

Mind Matters

Summer 2024
Department of Psychiatry Newsletter
Calgary Zone
Volume XXVII Issue 2



Message from the Department Head

Dr. Valerie Taylor

I would like to start by thanking everyone for their resilience during these very uncertain times. As we all know, anticipation is often more anxiety provoking than activity and after a lot of waiting we officially transition to Recovery Alberta as of September 1, 2024. The goal of this is to improve care and access for our patients, something I know is key to the work done by all of you, so I think there is much to be enthusiastic for as this change occurs. Again, however, any change, even positive change, is stressful, and a key piece of navigating that is communication. Please let people know when things are working and when they may have missed the mark as that is the only way to ensure this transition achieves its goal. As this update reflects, we continue to excel in terms of the things our faculty is engaged in, and we do not want to lose that momentum. We are also entering in to the first quarter of our

resident expansion, and an increase in the medical school, so we will have a lot more learners joining the team. It is quite exciting to see what the next months will bring. As always, take care of yourself and support each other.



PGME

Dr. Rory Sellmer

It's been a very busy year and we have quite a few announcements to share with you.

Please join us in celebrating both the **PGY4's and 5's in their success at the Royal College exams!** This was a very unusual year as we complete the full transition over to CBD and had a double cohort writing the exams. Hilary Aadland, Jaylynn Arcand, Jacqueline Bobyn, Mark Fraccaro, Rohit Ghate, Harleen Hehar, Liz Merner, Holly Breton, Emily Cooley, Amy Fowler, Raechelle Gibson, Alynna Lirette, Keely Murphy, and Howie Wu all worked incredibly hard this year, please congratulate them when you see them next! A huge thank you to all the staff who have provided mentorship, teaching, supervision, and exam support to make this all happen. We could not have such a successful residency training without the incredible dedication and passion you all bring.

We're also excited to share news about what our soon to graduate R5's will be doing come July 1:

Hilary Aadland will be starting at South Health Campus on July 1st, working on the inpatient unit, providing ECT to patients and working at Day Hospital,

Jaylynn Arcand will be doing inpatients on Unit 21 and 32, ECT, and some of afternoon coverage in CL all at FMC.

Jacqueline Bobyn will be working at the Refugee Clinic, South Health Campus Outpatients and running an IPT group with Rohit

Mark Fraccaro will be at the Rockyview Hospital starting on Unit 49 in July doing inpatients and then starting Day Hospital late September 2024.

Rohit Ghate will be doing inpatient work on unit 22 at Foothills, seeing outpatients at Community Extension Team (CET), facilitating an interpersonal therapy group with Jacqueline Bobyn and Rachel Grimminck, and contributing to medical education initiatives.

Harleen Hehar will be joining the team at SHC as a locum and helping out at the FMC in the ER before she sets off on some serious travel.

Elizabeth Merner will be working on Medical Psychiatry Unit and Consultation Liaison at Peter Lougheed Centre.

Emily Cooley and Keely Murphy are moving on to the next adventure – joining the child and adolescent subspecialty training program.

The department of Psychiatry really shone at the recent **PARA/PGME awards**: of note, all physicians are eligible to be nominated for the 2 PARA awards and it's exciting that both went to psychiatrists.

Iliana Ortega: PARA Wellbeing Award
Rory Sellmer: PGME Outstanding Commitment to Residency Education Award
Rita Watterson: PARA Clinical Teaching Award

Speaking of awards, our very own Lucy Miao received the **Best Poster**

Presentation Prize for her presentation during the 26th World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions in Brazil. Way to go Lucy! Howie Wu and Emily Cooley both received the **Gold Star Award** in Recognition of Outstanding Teaching in Psychiatry by the medical school Class of 2023.

Aliaks SAVIN	UofC
Ella FORGIE	UofC
Erica MARR	UofC
Jusnoor AUJLA	UofC
Connor DE MELO.	UBC
Matthew TESTER	UBC
Anna GIRARD	UofC
Anna SAMSON	UofA
Chaim KATZ	UofC

We look forward to welcoming our **incoming PGY1 group** start July 2, please keep an eye out for them in the ER and on the wards!

Lastly, we are excited to host the **second annual Psychiatry PGME retreat in the fall** at the ALT hotel University district; details and formal invites to follow shortly.



CAP Subspecialty Program Dr. Nneka Orakwue-Ononye Clerkship

As the program wraps up yet another academic year, we excitedly look forward to celebrating the graduation of our PGY6 Dr Sean Andrea, who has been an invaluable part of the program. Sean has been exceptionally committed to the program and self-development, and the program hosted a graduation dinner on 13 June 2024 in his honor. Thank you for all you brought with you, Sean, and we hope you grow to greater heights as you progress with independent practice.

We are equally excited to announce our PGY5 Dr. Sunny Kang and Dr Jamie Hickey were both successful in their recently completed Royal College

examination. Way to go, Sunny and Jamie, and best wishes for the future!

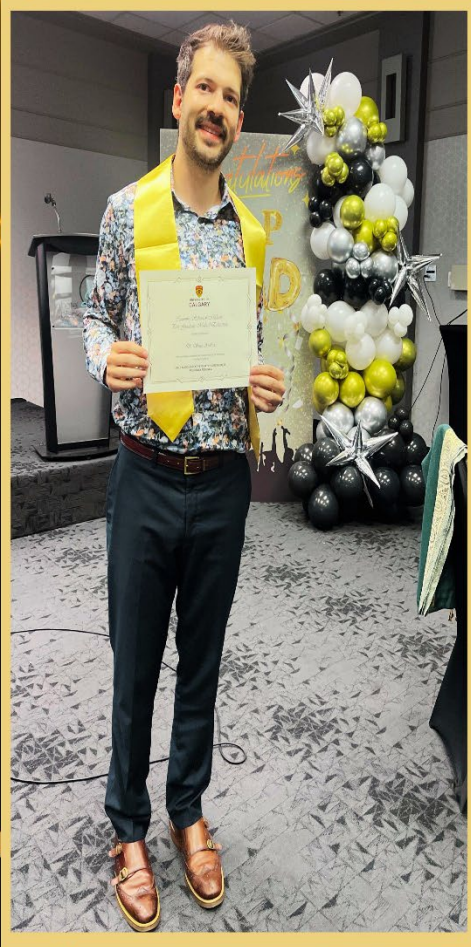
Join me in congratulating Drs Cooley and Murphy, who were equally successful in the RC exams, and we look forward to having them for the next academic year. Drs Cooley and Murphy will be our pioneer trainees, with the recent change of completing the RC exams by PGY4 and being fully part of the PGY 5 and 6 sub-specialty training.

It has been a busy year, and we will not fail to acknowledge the relentless support from our excellent faculty, who go over and beyond to see that our trainees are well

catered for and ensure the optimization of their learning experiences. Also, the program appreciates the dedicated commitments of the Residency Program Committee and Competence Committee with its processes and operations. Our indefatigable program administrator, Bernice Mina-Buna, remains worthy of mention as she keeps us all organized. As we proceed to the summer break, please endeavor to take time out for some self-care, and we are looking forward to embracing the new academic year with zeal!

Have a restful summer break, and JUST BREATHE ☺

Congratulations Dr. Sean Andrea



**Child & Adolescent Psychiatry Subspecialty
Residency Program
2023 - 2024**

Mathison Centre



One year in, The Mathison Centre propelling care at The SUMMIT

Thanks to the research of members of the Mathison Centre and colleagues from the Owerko Centre, every patient attending The Summit has an opportunity under the Mental Health Research 4 Kids (MHR4K) program to improve the outcomes for the next young person to walk in the front door. The Mathison Centre co-leads a learning health environment where research is directly integrated into care. Find out more [here](#).

Partnership strengthens mental health supports for schools in Alberta



The Mathison Centre, the Centre for Wellbeing in Education at the Werklund School of Education and the Converge Mental Health Coalition are conducting a comprehensive review of research focusing on the crucial skills, knowledge, and competencies required by student services staff to nurture adolescent mental health in schools. The research project is funded under the City of Calgary's Change Can't Wait initiative and designed to build capacity of student services staff. Find out more [here](#).

Member Leading Action on Addictions



Dr. Monty Ghosh has been recognized by the CBC as one of Calgary's Asian Changemakers for 2024 for his work towards revolutionizing addiction medicine with empathy and innovation. Among many other laudable contributions, Monty is spearheading transformative programs like Calgary's medical respite program and Alberta's first home detox initiative, aimed at providing compassionate care for individuals facing homelessness and substance use challenges. Find out more [here](#).



Researchers Investigate the Science of Psilocybin-Assisted Treatment for Alcohol Use Disorder



Mental Health and Homelessness: Connecting the Dots

According to Dr. Dallas Seitz and his colleagues "we have always known that mental health disorders are over-represented among people experiencing homelessness, but we didn't have a clear understanding of how many people are affected".

Among other findings, the team found that among the homeless population, 1 in 10 have a serious mental illness. Also, while psychotic disorders affect one per cent of the general population, that number is eight times higher for those who experience homelessness." Read more [here](#).

A team of Mathison Centre researchers are gearing up to conduct the largest single-site clinical trial of its kind in Canada to find out whether combining a known therapy with psychedelics could be a viable treatment for alcohol use disorder (AUD).

The study by Drs Leah Mayo and David Hodgins and their team will help determine whether psilocybin combined with motivational enhancement therapy is a clinically feasible treatment for alcohol use disorder. The study will recruit 128 people diagnosed with AUD. Find out more [here](#)



Exploring Brain Imaging Technology to Break the Cycle of Opioid Addiction



Drs Stephanie Borgland and Tuan Trang are collaborating with people with lived experience in addiction to gain insight into how opioid use disorder (OUD), a complex mental illness, changes the brain. The project was recently supported with brain imaging equipment funded by the Canada Foundation for Innovation (CFI's) Innovation Fund. The equipment will record the activity of hundreds of neurons, and of single cells within neural circuits in rodent models to help in better understanding how the ability of neural circuits to grow and change shifts with chronic drug use. This can help identify targets within these neural circuits that can be blocked or enhanced with repurposed medication to curb cravings or prevent relapse. Read more [here](#).

Mathison Centre Events - Fall 2024

Fall Research Days – Save the Date!

Registrations coming soon

- September 24, 2024 – **Psychedelics & Cannabis, Hype, Hope or Harm.** Speakers include [Margaret Haney](#), [Ziva Cooper](#), [Gill Bedi](#), [Fred Barrett](#) and others.
- November 8, 2024 - Emerging Adulthood: Opportunities, Challenges and More. Keynote speaker – [Jeffrey Arnett](#).

Special Talks, Seminars & Symposiums –

Save the Date! Registrations coming soon

- September 9, 2024 – **XXX**. Speaker – [Russell Schachar](#)
- October 11, 2024 - **Co-creating a post-secondary mental health and well-being research and knowledge hub**, an event to brainstorm and discuss the mission and research priorities of a hub for post-secondary mental health research to be established at the University of Calgary.

Awards, Achievements and Publications

McLennan JD, Dufe K, Afifi T, MacMillan H, Warriyar K.V (in press) Is religious affiliation associated with parent disciplinary behavior in Suriname and Guyana? Child Abuse and Neglect

<https://www.sciencedirect.com/science/article/pii/S0145213424003508>

Devoe D.J., Liu L., Cannon T.D., Cadenhead K.S., Cornblatt B.A., Keshavan M., McGlashan T.H., Perkins D.O., Seidman L.J., Stone W.S., Tsuang M.T., Woods S.W., Walker E.F., Mathalon D.H., Bearden C.E., **Addington J.** (2023) The impact of early factors on persistent negative symptoms in youth at clinical high risk for psychosis. *Frontiers in Psychiatry*, 2023 May 24; 14:1125168. PMID:37293402

Addington J., Liu L., Braun A., Brummitt K., Cadenhead K.S., Cornblatt B.A., Holden J.L., Granholm E. (2023) Cognitive Behavioral Social Skills Training: Outcome of a Randomized Controlled Trial for Youth at Risk of Psychosis. *Schizophrenia Bulletin Open*, 2023 Aug 2; 4(1):sgad020. eCollection 2023 Jan. PMID:37601286

Miller M., Braun A., Cadenhead K.S., Cornblatt B.A., Granholm E., **Addington J.** (2024) Self-Perceptions and Depression in Youth at Risk of Psychosis. *Schizophrenia Research*, 2024 Jan 5; 264:231-232. PMID:38183960

Jalali S., Liu L., Wang JL, Kennedy S.H., MacQueen G., Lebel C., Goldstein B.I., Bray S., **Addington J.** (2024) Factors Associated with Transition to Serious Mental Illness. *Canadian Journal of Psychiatry*, 2024 Feb; 69(2):79-88 [Epub 2023 Aug 23]. PMID:37606525

Addington J., Woods S.W., Yung A.R., Calkins M.E., Fusar-Poli P. (2024) Harmonizing the Structured Interview for Psychosis-Risk Syndromes (SIPS) and the Comprehensive Assessment of At-Risk Mental States (CAARMS): An initial approach. *Early Intervention in Psychiatry*, 2024 Apr; 18(4):248-254 [Epub 2023 Jan 16]. PMID:36646443

Woods S.W., Parker S., Kerr M.J., Walsh B.C., Wijtenburg S.A., Prunier N., Nunez A.R., Buccilli K., Mourgues-Codern C., Brummitt K., Kinney K.S., Trankler C., Szacilo J., Colton B.L., Ali M., Haidar A., Billah T., Huynh K., Ahmed U., Adery L.L., Marcy P.J., Allott K., Amminger P., Arango C., Broome M.R., Cadenhead K.S., Chen E.Y.H., Choi J., Conus P., Cornblatt B.A., Glenthøj L.B., Horton L.E., Kambeitz J., Kapur T., Keshavan M.S., Koutsouleris N., Langbein K., Lavoie S., Diaz-Caneja C.M., Mathalon D.H., Mittal V.A., Nordentoft M., Pasternak O., Pearlson G.D., Gaspar Ramos P.A., Shah J.L., Smesny S., Stone W.S., Strauss G.P., Wang J., Corcoran C.M., Perkins D.O., Schiffman J., Perez J., Mamah D., Ellman L.M., Powers A.R., Coleman M.J., Anticevic A., Fusar-Poli P., Kane J.M., Kahn R.S., McGorry P.D., Bearden C.E., Shenton M.E., Nelson B., Calkins M.E., Hendricks L., Bouix S., **Addington J.**, McGlashan T.H., Yung A.R. and the Accelerating Medicines Partnership Schizophrenia (2024) Development of the PSYCHS: Positive SYmptoms and Diagnostic Criteria for the CAARMS Harmonized with the SIPS. *Early Intervention in Psychiatry*, 2024 Apr; 18(4):255-272 [Epub 2023 Aug 28]. PMID:37641537
Professor Donald Addington is a researcher on the US National Institutes of Mental Health Early Psychosis Intervention Network (EPINET). This is a national Learning Health System for Early Psychosis Services. It spans the US and comprises 8 hubs with over 100 programs <https://nationalepinet.org/>. The data from the hubs is collected by the EPINET National Data

Coordination Centre (ENDCC) . Over the last year Dr. Addington has worked with the ENDCC to standardize assessment of fidelity to standards for early psychosis services as assessed by the First Episode Psychosis Services Fidelity Scale (FEPS-FS) developed by Dr. Addington <https://cumming.ucalgary.ca/research/psychosis-services-fidelity-scale/home>. Dr. Addington has just published a paper outlining the standardization process : Psychiatric Services 2024; 0:1–4; doi: 10.1176/appi.ps.20230556 Standardizing Fidelity to Evidence-Based Practice in the Early Psychosis Intervention Network Donald Addington, M.B.B.S., F.R.C.P.C., Tina Marshall, Ph.D., Abram Rosenblatt, Ph.D., Gary R Bond, Ph.D., Howard H. Goldman, M.D., Ph.D. Thanh NX, Lopatina E, Montgomery LS, Robert M, **Tanguay** RL, Wasylak T. Treated versus self-reported prevalence of chronic pain and costs of patients' health services utilization: a population-based study of health administrative databases. British Journal of Pain. (2024); 18(2):166-175

Bahji, Leger, Nidumolu, Watts, Dama, Hamilton, **Tanguay**. Effectiveness of Involuntary Treatment for Individuals With Substance Use Disorders: A Systematic Review. The Canadian Journal of Addiction (2023); 14: 6-18

Turner, Allen, Graves, **Tanguay**, Green, Cook. Guideline No. 443a: Opioid Use Throughout Women's Lifespan: Fertility, Contraception, Chronic Pain, and Menopause. Journal of Obstetrics and Gynaecology Canada (2023); 43 (11)

Turner, Allen, Carson, Graves, **Tanguay**, Green, Cook. Guideline No. 443b: Opioid Use Throughout Women's Lifespan: Opioid Use in Pregnancy and Breastfeeding. Journal of Obstetrics and Gynaecology Canada (2023);45 (11)

Recent Grants:

The Alberta Pain Strategy, co-chaired by **Dr. Tanguay**, was able to secure a \$4.5 Million operations grant over 4 years to create and run the Alberta Virtual Pain Program. The first phase is the Virtual Chronic Pain Program, which is a free, group-based self-management program for people living in Alberta and experiencing chronic pain. This new, innovative program is led by trained clinical facilitators from Alberta Health Services. Clinician Referral is available through Connect Care and the Alberta Referral Directory. If you are a patient who is interested in joining an upcoming Virtual Chronic Pain Program self-management group session, please call 1-877-719-7707 to register.

Testify:

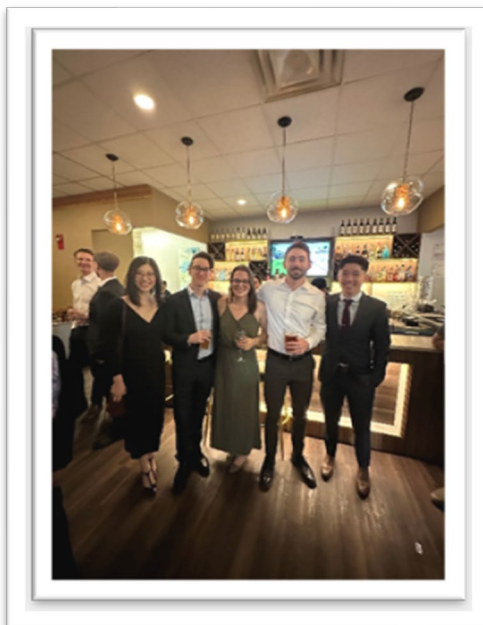
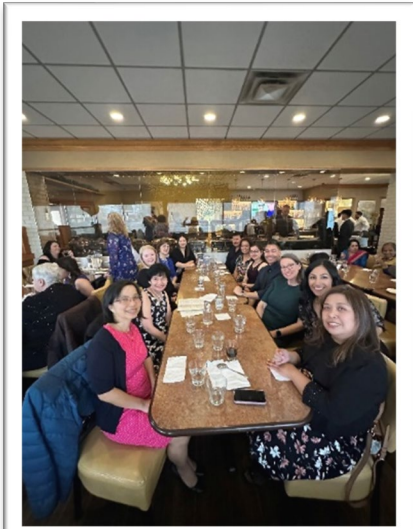
Dr. Tanguay recently testified at The House of Commons' Standing Committee on Health would like to invite you to appear as part of a panel of witnesses in view of its study of the [opioid epidemic and toxic drug crisis in Canada](#).

Dr. Tanguay also testified at the Oregon State Legislative Committee on access to addiction treatment.



PLC Zonal social Featuring the Medical Psychiatry 15th Anniversary Celebration May 4th at Cinnamon Indian Cuisine and Bar





RGH Casino Fundraiser

RGH Casino Fundraiser March 1 at Railway Orientation Centre in Heritage Park.



Congratulations on Your Promotion!

Dr. Eric Fung	Clinical Assistant Professor
Dr. Zahra Mohamed	Clinical Assistant Professor
Dr. Blair Ritchie	Clinical Associate Professor
Dr. Joseph Raiche	Clinical Associate Professor
Dr. Martin Vetter	Clinical Associate Professor
Dr. Monty Ghosh	Clinical Associate Professor
Dr. John McLennan	Clinical Professor
Dr. Izu Nwachukwu	Clinical Professor

Dr Joshua Udolu has accepted the position of Quality Assurance Review Lead for Foothills Medical Centre/South Health Campus, effective 15 April 2024.

Dr Rohit Ghate to the CET team. He is a new Grad that will be joining us in July, 2024. He comes to us with quite a bit of experience with CET which he has accumulated while a resident and has worked with the team in helping numerous patients transition from inpatients to the ambulatory clinics.

Medical-Psychiatry Team and Consultation-Liaison Psychiatry at Peter Lougheed Centre is most excited to announce that Dr. Elisabeth (Liz) Merner will be joining us on our service beginning on July 1, 2024.

FMC MSA Virtual Awards on May 2 as one of our own, Dr. Megan Howlett, is nominated for an award!





Dr. Navjot Kaur has been hired as the new Clinical Assistant effective March 25, 2024. Dr. Kaur will be working at Peter Lougheed Centre and Alberta Children's Hospital.

Dr. Kaur worked in the primary care for six years under the Dept. of Health and Family Welfare, Punjab, India where she provided outpatient, inpatient, emergency and medicolegal services. Her work included providing OOAT (Outpatient Opioid Assisted Treatment) to curb the menace of substance use chemistry, clinical research design and management, and toxicology.

Dr Kay (Katherine) Rittenbach joins the University of Calgary Department of Psychiatry from the Government of Alberta Ministry of Mental Health and Addiction. Her research interests are varied, but all focus on understanding and improving the experience of marginalized populations as they navigate the mental health and substance use system.



Mind Matters is distributed to psychiatry medical staff and faculty, psychiatry residents, program directors and section chiefs, Alberta Health Services executives, and psychiatry support staff.

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