few years.

Of concern is the increasing incidence of psychiatrists taking leave from on-call duties by providing medical letters from their family physicians. This is leading to further call burden being placed upon those still serving on the call schedule and further increasing their risk for further and continued burn-out. Call is so incredibly busy at our site that many of our psychiatrists are finding it unmanageable. This is prompting us to look at alternative on-call models and considering call sharing ideas.

### **Research and Education**

Our PES team and inpatients units continue to spearhead our teaching components with a steady stream of psychiatry and family medicine residents as well as medical school learners and clinical clerks allowing all learners to fulfill their mandates for clinical bedside education. We are also looking at new programming and service delivery areas which may facilitate further influx of students and residents at the PLC.

### **Future Plans**

Our acute care areas continue to rise to the challenge during these difficult pandemic times. Once circumstances allow we will be proceeding with our planned revamped CME program. We eagerly await the opening of the Phase2 rebuild of the PLC ER which will include meeting office space for our PES team. We are also about to start the operational planning and consideration of service delivery models for the new psych ICU and ECT/rTMS suite. These continue to be exciting times at the PLC!!!

In terms of medical staff, we are pleased to announce that Drs. Hamza Riaz, Sanjeez Billing, Tomas Seredynsky have all joined us as staff psychiatrists. We are still recruiting and will need additional staff certainly once the new psych ICU is set to be opened.

The staff members at the PLC exemplify collaborative work and do not hesitate to assist and to support one another. It continues to be a joy to work at the PLC and we are proud of our excellent teamwork and commitment.





# Inpatient Programs: Rockyview General Hospital

## Dr. Lisa Harpur

Site Chief

### Overview of 2023

*"Between Stimulus and Response there is space. In that space is our power to choose our response. In our response lies our growth and our freedom."*

– Viktor Frankl

Last year in the Annual Report, I spoke about the chaos of change we experienced at RGH. Reflecting back on 2023, while we are still amidst change, I have witnessed the power of Growth within Individuals and the Collective. Through devastating loss of our beloved and professional team of nurses as a result of major organizational changes within our A-Team (PES), our psychiatrists chose to use their voices to advocate passionately for patient care and for those nurses who have always been an integral part of our working team. We are thankful for the many good years of working together and providing Excellence in patient care as we bid them Farewell. Although it has been extremely sad, I have witnessed the mettle of our doctors and the determination to support one another, while never turning their attention away from advocating for best practices for patient care.

From the major shifts within the Inpatient Units, we have had the opportunity to welcome a group of new Psychiatrists who joined us: Drs. Valmana, Yu, Durling, Roth, Faulds, and Hoy have all decided to make Rockyview their new home. We said Good-bye to Drs Hyder and Ng, our Co-CMDs for Inpatients, who were instrumental in supporting the team of doctors as we all struggled. We also said goodbye to Drs. Johnson and Lawson who left the Inpatient service. We have seen an influx of new nurses and allied health professionals on our inpatient units, which has contributed to the renewed enthusiasm and culture change. We have more



healthy collaboration between all groups, and more possibilities in providing excellence in patient care. As well, we are welcoming a new Program Manager, Kellie Quian, and have high hopes for her (no pressure).

The welcoming of new Psychiatrists has brought a cultural change within the units and an enthusiasm to come work together, introduce new ideas, to build a passionate and compassionate group of physicians who advocate for human rights, patient rights, human dignity, and care for one another. On a daily basis, I have witnessed the support and kinship the physicians have developed, which has allowed them to look within the space and choose responses that permit growth and development within themselves and for the organization as a whole. I have witnessed a group of physicians who are caring and dedicated to their profession, the organization, and their patients despite facing a barrage of challenges from outside and within.

The character of my colleagues continues to shine through, in their unselfish support of one another, their professional growth, and camaraderie. I am so grateful to be a part of this incredible group of professionals at Rockyview Hospital. Finally, we are so pleased to have Roberta Corea join us here as our Director. Her unbridled enthusiasm, her willingness to listen to concerns with an open mind and her flexibility in problem solving and overall support is refreshing and exciting. We look forward to many more years of her guidance and support.

### Future Plans

We are eagerly awaiting the opening of the new rTMS space, slated to be completed by December 2023.

We have been discussing the possibility of housing a research project called Multi-Modal Motion-Assisted Memory Desensitization and Reconsolidation (3MDR), which is a virtual reality supported, exposure-based psychotherapy for treating PTSD and related condition and has been shown to be highly effective for symptom reduction. We would like to thank Dr. Lisa Gagnon and Dr. Katherine Bright for introducing the treatment to RGH and we already have Psychiatrists trained at our site to deliver the treatment. This project may come as soon as December 2023 and is headed by Dr. Suzette Bremault-Phillips from the University of Alberta, Faculty of Rehabilitation Medicine.

### Upgrades to the rTMS clinic

At RGH... we have been situated in the ATCO trailer and while the space has been large and inviting, the trailer is past it's prime and we can only be there temporarily.

At RG we received funding to renovate the old Gift Shop in the Holy Cross Ambulatory Care Centre, which is next to our existing Outpatient Psychiatry Services. The space provides four individual treatment rooms, workspace for nurses and technicians, and an office space/group room to interview patients. We hope to move into our new home in the end of November 2023. Pictures to follow next year.



# Inpatient Programs: South Health Campus

## Dr. Novin Ihsan

Site Chief



### Overview of 2023

South Health Campus has ended another successful year with three new staff psychiatrists joining our team. We have streamlined our processes for the Psychiatry ICU. We have successfully managed our Covid mental health inpatients, creating strong alliances with our Psychiatry Primary Care group.

We have added shared beds to our adult inpatient unit. We continue to see an increased flow through our Psychiatry ER being handled skillfully by our 24/7 nursing model and under the leadership of our PES CMD Dr. Oluboka.

Our Consultation Liaison team has been innovative in handling the increased volume they have seen in consults this year. Our Inpatient and CL CMD Dr. Kirova has been proactive and innovative in ensuring robust Psychiatry coverage and flow through in the services she oversees.

Our Day Hospital program has also been responsive to the acute care pressures by increasing volume and flow through in the SHC Day Hospital Program. Our Outpatient mental health program is aligned with the direction given to us by the Department and we have seen a steady increase in volume matched with supportive discharges and delivery of services in a timely manner.

### Future Plans

For the new year I plan to increase Psychiatry recruitment in our outpatient mental health program. Physician office space will be a rate limiting factor for us and I will work with the stakeholders locally to find feasible solutions. Avoiding burnout of physicians will remain my top priority and for this I will be keeping a close eye on my physician coverage, staying proactive as best as possible.

Better call coverage will also be a priority for us this year. We are proposing funding for a CSU like unit at SHC and if this were to get approved, I welcome the challenge to offer more crisis intervention support to patients at SHC itself.

All in all, it has been a great year at SHC. We look forward to continuing our culture of being small but collegial and hope to keep growing in terms of services and physician support on site.



## EDUCATION:

### Undergraduate Medical Education (UME)

## Dr. Tim Ayas

Director

This has been a busy year with Undergraduate Medical Education.

We have had a full year of having six weeks of psychiatry again in clerkship, with four weeks of adult psychiatry and two weeks of child/adolescent psychiatry. Clerkship numbers will continue to increase this coming year moving forward. Thank you to all of you who take these students under your wing, our teachers/residents are integral reasons we remain as one of the highest-rated clerkship rotations at this University for many years running.

Dr. Phil Stokes steered the final iteration of the Mind Course, we would like to thank him for many years of making this course such a success, often being a primary influence in students wanting to pursue psychiatry as a career.

Dr. Huntae Kim and Dr. Sterling Sparshu will be integral to instilling ongoing gold-star psychiatric teaching within the spiral RIME Curriculum moving forward.

I also want to thank Dr. Suneina Mohan for her dedicated work as Clerkship Evaluations Coordinator for years before moving to Vancouver and am grateful her role is in good hands with Dr. Alex Di Ninno, who finished her role as the Mind Course Evaluations Coordinator.

Dr. Nancy Brager and Dr. Chris Wilkes have published a fascinating study on the mental health and wellness of students at the University of Calgary Cumming School of Medicine. It is a fascinating article outlining the mental health trials and tribulations our students undergo throughout their journey in medical school.



We had an enormously successful UME Retreat on November 17th, 2023, at the Calgary Zoo with a fantastic mix of medical students, residents, administrative staff, and preceptors attending. I want to personally thank the Department of Psychiatry for their support of this event. We will be working more in conjunction with the Psychiatry Interest group moving forward to ensure ongoing enthusiasm towards pursuing careers in mental health.





## EDUCATION:

### Post Graduate Medical Education (PGME)

**Dr. Rory Sellmer**

Residency Program Director

**Dr. Monique Jericho**

Associate Residency Program Director

#### Overview of 2023

2023 has been a time of consolidation, fine tuning and integrating our educational offerings. With everyone back on site, we've been able to prepare ourselves for the changes and challenges of 2024.

A huge congratulations to our graduates, who unsurprisingly sailed through their Royal College examinations. Dr's Diedrich, Durling, Henni, Howlett, Hoy, Khunkhun and Wong; we are proud to call you colleagues and look forward to watching your careers unfold in wonderful ways!

Another successful virtual CaRMS took place in the spring, thanks to the support of our lead residents, Dr's Ghate, Arcand, Fowler, and Lirette, who make this time consuming and critical process manageable! Once again, we proved to be a competitive and sought after program, fully matching, which is always what we aspire to. Our PGY-1 cohort are dynamic and talented young professionals that will represent our program well, and who are bringing their diverse interests and enthusiasm to the work. We enthusiastically welcome Drs Siavash Zarezadeh, Alex Toohey, Lisa Kim, Rees Kelly, Aurna Khan, Sana Jawd and Vyto Jankauskas. This group is the fourth cohort of Competence by Design (CBD) residents.

The much anticipated "double cohort year" is coming quickly! We have been working to address the unique challenges of the PGY4&5 groups attending their royal college exams and feel prepared for what is to come. As always, we are grateful for the steadfast commitment of our faculty, who support the CBD process, and who are "on the ground" helping to prepare twice the number of residents for success. We are grateful to the leadership and support many faculty provide CBD, along with our Academic Advisors, and members of the Competence Committee.

We are so fortunate to have a faculty that is committed to resident education. They are the reason our residents

become who they are; exceptional professionals supporting the care of countless patients. In recognition of our excellence in education, we hosted our first ever PGME retreat, to support them in their work. Our theme was integrating CBD and we thank our local speakers, Dr's Culver, Wallace, Montgomery, and Crockford.

#### Curriculum Highlights

Our curriculum is continuously re-shaped based on the feedback of residents and educators, and by processes and innovations that support our goal of contemporary training excellence. No longer throwing our trainees into the proverbial deep end, PGY-1 residents begin by spending the first 2 months of training on inpatient and psychiatric ER rotations to ensure they have access to cases and work-based assessments that prepare them for a safe experience on call. In addition, an enriched academic series of acute psychiatry topics and SIMulations have been designed to provide the opportunity for practice and preparation with psychiatric presentations. Dr. Eric Chan took over as curriculum chair and Dr. Rita Watterson now leads the SIM program.; if you haven't had the chance to see them in action, their energy and passion for teaching is infectious.

As a key addition to our R2&3 training, Drs. Montgomery and Sellmer have continued to develop "The Art and Science of the Psychiatric Interview" with a new curriculum for the PGY3s. This series will establish strong foundational skills and training in clinical interviewing, preparing them as they move towards the consistently highly rated and invaluable exam prep training with Dr. Ursula Hines and Dr. Phil Stokes, lovingly called "finishing school".

We have been thrilled to host the annual OSCE exam, junior and senior SIMS, as well as the qualifying and practice STACERS in person and are incredibly grateful to the 50+ examiners who provide hundreds of hours



of their time to ensure we provide these critical training experiences. This speaks loudly to the incredible dedication of our teaching faculty.

Research and academic scholarship is a requirement of training that can sometimes feel difficult for residents to engage in. Dr. Seitz has developed a series of lectures and interactive events to ensure residents are being connected to research mentors, have the chance to complete research projects earlier in training and leverage these for presentations at conferences. He is supported by a world class team of researchers including Drs. Scott Patten, Alex McGirr, Illiana Ortega, Janet DeGroot and Julia Kirkham.

We are proud of the work our cultural psychiatry committee played in developing the 4th Annual Cultural Psychiatry Day focused on using interpreters, cultural brokers, and community resources. In addition to an ongoing evolution of didactic half-days dedicated to a wide range of EDI topics, residents now can work with marginalized populations thanks to the innovative work of resident Dr. Megan Howlett who pioneered a senior elective which others have taken on and is also attracting medical students to our program.

We are continuing to evolve our wellness initiatives and our BOUNCE programing. We hosted a successful "Story Slam" in the spring, which involved a series of learning modules and a tailor-made workbook for our residents. Staff and residents shared their personal stories and set the tone; we are here to support one another, and we need to talk about the good, the bad, and the downright ugly parts of the work that we all do. We were delighted by the feedback, and with the requests that we make this an annual event.

### Challenges

We will have an unprecedented number of residents taking exams in the upcoming year. Accommodating the needs of this group will require much collaboration, as the volume of STACERs is higher and OSCE prep will also be in high demand. We are confident that our program is ready for this, with committed staff,

and residents who have been well prepared along the way with their exposure to Simulations, The Art of Interviewing course, The OSCE course and so much more.

This year has also been marked by the upcoming departure of Pauline Burgess, our steadfast program administrator, AKA: fairy Godmother. Pauline has been with AHS for 25 years and has touched the lives of many cohorts of residents. She has supported the program to grow from a tentative probationary status, to becoming the exemplary and competitive program that it is today. We celebrated Paulines retirement on October, Friday the 13th (a fitting date!), and wished her much happiness in her new adventures. Taking the reins from Pauline is Dana Savona, who has already impressed us with her enthusiasm, deep interest, and commitment to learning the role of program admin. She knows that she has big shoes to fill and is up for the job. Pauline has been working side by side with her and training her for the role, and we are confident that she will be the start of a new and bright era for our program. Welcome Dana!

Challenges can and will continue to present themselves. We are all having to be nimble and flexible to the changing economic realities and the toll that the recent years have taken on people's energies and availability. On call is often a source of stress, particularly in our current climate where mental health presentations are extraordinarily high in our ERs. The residents are always working to optimize their ability to provide coverage, while our role is to ensure they are prepared to work with efficiency and confidence in this complex environment. The residents have been pivotal in supporting the clinical assistants in integrating into our healthcare system. A great thanks is owed to Dr. Val Taylor who has been problem solving our coverage in the ER, and who is unfailingly supportive of our efforts and those of our residents. The toll that uncertainty and change places on all our staff naturally can impact our capacity to recruit for our larger educational initiatives. Despite this reality, we have been heartened by the willingness of our faculty to continue to invest their limited time and energy into residency training.

**Awards, Grants and Publications**

Congratulations to:

- Drs Erika Blinke and Liz Merner: Best Presentation by a Resident” at the 2023 Mathison-Littman Research Day.
- Dr. Emily Cooley: Foundations award 2023 Alberta Psychiatry Association Meeting
- Dr. Jaylynn Arcand: President’s award 2023 Alberta Psychiatry Association Meeting
- Dr. Kat Rotzinger: Patrick Conway award for the best performing psychiatry resident at the RGH
- Dr. Brooke Comrie: Cadger award for best performance in internal medicine at the RGH by a PGY1.
- Dr. Amy Fowler: Inaugural recipient of the Pauline Burgess Fairy Godmother award
- Dr. Rohit Ghate: Gold Star Teaching Award for “outstanding teaching in psychiatry pre-clerkship.” Awarded by the UofC MD Class of 2024

- Dr. Siavash Zare-Zadeh: First author, May 2023 CMAJ. Low-value preoperative cardiac testing before low-risk surgical procedures: a population-based cohort study

**Future Plans**

The future for our program is bright. We know that we have much to offer; amazing residents, dedicated faculty, and an innovative training program that is evolving, current and dynamic. Our recent success in accreditation has reassured us that not only are we on the right track, but we are also going beyond the requirements and building something extraordinary. We are excited to announce we are expanding our program from 8 residents per year to 9 for the 2024 CaRMS cycle, with plans to further expand in 2025 to meet societal needs. We will continue with our approach of iterative program development, built from the ideas and feedback from our residents and faculty. Ultimately, our program is founded on the strength of our collaborative and diverse community.



**Department of Psychiatry  
Residency Program  
2023-2024**



# Fellowship

## Dr. David Crockford

Director

Fellowships continue to be offered and utilized with one current neuropsychiatry fellow in her PGY6 year.



### Highlights

One current fellow – Dr. Megan Howlett - Neuropsychiatry. Funding in place for the new Psychosocial Oncology fellowship

### Challenges

Access to funding for fellowship training remains a challenge, however the department has established funding for current and future fellows.

### Education

Dr. Howlett taught the neuropsychiatry cases/patient presentation at the Cumming School of Medicine with Dr. Williams for Course 5 (Neurology) and ran a clinical core group for them. She taught seminars for the psychiatry residents on Epilepsy & Parkinson's Disease, did Anatomy Lab teaching September 7, and the Neuroanatomy Overview September 14.

She is teaching a functional neurologic disorders lecture in November for the psychiatry PGY2/3 residents and will be presenting at the Department of Psychiatry Grand Rounds in the fall on Autoimmune Encephalitis.

In an international collaboration, she is teaching psychiatry residents in Uganda on Epilepsy and Parkinson's disease.

### Future Plans

The University of Calgary Department of Psychiatry continues to offer a variety of one-to-two-year fellowship opportunities in neuropsychiatry, addiction psychiatry, mood disorders, early psychosis, psychosocial oncology, child and adolescent psychiatry, forensic psychiatry, geriatric psychiatry, and family therapy.

# Subspecialties: Child & Adolescent

## Dr. Nneka Orakwue-Ononye

Director



### Overview of 2023

2023 has been a good year overall for the program... hard to believe it's coming to an end!

Dr. Sean Andrea joined us fully as a University of Calgary PGY 6 trainee in January 2023. The CAP program welcomed our new trainees, Dr. Sunny Kang from Regina and Dr. Jamie Hickey from Ottawa in July 2023. They have all settled in fully and smoothly working through their various rotations while navigating the CBD requirements.

The program graduated our pioneer CBD trainees, Dr. Joey Prisie and Dr. Jennifer Woo, and held their graduation dinner on Jun 17, 2023, at Alt Hotel Calgary East Village. Thank you to all those who helped make this event a success! They are wished the best as they progress in their careers.

### Highlights

The program got approved for two extra ministry-funded training positions, bringing our training positions from three spots to five for PGY5 starting Academic Year 2024/2025. Recruitment interviews for 2024 intake were held on Oct 12, 2023.

### Challenges

It remains a challenge to fill up these training positions. The program continues to think of creative ways to encourage subspecialty training at the University of Calgary and remains open to feedback and ideas. Most importantly, it would be helpful to explore possible barriers to pursuing further training.

### Research and Education

Dr. Jennifer Woo presented the topic below:

Predictors of Attachment Security and Attachment Insecurity in a Longitudinal Study of Prenatal-Preschool Children at the APA Conference March 2023 and the Matthison Research Day

### Awards, Grants and Publications

Recent publication: Ortega I, Woo Jennifer. Psychopharmacological Approaches to a case of Treatment-Resistant Adolescent Depression: J Can Acad Child Adolescent Psychiatry, 31:4, November 2022

### Future Plans

The focus remains on quality improvement and recruitment drive. We continue to work on highlighted areas for improvement in preparation for submission of the Action Plan Outcome Report (APOR) slated for 2025. Many thanks once again to our relentless team, The Program Administrator Bernice Mina-Buna, Residency Program Committee, Competence Committee and of course all the faculty who leave no stones unturned in ensuring the program delivers the best in training and support to the residents. To all the trainees, thank you for all your meaningful feedback and contributions towards the growth of the program. Wishing everyone the best of the winter months and holiday season!

# Subspecialties: Forensic Psychiatry

## Dr. David Tano

Clinical Medical Director

### Overview of 2023

We are continuing to clarify our procedures and processes especially with respect to Competency by Design. Unfortunately, we did not have any applicants this year for the subspecialty training and are now looking at various strategies across the country to increase awareness and interest in the subspecialty of forensics. The national forensic psychiatry subspecialty committee of program directors have decided to move our committee from the Canadian Academy of Psychiatry and the Law, to the Royal College of Physicians and Surgeons. We are also exploring the idea of joining the CARMS process to facilitate matches to programs across the country.

It was an exciting and very busy year for Connect Care and the Calgary Zone! This year we implemented and rolled out Connect Care to almost every AMH clinic, unit, team in the Calgary Zone, the last big launch being Launch 6. Overall, it was a chaotic experience, but the teams and docs did incredibly well with this very difficult transition. There are still ongoing issues that continue to arise as well as ones that were highlighted even prior to launches that are being addressed. We as a Connect Care group are still meeting and pursuing numerous different changes, and edits to the program to try to help everyone facilitate great patient care. I anticipate ongoing issues that will arise, and we will continue to advocate for ongoing changes to help you care for your patients. Such issues like digitizing Mental Health Act forms and getting the proper Consultation Liasson lists are ongoing projects amongst others that are being worked on. Thank you all for your patience as things are slowly being addressed.

### Challenges

Peaking interest in Subspecialty training in Forensic psychiatry across the country from medical students to residents.

### Future Plans

We will be exploring utilizing the CARMs process for matching. As well, this year we will be looking at moving the national committee to the Royal College.

Different strategies to expose and increase interest in careers in Forensic Psychiatry will be explored and pursued.



# Subspecialties: Geriatrics

## Dr. Darren Leung

Director

### Overview of 2023

As of 2023 we are in the midst of our fourth full year of Royal College accredited training for geriatric psychiatry. We continue to accept one resident per year for training in geriatric psychiatry beginning in their PGY5 year. Application for the position begins while residents are in their fourth year of training.

### Highlights

Our most recent subspecialty resident Dr. Harry Zhou has completed his training in geriatric psychiatry and prepares to write his royal college subspecialty exam in the coming months. The geriatric mental health community team and consulting team are fortunate to have him join their programs since his graduation.

### Challenges

We continue to build awareness and interest in pursuing a career in geriatric psychiatry at the postgraduate level through various initiatives including inviting general psychiatry residents to the geriatric psychiatry journal clubs and participation in teaching of general psychiatry residents completing their mandatory rotations.

At the medical student level, we have made a concerted effort at accommodating elective and core psychiatry student experiences.



### Awards, Grants and Publications

Dr. Zahinoor Ismail was awarded the Geriatric Psychiatry Subspecialty Resident Teaching award this year from his contributions to geriatric psychiatry resident teaching and support of resident research projects in our field.

### Future Plans

To foster more awareness of our Subspecialty at the undergraduate medical education level we will be involved in career

days at the Cumming School of Medicine, and we will start to accept clinical clerks during their mandatory psychiatry blocks.

# Continuing Professional Development

## Dr. Thomas Raedler

Director



### Overview of 2023

The multi-disciplinary CPD committee of the Department of Psychiatry oversees all CPD-activities through our department and meets on a monthly basis. We thank Dan Devoe, PhD, Dr. Julia Kirkham, Dr. Zahra Mohamed, Dr. Tina Nicholson and Kathy South, RN, for many years of services on the departmental CPD-Committee. We are excited to welcome Dana Ambach, RN, and Dr. Amy Maghera as new members to our departmental CPD-Committee.

A special welcome to Dustin Morris, who has been running all departmental CPD activities since the beginning of January 2023. Dustin took over from Geraldine Tanis, who accepted a position within the Dean's Office of the Cumming School of Medicine. Thank you to Geraldine for all her services in 2022!

### Grand Rounds

We continue to offer weekly Grand Rounds on Tuesdays from 1200 – 1300. Grand Rounds remain available via Zoom only and are aimed at a multi-disciplinary audience. In 2023 we are offering a total of 37 Grand Rounds sessions covering a variety of topics relevant to the Department of Psychiatry. Speakers include local, national and international experts as well as trainees. We also offered Grand Rounds presentations that were dedicated to Black History Month and the National Day for Truth and Reconciliation.

### Psychiatry Online Literature Review Course (POLRC)

This online education program is aimed at urban and rural psychiatrists. Past participants included psychiatrists and residents from across Canada. The 2023 Psychiatry Online Literature Review Course (POLRC 2023) 'Highlights of 2022' was held from April 2023 until June 2023 and had over 20 participants. We discussed 12 recent top publications from the areas of General Psychiatry, Addiction Medicine, Child & Adolescent Psychiatry, Geriatric Psychiatry and Psychotherapy.

### Psychiatry Quarterly Updates (PQU)

On May 12, 2023, we held a Psychiatry Quarterly Updates (PQU) on Perinatal Mental Health.

We are finalizing the program for a Psychiatry Quarterly Updates (PQU) on Transgender, which is scheduled for December 8, 2023.

### Highlights

In the Spring 2023 Grand Rounds semester we awarded a total of 1207 CME credits to 128 physicians (55 CME credits per Grand Rounds session).

### **Challenges**

Until May 2023 the Scientific Planning Committee for Psychiatry Quarterly Updates (PQU) was able to benefit from administrative support through the Office of CME & PD. Due to a structural reorganization of that office, this support is no longer available.

Several participants have expressed a desire to resume in person Grand Rounds sessions. At the same time, Zoom has proven very convenient for participants. The CPD-Committee of the Department of Psychiatry recently made the decision to continue Grand Rounds via Zoom only until June 2025.

### **Research and Education**

We offer presentations on current research projects as well as educational initiatives. We always encourage presentations by trainees.

### **Future Plans**

We are planning to hold a Psychiatry Quarterly Updates (PQU) on Transgender on December 8, 2023. We are looking into additional topics for PQU to be held in 2024.

We are planning to hold the 2024 Psychiatry Online Literature Review Course (POLRC 2024) 'Highlights of 2023' in the first half of 2024.

Until June 2024, the Department of Psychiatry will continue to offer weekly Grand rounds via Zoom. We are always striving to make our educational activities even more interesting and relevant, reflecting the educational needs of our attendees.

I am grateful for the ongoing support from the Department of Psychiatry, the departmental CPD-Committee and everybody who participated in our CPD-activities. We are always looking for additional members to join the departmental CPD-Committee and for new topics and suggestions for our educational activities. I am especially grateful for the ongoing support from our current CPD-administrator Dustin Morris, who makes all these outstanding educational events possible.

# Grand Rounds 2023

<b>Dates</b>	<b>Speaker</b>	<b>Title</b>
January 10, 2023	Gary Chaimowitz	Delusions, Unusual Beliefs, and Conspiracy Theories: Has the Boundary Shifted?
January 17, 2023	Michael Demas	rTMS and ECT Alberta Guidelines
January 24, 2023	Bill MacEwan	Substance Use and Psychosis – Moving towards better treatments.
January 31, 2023	Charl Els	Physician Practice Improvement Program (PIIP)
February 7, 2023	Beverly Adams, Todd Anderson	Cumming School of Medicine (CSM) Strategy
February 28, 2023	Michael Trew	MAID and Mental Illness – What is Coming?
March 7, 2023	Deborah Prowse, Sharon Sproule	Presenting at a Mental Health Review Panel Hearing
March 14, 2023	Georgios Schoretsanitis	Therapeutic Drug Monitoring in Psychiatry with a focus on clozapine
March 21, 2023	Daniel Kopala-Sibley, McKinley Pawlak	Vulnerability to first lifetime onsets of depression and suicidality in high-risk youth
March 28, 2023	Helgi Eyford	Clinical Ethics
April 4, 2023	Aisouda Savadlou, Anita Simon, Katelyn Greer	Are YOU(th) Okay? The Power of Youth-Centered Storytelling
April 11, 2023	Emily Cooley	Is there a role for compulsory treatment of substance use disorders?
April 18, 2023	Paul Arnold	What Is New at the Mathison Center
April 25, 2023	Julia Kirkham, Jennifer Anderson	The quality of schizophrenia care: how do we measure it and where are the problems?
May 2, 2023	Rory Sellmer, Monique Jericho, Greg Montgomery	Competence by Design: An update and practical strategies for success on rotations
May 9, 2023	Harry Zhou, Zahinoor Ismail	Biomarkers and Mild Behavioral Impairment (BAMBI) Study
May 16, 2023	Barry Bultz	Precision Supportive Care
May 23, 2023	Rohit Ghate, Meaghan Mackenzie	Medical Stability of Mental Health Patients in the Emergency Department

May 30, 2023	Doreen Rabi, Zahra Goodarzi Shannon Ruzycski	The Myth of Meritocracy in Medicine
June 6, 2023	Leah Mayo	The endocannabinoid system as a novel target for stress-related disorders
June 13, 2023	No Rounds	
June 20, 2023	Jennifer Thull-Freedman, Amanda Newton	Introducing an innovative model of emergency department mental health care for children and adolescents: an Alberta-based multicentre QI initiative
June 27, 2023	Bukola Salami	Impact of COVID 19 pandemic on the mental health of Black youths
September 05, 2023	Valerie Taylor	A Departmental Update
Sept 12, 2023	Sheri Madigan	Global Paediatric Mental Health: Lessons from the Pandemic
Sept 19, 2023	David Crockford	Substance Use and Psychotic Disorders, Diagnosis, and Management
Sept 26, 2023	Angeline Letendre, Lia Bill, Barbara Frazer	Addressing cancer care priority areas with Alberta First Nations: A focus on practice change in oncology through training and education
Oct 03, 2023	Shannon Shoemaker	The Alex's Pathways to Housing; A Hospital Without Walls and psychiatry at the Alex
Oct 10, 2023	Sara Binder	The Complexity of Untreated ADHD: A Patient's Story
Oct 17, 2023	Megan Howlett	Autoimmune Encephalitis: A Primer for Psychiatrists
Oct 24, 2023	Marco Solmi	Antipsychotic use and risk of breast cancer in women with schizophrenia
Oct 31, 2023	Thomas Raedler	Mental Health Clinical Trials Unit (MHCTU) – An Update
Nov 07, 2023	Eddy Lang	Violence in the ER
Nov 14, 2023	Catherine Douglas	Office of the Alberta Health Advocates/Mental Health Patient Advocate
Nov 21, 2023	Jan Banasch	A Discussion on Methamphetamine
Nov 28, 2023	Kiara Mikita	Stepping Out of the Shadows of Sexual Violence in Healthcare
Dec 05, 2023	Gillian Hughes	Provincial Oncore Support Team
Dec 12, 2023	Dept of Psychiatry Residents	Resident Christmas Rounds



# Mental Health Clinical Trials Unit

## Dr. Thomas Raedler

Director



### Overview of 2023

The Mental Health Clinical Trials Unit (MHCTU) continues to pursue the goal of being part of the process of finding new and better pharmacological treatments for psychiatric disorders. We participate in phase II, phase III and phase IV clinical trials. Our current clinical trials cover the areas of schizophrenia and OCD. Participating in a clinical trial offers participants the opportunity to receive treatment with novel pharmaceutical compounds that are not yet commercially available as well as frequent assessments and oversight of care. Many participants experience an improvement in their symptoms while participating in a clinical trial.

Our beloved Geri Anderson, the heart and soul of our research unit, passed away in February 2022. Geri had been the Mental Health Clinical Trials Unit Coordinator for many years, and we miss her dearly. Geri would be so pleased to see that we are still carrying on! Together with Jeff, we managed to rebuild our team over the last year. Thank you to Natasha Wen, Aunshu Goyal, Fahima Mustanzid and Shaun Taylor for joining our team.

I would like to thank Jeff Cheng, Natasha Wen, Aunshu Goyal, Fahima Mustanzid and Shaun Taylor as well as all Principal Investigators and Co-Investigators for their services and support over the last year. A special thank goes to all volunteers who participated in our clinical trials over the past years.

### Highlights

We were able to recruit our first two patients into the Connex-1 clinical trial 'Clinical Trial of Iclepertin Effect on Cognition and Functional Capacity in Schizophrenia' (NCT NCT04846868). Iclepertin (BI 425809) is a glycine transporter inhibitor that is being administered in addition to ongoing antipsychotic treatment. We were previously part of a phase II clinical trial with the same compound.

We recently received IRB approval to participate in the Connex-X clinical trial. This clinical trial is a one-year open-label extension study of iclepertin in schizophrenia.

### Challenges

Over the past year, we had to rebuild the MHCTU team. With the help of Jeff, Natasha, Aunshu, Fahima and Shaun Taylor our unit is up and running again. Recruitment of suitable participants remains a major challenge and we continue to rely on support from the community.

## Research

The MHCTU is currently participating in the following clinical trials:

### *Iclepertin (Sponsor Boehringer-Ingelheim):*

Iclepertin (BI 425809) is an orally administered glycine transporter-1 inhibitor. Connex-1 is a phase III clinical trial 'Clinical Trial of Iclepertin Effect on Cognition and Functional Capacity in Schizophrenia' (REB22-0898; NCT04846868; PI Dr. T Raedler) that assesses whether add-on treatment with this compound helps to improve cognition in schizophrenia.

Connex-X 'A Study to Test Long-term Safety of Iclepertin in People With Schizophrenia Who Took Part in a Previous CONNEX Study' (REB23-0645; NCT05211947; PI Dr. T Raedler) is a one-year open-label extension study for subjects who completed Connex-1.

### *Troriluzole (Sponsor Biohaven Pharmaceuticals):*

Troriluzole is a tripeptide prodrug of the glutamate modulating agent riluzole. In two phase III clinical trials the acute effects of adjunctive troriluzole in **Obsessive Compulsive Disorder** (REB21-0310; NCT04693351; PI Dr. P Arnold) and the long-term effects of adjunctive troriluzole in **Obsessive Compulsive Disorder** (REB21-0841; NCT04708834; PI Dr. P Arnold) are being assessed.

### *NaBen (Sponsor SyneuRx International):*

NaBen (sodium benzoate) is already approved as a food-additive (E211). This compound is being tested in clinical trials as it is thought to improve the function of the NMDA-receptor. This compound was being tested in phase II / III clinical trials in **Adolescents with schizophrenia** (REB15-1868; NCT01908192; PI Dr. T Raedler), **Adults with schizophrenia** (REB17-1427; NCT02261519; PI Dr. T Raedler) and **Adults with Clozapine-resistant schizophrenia** (REB17-1845; NCT03094429; PI Dr. T Raedler). The sponsor recently decided to close the **Adolescents with schizophrenia** and **Adults with schizophrenia** clinical trials. We were asked to participate in a modified clinical trial in **Adults with Clozapine-resistant schizophrenia**, which may start in early 2024.

## Future Plans

We will continue to participate and recruit in the clinical trials mentioned above.

We are always looking for new members to join our research team. We are also interested in learning about additional clinical trials.

We may be asked to participate in a phase III clinical trial in treatment-resistant schizophrenia in 2024.

# Mathison Center for Mental Health Research & Education

## Dr. Paul Arnold

Director



### Overview of 2023

The Mathison Centre has continued to grow in membership and in the breadth and depth of our research. Our researchers study mental health and illness across the lifespan, with an emphasis on children, youth, and emerging adults. Membership of the Centre is currently 111 cutting across 9 of the 14 faculties at the university. Members have been successful in receiving funding from philanthropy, external funding agencies and government to advance mental health research. Since inception, the core operations of the Centre have been supported by the initial endowment by Mr. Ron Mathison. Highlights of major research funding sources for 2023 include the following:

- Tri-Council research funding – over \$11.7m in PI & Co-PI funding
- Ministry of Health, Government of Alberta - \$2.3m over 3 years
- Alberta Children’s Hospital Foundation (ACHF) - \$5.8m spread over 5 years to support groundbreaking research on the mental health of emerging adults.
- Calgary Health Foundation (CHF) - \$2.5m spread over 5 years to support groundbreaking research on various aspects of mental health.
- The Parker Psychedelic Research Chair - \$3m spread over 10 years to support a Chair in Psychedelics.

### Highlights

Research at the Mathison Centre is resulting in contributions to policy. A team led by the director Dr. Paul Arnold have proposed recommendations for a comprehensive youth mental health strategy in Alberta. The collaborative effort led by the Centre for Health

Policy, O’Brien Institute for Public Health culminated in a series of issue briefs to inform Albertans about major health policy challenges facing the province, with the goal of fostering constructive public dialogue about important health issues. The issue brief on youth mental health is available by clicking this link. Also on the policy front, Dr. Zahinoor Ismail has been appointed co-chair of Canada’s Ministerial Advisory Board on Dementia.

Mathison Centre researchers are key partners on the Mental Health Research for Kids (MHR4K) research program, which is integral to The Summit, a \$39 million newly opened facility in Calgary to address the mental health needs of children and youth. The facility which opened in March 2023 will offer Calgary and area children, 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 here.

Dr. Paul Arnold director of the Mathison Centre and colleagues have received funding from the Ministry of Mental Health and Addictions, Alberta to undertake the Child and Youth Health Services Initiative Evaluation project. The project aims to evaluate the impact of new mental health and behavioural supports for youth that are being implemented across Alberta (CASA Classroom Teams, Integrated School Support Programs, and Alberta Youth Mental Health Hubs).

A cohort of researchers from the Mathison Centre are leading the national dialogue on standards for child and youth mental health services in Canada. Out of 25 projects funded nation-wide through the CIHR Catalyst Grant on Standards for Children and Youth Mental Health Services, our members play leading roles on 8 projects. Drs. Gina Dimitropoulos and Tamara Pringsheim were successful as principal investigators. Other members playing leading roles on successful projects are Drs. Paul Arnold, Davide Martino, Scott Patten and Gabrielle Wilcox.

Mathison Centre members are engaging in the innovations space by exploring how research and entrepreneurial paths align to create forward thinking discoveries in mental health. In two demonstrative projects, Dr. Chad Bousman is developing digital innovation avenues that translate pharmacogenomics data for better prescribing practices while Dr. Jaideep Bains is collaborating with colleague Dr. Amir Sanati-Nezhad in the Schulich School of Engineering in developing wearable patches to monitor links between sweat, cortisol and stress in healthy people.

Dr. Pringsheim has been listed on Clarivate's Highly Cited Researchers for 2022. With this achievement, she 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.

The Mental Health Initiative for Stress and Trauma (MIST) is underway under the leadership of Hotchkiss Brain Institute researcher and deputy director in charge of basic science at the Mathison Centre Dr. Matthew Hill. The MIST initiative is exploring how stress and trauma impact the brain and what can be done to create healthier outcomes. [Read more here.](#)

## Challenges

The growth of the Centre has resulted in the need for additional resources on many fronts. The Centre hired a half-time communications and marketing assistant to help support the operational team. There has been

an increase in requests for funding from members to support their existing and new projects. Requests for funding include for sponsorships, partnerships building activities and matching funds which are increasingly required for large research granting competitions such as selected Brain Canada competitions and SSHRC Partnership grants. As a result of these increasing demands, we will be actively seeking new sources of funds to ensure sustainable growth of our operations.

## Research, Education

*Details as per appendix 1*

## Future Plans: Current and future strategic initiatives

The Mental Health Initiative for Stress and Trauma (MIST) and the integrated Pathway from Addiction to Health (iPATH) are the Centre's newest partnership initiatives with the HBI and the mental health community to support the advancement of research into pathways of addictions and how stress and brain trauma lead to long-term consequences for mental health.

The Mathison Centre is steering the research advisory committee (RAC) of the United Way Calgary and Area's Planet Youth (PY) initiative. This role enables the Centre to provide proactive research guidance on the implementation of the PY initiative which is an evidence-based, prevention approach that was developed in Iceland to reduce substance use rates among youth and positively impact other life and health outcomes.

The Mathison Centre and the UCalgary Campus Mental Health Strategy team have established a partnership geared towards fomenting research on the mental health of post-secondary students. The partnership has led to the organizing of networking events to bring together researchers interested in the topic to share and brainstorm ideas that could lead to innovative projects.

The Mathison Centre is working with the Department of Psychiatry and the HBI to develop a strategic plan to guide the Centre's research direction for the next 4 years.

## Awards Grants & Recognitions – Faculty

### Grants and Major Funding Awards to Members & Trainees

Members of the Mathison Centre obtained over \$11.7m in research grants as principal and co-principal investigators from the Tri-Council (\$11,740,961)  
See *appendix 2*.

## Publications & Citations

A search conducted by the CSM Faculty Analytics team in Scopus in October 2023 showed 641 published papers with an identified affiliation to the Centre. This is an increase from 592 for the same period last year.

See *appendix 3* for details of publications and citations data

## Appendix 1: Research and/or Education

- Mathison researchers Kathryn Birnie and Melanie Noel are lead participants on a national program known as the Power Over Pain Portal to help people (adults and youth) to manage their pain. The portal funded by Health Canada's Substance Use and Addictions Program is the result of a nationwide collaboration of people living with pain, clinicians, researchers, and representatives of community organizations. Chronic pain is a disease affecting 7.5 million people in Canada and this number is anticipated to rise 17.5% by 2030. Find out more here.
- 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. Findings by the team recently published in the Canadian Medical Association Journal (CMAJ) show that there were no reported deaths during a pilot of the NORS 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 alerted the appropriate emergency community services. Follow up contacts confirmed that all the clients survived.
- Gina Dimitropoulos PhD 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 project is seeking to establish and implement a standardized approach to support youth as they transfer to adult services. Typically, youth with eating disorders experience difficulties accessing services, which only makes their eating disorder worse while they are waiting for care. Read more here.
- A study by Dr. Nicole Letourneau and colleagues found that incidences of family violence increased globally during the pandemic. According to the research team, a rapid review of literature found that the rise in family violence may have occurred due to the restrictions that increased risks, such as mental-health concerns, isolation, economic vulnerability, loneliness and job loss. Read more here.
- 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. The study involving more than 12,000 participants found that people who reported taking vitamin D supplements may have a lower risk of dementia. Read more here.
- 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 experts in pediatric pain management to develop Canadian guidelines that are the only national standard that exists for pain management anywhere in the world. The development team for the guidelines published on April 3, 2023, 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.

- Member Brittany Harker Martin’s research has revealed that in addition to rising mental health issues, there is an emerging trend of “general malaise across normally well individuals in society”. The general feeling of unwellness best described as digital distress (a form of psychological distress caused by a dysfunctional user experience with technology) manifests as cognitive and physical exhaustion, limited patience, disinterest in work and a resentment of the stressors in everyday life. Read more here.
- A study by Gerald Giesbrecht and his colleagues evaluating developmental milestones of children born during the pandemic found that most of these children were doing fine, with almost 90 per cent meeting their key developmental milestones in each of five separate domains: Communication, Gross Motor, Fine Motor, Personal-Social and Problem Solving. However, a slightly higher proportion of children born during the pandemic were at risk of developmental delay in Communication, Gross Motor and Personal-Social domains, compared to children born before the pandemic. Read more here.
- Mathison Centre researchers are part of the One Child Every Child (OCEC) initiative, an audacious investment into research led by the Alberta Children’s Hospital Research Institute to advance every child’s right to optimal health and the brightest possible future. The goal of the OCEC is to rewrite Canada’s narrative in child-health outcomes and engender a world where every child can thrive. Read more here.
- A pilot study funded by the Mathison Centre and led by Dr. Monty Ghosh to monitor wastewater for traces of opioids and other legal drugs has moved on to receive additional funding from the Calgary Health Foundation. Recent findings by the research

team indicate that elevated amounts of carfentanil, a synthetic opioid used in veterinary medicine to tranquilize large animals was found in wastewater during the same period when increase in the number of deaths were recorded. The next phase of the study is to determine the best way to share information with relevant stakeholders to inform decision making. Read more here.

- A study led by Serena Orr of more than 2.2 million teens with an average age of 14 years who have been bullied by their peers, or who have considered or attempted suicide has revealed that they may be more likely to have more frequent headaches than teens who have not experienced any of these problems. The study was published in the August 2023 online issue of Neurology. Read more here.

### ***Appendix 2: Tri-Council Grants to Members & Trainees of The Mathison Centre***

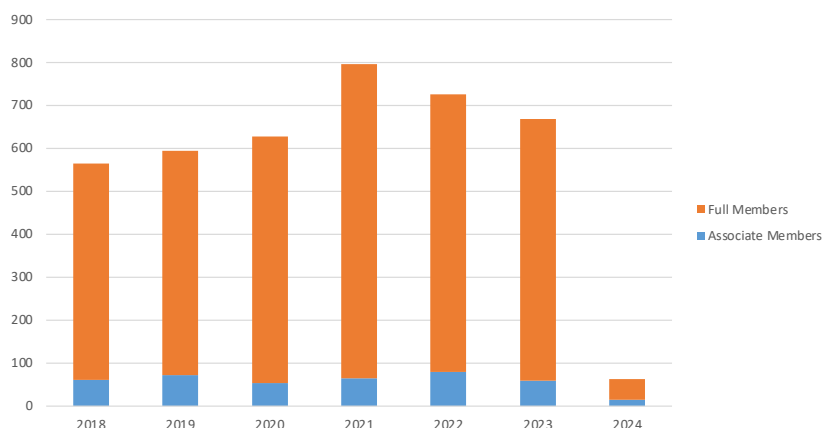
Grants – as Principal and Co-Principal Investigator/ Applicant (\$11,740,961)

1. Pamela Roach, CIHR Team Grant \$1,986,890
2. Aravind Ganesh, CIHR Project Grant \$1,790,866
3. Gerald Giesbrecht, CIHR Project Grant \$1,327,276
4. Kathleen Chaput, Catherine Lebel & Carly McMorris, CIHR Project Grant \$1,366,288
5. Leah Mayo & David Hodgins, CIHR Operating Grant \$1,000,000
6. Nicole Letourneau, CIHR Team grant, \$999,013
7. Nicole Letourneau, SSHRC Insight Grant, \$397,623
8. Sheri Madigan, SSHRC Insight Grant, \$359,980
9. Carly McMorris, David Nicholas, SSHRC Insight Grant, \$317,932
10. Marc Poulin, NSERC Discovery Grants Program \$295,000

- 11. Borgland, Stephanie, NSERC Discovery Grants Program \$260,000
- 12. Zelma Kiss, NSERC Discovery Grants Program \$255,000
- 13. Catherine Lebel, NSERC Discovery Grants Program \$255,000
- 14. Tamara Pringsheim, Davide Martino CIHR Catalyst Grant \$199,746
- 15. Sheri Madigan, Gina Dimitropoulos, Nicole Racine CIHR Catalyst Grant \$199,488
- 16. Gina Dimitropoulos, Nicole Racine CIHR Catalyst Grant \$198,810
- 17. Kathleen Chaput, Catherine Lebel & Carly Mcmorris, CIHR Project Grant \$100,000
- 18. Stephanie Borgland, CIHR Project Grant \$100,000
- 19. Brandy Callahan, SSHRC Insight Grant \$98,270
- 20. Katherine Birnie, CIHR Research Impact Excellent Prize, Research Impact \$25,000
- 21. Katherine Birnie, CIHR Research Impact Excellent Prize, Patient Engagement \$25,000
- 22. Nicole Racine and Gina Dimitropoulos (PIs), SSHRC Partnership Engage Grant \$23,779
- 23. David Nicholas, CIHR Planning Grant \$20,000
- 24. Dr. Audrey-Ann Deneault (supervisor, Sheri Madigan), Banting postdoctoral fellowship \$140,000

**Appendix 3: Publications & Citations**

**Publications connected to the Mathison Centre for Mental Health Research & Education**



**Citations connected to the Mathison Centre for Mental Health Research & Education**

Publications that indicated an affiliation with the Mathison Centre were cited a total of 75, 205 over the last 5 years (2018 – 2023). Over the same period, four members have been listed on the clarivate list of most highly cited researchers. 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. About 0.1% of the world’s researchers, in 21 research fields and across multiple fields, have earned this exclusive distinction. Dr. Jean Addington has been listed on the clarivate list of most highly cited researchers for 8 consecutive years.

# Department of Psychiatry Research

## Dr. Scott Patten

Research Director

### Overview of 2023

I am involved in a combination of activities. These include epidemiologic teaching and research, as well as clinical care and service roles. I also have editorial roles with two peer-reviewed Journals.

### Highlights

One of my PhD students, Dr. Asmita Bhattarai was awarded the 2023 Chancellor's Medal for her dissertation work. I was recognized by the Canadian Psychiatric Association as a Distinguished Fellow.

### Challenges

A priority for me in recent years has been evaluation of the role of the COVID-19 pandemic on mental health in the Canadian population. Several key data sources on this topic have remained inaccessible to researchers, which has delayed my work on this topic. Implementation of ConnectCare has disrupted some prior work on research-clinical integration.

### Research and Education

I teach MDCH740 (Advanced Epidemiology) – most recently in the Winter term 2023.

I collaborate on multiple projects (see below).

### Future Plans

I am applying for a Sabbatical in 2024, which will allow me to complete a long-term project on the simulation of major depression epidemiology.



### Awards, Grants and Publications

Khenti A, Bobbili SJ, Lentiniello E; Sapag JC, van der Maas, Sanches M. Agic B, Hamilton H, Patten S, Stuart H, Corrigan PW. A cluster randomized controlled trial exploring stigmatization and recovery-based perspectives on mental illness and substance use problems among primary healthcare providers in Toronto, Ontario. *International Journal of Mental Health and Addiction* 2023 (Oct); **E-Pub:** <https://doi.org/10.1007/s11469-023-01136-5>

Bahji A, Hathaway J, Adams D, Crockford D, Edelman EJ, Stein M, Patten SB. Cannabis use disorder and adverse cardiovascular outcomes: a population-based retrospective cohort analysis of adults from Alberta, Canada. *Addiction* 2023 (Sept); **E-Pub:** <https://doi.org/10.1111/add.16337>

Wu Y, Sun Y, Liu Y, Levis B, Krishnan A, He C, Neupane D, Patten SB, Cuijpers P, Ziegelstein RC, Benedetti A, Thombs BD. Depression screening tool accuracy individual participant data meta-analyses: data contribution was associated with multiple factors. *Journal of Clinical Epidemiology* 2023 (Aug); **E-Pub:** <https://pubmed.ncbi.nlm.nih.gov/37619800/>

Pankow K, King N, Li M, Byun J, Jugoon L, Rivera D, Dimitropoulos G, Patten S, Kingslake J, Keown-Stoneman C, Duffy A. Acceptability and utility of digital well-being and mental health support for university students: A pilot study. *Early Intervention in Psychiatry* 2023; **E-Pub:** <https://doi.org/10.1111/eip.13458>.

**Patten SB**, Dimitropoulos G, Williams JVA, Rao S, Fahim M, Sharifi V, Pedram P, Bulloch AGM. Hospital admissions for Personality Disorders increased during the COVID-19 Pandemic. *Can Journal of Psychiatry* 2023; 68(6):470-472.

Dimitropoulos G, Lindenbach D, Rowbotham M, Devoe DJ, Richardson A, Mogan T, **Patten SB**, Ehrenreich-May J, Arnold PD. Feasibility and acceptability of a brief, online transdiagnostic psychotherapy for young adults. *Journal of the Canadian Academy of Child & Adolescent Psychiatry* 2023; 32:111-125.

Joundi RA, **Patten SB**, Williams JVA Smith EE. Association Between Excess Sleep Duration and Risk of Stroke: A Population-Based Study. *The Canadian Journal of Neurological Sciences* 2023; 50:1 (17-22).

Hu S, **Patten SB**, Fick GH, Wang M, Charlton A, Fischer K, Smith EE, Zahinoor I. Validating the mild behavioral impairment checklist in a Cognitive Clinic: Comparisons with the Neuropsychiatric inventory questionnaire. *Journal of Geriatric Psychiatry and Neurology* 2023; 36(2):107-120.

Marrie RA, Fisk JD, Walld R, Bolton JM, Sareen J, **Patten SB**, Singer A, Hitchon CA, El-Gabalawy R, Katz A, Marriott JJ, Bernstein CN, (MD for the CIHR Team in Defining the Burden and Managing the Effects of Psychiatric Comorbidity in Chronic Immunoinflammatory Disease). Prescription opioid use in Multiple Sclerosis. *Journal of Neurology, Neurosurgery and Psychiatry* 2023; 94: 167-169.

Khakban A, Rodriguez Llorian E, Michaux KD, **Patten SB**, Traboulee A, Oh J, Lynd LD. Direct Health Care Costs Associated with Multiple Sclerosis: A Population-Based Cohort Study in British Columbia, Canada, 2001-2020. *Neurology* 2023; 9:e899-e910.

Allemang B, Samuel, S, **Patten SB**, Sitter KC, Mackie AS, Greer K, Schofield K, Pintson K, Farias M, Patton M, & Dimitropoulos G. Transition readiness of youth with co-occurring chronic health & mental health conditions: a mixed methods study. *Health Expectations* 2023; E-Pub: <https://doi.org/10.1111/hex.13821>

Edwards J, Kurdyak P, Waddell C, **Patten SB**, Reid GJ, Campbell LA, Georgiades K. Surveillance of Child and Youth Mental Disorders and Associated Service Use in Canada. *Canadian Journal of Psychiatry* 2023; E-Pub: <https://doi.org/10.1177/07067437231182059>

Bhattarai A, Dimitropoulos G, Bulloch AGM, Tough SC, **Patten SB**. Childhood adversities and rate of adulthood all-cause hospitalization in the general population: A retrospective cohort study. *PLOS One* 2023 (June); 18(6): e0287015. <https://doi.org/10.1371/journal.pone.0287015>

Marrie RA, Lix LM, Bolton JM, Fisk JD, Fitzgerald KC, Graff LA, Hitchon CA, Kowalec K, Marriott JJ, **Patten SB**, Salter A, Bernstein CN. Assessment of differential item functioning of the PHQ-9, HADS-D and PROMIS-depression scales in persons with and without multiple sclerosis. *Journal of Psychosomatic Research* 2023 (June); E-Pub: <https://doi.org/10.1016/j.jpsychores.2023.111415>.

Almweisheer S, Bernstein CN, Graff LA, **Patten SB**, Bolton J, Fisk JD, Hitchon CA, Marriott JJ, Marrie RA. Well-being and flourishing mental health in adults with inflammatory bowel disease, multiple sclerosis and rheumatoid arthritis in Manitoba, Canada: a Cross-sectional study. *BJM Open* 2023; 13:e073782. E-Pub: <https://bmjopen.bmj.com/content/13/6/e073782>

Shafiq S, Ronksley P, Scory TD, Elliott M, Bulloch AGM, **Patten SB**. Ten-year trends in lithium prescribing in Alberta, Canada. *The Canadian Journal of Psychiatry* 2023 (May). E-Pub: <https://doi.org/10.1177/07067437231176905>

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Allemang B, Samuel S, Pintson K, Patton M, Greer K, Farias M, Schofield K, Sitter KC, **Patten SB**, Mackie AS, Dimitropoulos G. “They go hand in hand”: A patient-oriented, qualitative descriptive study on the interconnectedness between chronic health and mental health conditions in transition-age youth. *BMC Health Services Research* 2023 (Jan); 23:2. **E-Pub:** <https://doi.org/10.1186/s12913-022-09002-1>

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Monga S, Anthony S, Arnold P, Bagnell A, Birmaher B, Campbell, Churchill R, Cleverley K, Courtney D, Dimitropoulos G, Hetrick S, Krause KR, Mokkink L, **Patten SB**, Patton MC, Brebeg MJ, Potter E, Romanchych E, Shah J, Smith M, Stewart E, Szatmari P, Tricco AC, Tugwell P, Walkup J, Zima B, Butcher NJ, Offringa M. Measuring what matters: Development and dissemination of a core outcome set for pediatric anxiety disorder trials. *JAACAP* 2023 (Feb); **E-Pub:** <https://doi.org/10.1016/j.jaac.2023.01.016>

Qui X, WuY, Sun Y, Levis B, Tian J, Boruss JT, Cuijpers P, Ioannidis JPA, Markham S, Ziegelstein RC, Vigod SN, Benedetti A, Thombs BD with the DEPRESSion Screening Data (DEPRESSD) EPDG Group (incl. **Patten SB**).

Individual participant data meta-analysis to compare EPDS accuracy to detect major depression with and without the self-harm item. *Scientific Reports* 13, Article 4026: 2023 (Mar); **E-Pub:** <https://www.nature.com/articles/s41598-023-29114-w>

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Devoe D, Han AX, Anderson A, Katzman D, Soumbasis A, Flanagan J, **Patten S**, Vyver E, Marcoux-Louie G, Dimitropoulos G. The impact of the COVID-19 pandemic on eating disorders: A systematic review. *International Journal of Eating Disorders* 2023 (Jan); 56(1):5-25.



## Events: Mathison - Littmann Day

The Mathison - Littmann Research Day was held on March 3, 2023, in person for the first time since COVID 19 in the Coombs theater at the Foothills Hospital. The event had 175 registrants and featured keynote presentations by Dr. Ahmad Hariri What have we learned from studying the brain correlates of general psychopathology? Dr. Bo Cao AI and Machine Learning in Mental Health Data.



Dr. Sebastian K. Littmann

### Highlights

**Best Presentation by Residents:** Elizabeth Merner and Erica Blimke, 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 Undergraduate Students:** Aaron So, Alena Tahir, Ana Ramirez-Pineda, and Harveen K. Saini, Stigma and Stigma Reduction of Suicide in Post-Secondary Context, Student Recommendations for Actions to Address Suicide at Post-Secondary Institutions: A Qualitative Analysis

**Best Poster Presentation by a Resident:** Howie Wu, Psychosocial interventions and quality of life in young adults with autism spectrum disorder

**Best Poster Presentation by an Undergraduate Student:** Katherine Holland, Resilience Against Stress: Environmental Determinants of Mental Toughness

### Future Plans

Dr. Dallas Seitz will be taking of the research day from Dr. Scott Patten. The next Mathison \_Littmann Research Day will be held on Friday March 15, 2024, in theater 4 of the health Science Centre. Please see the link below for further updates. <https://hbi.ucalgary.ca/mathison/news-and-events/mathison-littmann-research-day>.

# Events: Kolabo-McMUST Partnership Uganda Trip

Kolabo-McMUST Partnership Uganda Trip 2023 Kolabo Kolabo — September 27, 2023 Dr. Muwanguzi Moses, Dr. Matiko Mwita, Dr. Mukiibi Nicholas, Dr. Kugonza Tonny, Julian Kembabazi, Dr. Elisabeth Merner, Dr



## Kolabo-McMUST Partnership Uganda Trip 2023

Kolabo Kolabo – September 27, 2023

**McMaster University** **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.



Dr. Muwanguzi Moses, Dr. Matiko Mwita, Dr. Mukiibi Nicholas, Dr. Kugonza Tonny, Julian Kembabazi, Dr. Elisabeth Merner, Dr. Gemma Simbae, Dr. Shabani Moshi, Dr. Namwase Joyce, Dr. Deborah Adesegun, Dr. Megan Howlett, Dr. Angela Li, and Dr. Angella Nanziri (left to right, back then front)

### Purpose Of Partnership

For over 10 years, McMaster University in Hamilton, Canada has been partnering with the Mbarara University of Sciences and Technology (MUST) in Mbarara, Uganda to provide resources and psychiatric residency training under the leadership of Dr. Godfrey Rukundo and Dr. Sheila Harms. As a result, McMaster University psychiatrists and residents have travelled to Uganda on many occasions to assist with consultation and learning opportunities alongside their local counterparts.

In the fall of 2022, members of the Kolabo team met with Dr. Harms to discuss the possibility of a joint partnership. As many reading this are aware, Kolabo is the partnership between the University of Calgary and the Catholic University of Health and Allied Sciences (CUHAS) in Mwanza, Tanzania. Kolabo has been transitioning from a focus on undergraduate medical education to starting a psychiatric residency program at CUHAS in the near future. As a result, the Kolabo teams felt there was a lot to be learned from the successes of McMUST over the past decade.

Trip planning began in June 2023 and over several months a team and joint mission were planned with individuals from four universities coming together to learn as one and work towards the common goal of building capacity for psychiatry and mental health care in East Africa. McMaster University members Dr. Sheila



Discussion around alcohol use and its relevance to psychiatry.

Harms and Dr. Angela Li (PGY3) met with University of Calgary members Dr. Megan Howlett, Dr. Elisabeth Merner (PGY5), and Dr. Deborah Adesegun (PGY3) to travel to Uganda this September. The Kolabo team was also able to sponsor the arrival of Dr. Matiko Mwita and Dr. Gemma Simbae from CUHAS. The Calgary and CUHAS teams hope to build a similar collaboration and psychiatry residency program in Mwanza, hopefully to begin in October 2024.



Dr. Kugonza Tonny and Dr. Namwase Joyce— third year residents of the MUST psychiatry program.

### DAY 1

The first day at Mbarara University of Sciences and Technology (MUST) brought all of the teams from four universities together to meet one another. The morning began strong with Monday morning inpatient major ward rounds. These rounds cover the presentation and management of patients living with major mental illnesses, including Bipolar Disorder, Schizophrenia, HIV induced psychotic illnesses, and other neurological conditions, such as Epilepsy. Consultation occurred between residents and staff psychiatrists with perspectives from the various cultural and scientific knowledge bases.

After these rounds, members of each of our four teams were able to get to know one another better and discuss their common reasons for wanting to pursue a career in psychiatry, which often included caring for those impacted by stigma.



## Day 2

In the morning, residents from Canada and the psychiatrists from Tanzania were able to form groups with the Ugandan resident physicians and see patients from either the inpatient unit who required further assessment or in the outpatient clinic setting. Team members collaborated on history taking, diagnostic formulations, and management plans.

In the afternoon, Dr. Kugonza Tonny and Dr. Namwase Joyce gave a presentation discussing Alcohol Use Disorders which was followed by an explorative group discussion around alcohol use in both the East African and Canadian cultural contexts, its medical and psychiatric sequelae and how to help those suffering from addiction to alcohol.



Dr. Harms leading a discussion on speech and language disorders.

## Day 3

The morning began with a teaching session by Dr. Sheila Harms for the residents about Speech & Language Disorders. Uganda has 30-40 speech and language pathologists reportedly to serve an approximate 1.5 million children with speech and language disorders which have a functional impact on both the individual and their family. The team members were able to discuss this resource shortage in all of our clinical settings, as well as how to recognize such disorders, and what the general psychiatrist can try to do to help.

The team then worked together until the afternoon in a child and adolescent mental health outpatient clinic. Following this, there was an afternoon teaching session which was led by Drs. Elisabeth Merner and Deborah Adesegun on Marijuana Use Disorders.



Dr. Deborah Adesegun and Dr. Elisabeth Merner lead a lecture on Cannabis Use Disorders.

# Events: Women's Run

## Dr. Lisa Gagnon

### Overview of 2023

It was a perfect day for a run! We had a special guest - mayor Jyoti Gondek. Thanks for the ongoing support from Calgary Health Foundation and Shoppers Drug Mart, we will be working on a Women's Mental Health Strategy for Calgary Zone in AHS.

### Highlights

- Over \$215,000 raised this year.
- 24,642 participants across Canada raised \$2.9M total.
- In Calgary we had just over 2,000 participants
- Two from one of our top fundraising teams, Drs. Janet DeGroot and Elizabeth Wallace (right to left), are pictured here with Dr. Lisa Gagnon and Valerie Ball (of Calgary Health Foundation)





**HOSPITAL SERVICE LOCATIONS:**

**Alberta Childrens Hospital**

28 Oki Drive NW  
Calgary AB T3B 6A9

**Foothills Medical Centre**

1403 29th Street NW  
Calgary AB T2N 2T9

**Peter Lougheed Hospital**

3500 26th Avenue NE  
Calgary AB T1Y 6J4

**Rockyview General Hospital**

7007 14 St SW  
Calgary AB T2V 1P9

**South Health Campus**

400 Front St SE  
Calgary AB T3M 1M4

[ucalgary.ca/psychiatry](http://ucalgary.ca/psychiatry)

