Dear Colleagues:

I am very pleased to be in London and writing my first column for the department’s newsletter. First, I want to thank everyone for being so welcoming and for always offering to introduce me to my new colleagues and new surroundings. In this report, I want to briefly introduce myself and to outline some of the future directions I see for our department.

As many of you know, for the last 15 years, I was at St. Michael’s Hospital and the University of Toronto. During this time, I held the Arthur Sommer Rotenberg Chair in Suicide Studies, an
academic chair with the University of Toronto dedicated to suicide-related research. Also during these years, I was providing clinical coverage to the Psychiatric Emergency Service at St. Michael’s Hospital and offering consultations on patients at high-risk for suicide. In addition, I served as the Deputy Chief of Psychiatry at the hospital. I feel very fortunate to have had the opportunity to focus my energies on suicide-related research and to advocate for programs and policies that can reduce the rate of suicide, particularly, among people with a history of previous suicidal behavior. For example, with my colleague Dr. John Cutcliffe from the University of Maine, we were able to develop a model of understanding the high-risk of suicide among recently discharged psychiatric patients. It is often not appreciated that recently discharged patients may have a risk for suicide that is more than 100 times the rate in the general population. This study helped us refine an intervention program to address the very high risk for suicide found in recently discharged patients. As considerable progress has been made in identifying and intervening with people at high-risk for suicide, the need to advocate for a national suicide prevention strategy for Canada becomes clearer and clearer. On October 2, 2011, the Canadian parliament passed a motion calling for the creation of a national suicide prevention strategy in Canada. However, the need for advocacy continues as we must ensure that this motion leads to the passing of specific policy legislation establishing a national suicide prevention strategy.

In my role as Chair/Chief, I want to build on “The vision for the Department of Psychiatry to be a Centre of Excellence for psychiatric care and discovery in South Western Ontario.” My focus will be on ensuring that we are widely acknowledged as the centre of excellence for psychiatric care and discovery throughout the whole of South Western Ontario. Bolstering this statement suggests that we should focus on three strategic priorities. First in terms of clinical services, we need to increase our community collaborations through enhanced outreach and collaborative activities. Second, we need to further establish the department’s leadership in distant and interprofessional education. Lastly, we need to build on our research strengths and enhance our translational research so that our clinical research programs directly impact patient care across the life course. Currently, we are planning for some changes to streamline the executive committee in the department. In the next two to three months, we will organize a department retreat to bring us all together to see how we move forward on being acknowledged as the centre of excellence for psychiatric care and discovery in South Western Ontario and beyond. I look forward to working together with all of you.

Sincerely,

Dr. Paul Links
Chair/Chief
Department of Psychiatry
Schulich School of Medicine & Dentistry
Western University
and its teaching hospitals: London Health Sciences Centre (LHSC) and St. Joseph's Health Care (SJHC)
Students who wish to broaden their child and adolescent psychiatry experience are encouraged to apply for a selective in that area. I would like to thank Drs. Ben Loveday and Tam Doey for ensuring a smooth transition to this new process in London, Windsor and rurally.

**Thanks Dr. Harricharan ...**
After two successful terms as the Undergraduate Education Director, Dr. Raj Harricharan stepped down on January 1, 2012. I would like to thank Raj for his leadership in guiding us through the many curriculum changes over the past six years. Thankfully, he is only a knock on the wall away.

**Looking forward ...**
One of the major initiatives for the coming year is to improve the visibility of psychiatry within Schulich. Currently medical students are exposed to psychiatry during Clinical Methods and Meds 5207, which only occur at the end of second year. To help address this deficiency, faculty have recently received an invitation to participate in half day observerships for first and second year medical students. As well, on **March 26** we are hosting “A Taste of Psychiatry” at Windermere Manor, where first, second and third year medical students are invited to join faculty and residents as they present on the various clinical and research opportunities available within our department. Finally, we are reinvigorating the Psych Interest Group movie night. We will be watching Precious on **April 30**. If you would like to join us for the movie night, please let Melanie know at UGEpsychiatry@lhsc.on.ca.

**Dr. Sandra Northcott**
Undergraduate Education Director
Resident’s Report

The resident body welcomed in the new year this January with a heartfelt goodbye and thanks to Dr. S. Fisman for her role as a supportive Department Chief/Chair, along with a very excited welcome to Dr. Links who has taken over this role. We look forward to working with and getting further acquainted with Dr. Links in the upcoming months!

The residents have been working hard and the New Year has already put us to the test, as we have already completed both the PDMS and annual Cope exam since January. Thank you to all the faculty members that assisted in facilitating the PDMs.

More recently, we have also had the privilege of being involved in the CARMS process; some of us as file reviewers, others as interviewers, and generally as promoters for our program during the CARMS social nights. The social nights especially were a great success thanks to overwhelming attendance by candidates and residents alike! We look forward to learning who the new members of our program will be as we await the upcoming results of the match.

Needless to say, as we invite in new trainees to the program, we are also conscious of our senior residents who are less than six months away from completing their training as general psychiatrists. As the Royal College certification exams approach, we wish our R5s the best of luck with their exam preparation and successful completion this spring!

Division of Child and Adolescent Psychiatry

There have been some important events in this new year and in particular the Royal College approval for Western as a training site for the new subspeciality program in Child and Adolescent Psychiatry. I would like to use this opportunity to thank Dr. Patty Hall for her outstanding leadership and achievement in reaching this very significant milestone.

Dr. Hall writes:

I am pleased to announce that the Western subspeciality program in Child and Adolescent Psychiatry received approval from the Royal College Accreditation Committee. I would like to thank all members of the division who donated their wisdom and time towards developing the training package. I would like to specifically thank the members of the subspecialization in Child and Adolescent Psychiatry working group for the countless hours dedicated to the successful application. The members include: Dr. Sarah Armstrong, Dr. Tam Doey, Dr. Leanna Isserlin, Dr. Sandra Fisman, Dr. Ben Loveday, Dr. Sohail Makhdoom, Dr. Margaret Steele, Dr. Joy Abramson, PGY2, and Dr. Cheryl Willsie, PGY3.

The subspecialization program is a two year program that starts in PGY5. Residents will apply in the PGY4 year. Residents who are interested in pursuing the program starting July 2012 should contact Dr. Patricia Hall directly. Residents interested in applying for July 2013 should refer to our website for application.
instructions. The first round of applications for the 2013 year will be due September 15, 2012.

We are one of the first programs in the nation to receive new program approval which reflects the strength of our program. We have an innovative curriculum and a large resource of learning opportunities for subspecialization residents. We are looking forward to start training residents for their future endeavors as child and adolescent psychiatrists.

Over the next five years, there will be a Practice Eligibility Route that will allow existing child and adolescent psychiatrists to apply to write the subspecialty examination, and several of our faculty will be applying. The first sitting for the Subspecialty Examination will be in 2013.

About the change to a selective experience in the child and adolescent psychiatry clerkship, directed by the Undergraduate Education Committee, Dr. Ben Loveday writes:

This academic year, the Child and Adolescent Psychiatry Division is providing 2-week-long selective rotations to over 50 clinical clerks in London and Windsor. I wish to express my sincere gratitude to Debra Martin, our administrative assistant, for all her work, and to all of the child and adolescent psychiatry consultants for their energy and enthusiasm.

Thank you to Dr. Loveday for coordinating this and steering us through the change and to Dr. Ajit Nina who will fill in for Ben during his upcoming parental leave. Our best wishes to Ben and Bonnie Loveday on the birth of their son.

Dr. Cheryl WillSie, Resident Representative for the Division of Child and Adolescent Psychiatry, writes on behalf of our residents:

The current PGY3s have nearly completed their rotations in child and adolescent psychiatry. Despite the large size of this year’s group, we were accommodated in a wide range of clinical placements, including child and adolescent inpatients at LHSC and RMHCL, general and tertiary care outpatients, and both residential patients and outpatients at CPRI. Each resident also completed at least two weeks in the area of developmental disabilities, primarily with Dr. Nicolson and Dr. Makhdooom. All of these rotations proved to be valuable learning experiences, and we are grateful for having had the opportunity to work with a wide range of children and adolescents struggling with mental health problems, as well as the interdisciplinary teams that work together to manage their care.

The resident body would also like to send a special thank you to Dr. Patricia Hall and the rest of the planning committee for the enormous amount of hard work and dedication put into obtaining accreditation for the new Child and Adolescent Residency Training Program at Western! Among the very first in Canada, Western will now be offering an official two year Subspecialty Program in Child and Adolescent Psychiatry, dedicating PGY5 and PGY6 towards specialization in this fascinating field. The residents are proud to have the opportunity to apply to this exciting new program at

Schulich
MEDICINE & DENTISTRY
their own university beginning in fall 2012!

Dr. Michelle Ngo presented her research study “Body weight as a Prognostic Factor for day Hospital Success in Adolescents with Anorexia Nervosa” on February 8 at the Division Journal Club. Congratulations to Michelle for having completed all of the requirements for the Western Diploma in Child and Adolescent Psychiatry. Thank you to Dr. Leanna Isserlin who supervised this carefully planned and executed study and Dr. Jeff Carter for his oversight of all of the resident dissertations in his role as Research Coordinator for the division.

In the area of continuing professional development, Dr. Naveed Rizvi continues to organize a comprehensive program. Along with Debra Martin’s assistance, he organized the semi-annual meeting of the division which was held on February 16 at the Lamplighter Inn. Dr Ajit Ninan presented the results of his AMOSO Opportunities Fund pilot project “Using the Psychotropic Medication Monitoring Checklist in Residential Care.” The presentation generated enthusiastic dialogue with the audience, with generation of good ideas to take the pilot forward. Dr. Ninan will be submitting this work for publication.

Dr Rizvi is also the Chair of the Child and Adolescent Psychiatry Annual Conference planning committee. The speakers for the conference are now confirmed. This year’s topic is Transcultural Child and Adolescent Psychiatry, and the date is **Friday, April 20.** This full-day event will feature presentations by Dr. Cécile Rousseau of McGill University, local speakers Dr. Bhooma Bhayana and Dr. Mohammed Baobaid, and a panel consisting of community members representing education/settlement, child welfare, culturally informed services, and community outreach and development for newcomers. Please see brochure attached to this newsletter. Early bird rates available. For registration information, please contact Debra Martin at: Debra.Martin@lhsc.on.ca. Much appreciation to Debra for her organization of the conference.

Dr. Toni Swart has been appointed to the Western Senate Animal Use Subcommittee (ASU) as a “Non-Animal Using” faculty member. This committee reviews the ethics for research and teaching using animals. For Dr. Swart, this draws on her many years of experience of using animals for research and teaching while she was an assistant professor in the Physiology Department and having done human research requiring ethics reviews. This all predated her career in child and adolescent psychiatry. Her insight and input will be very valuable to this committee.

On the clinical research side, several of the child and adolescent programs will be collaborating in the piloting of the Inter RAI Child and Youth Version 1. This is being led by Dr. Shannon Stewart who is an investigator of an international pilot to test and validate the instrument. The Child and Adolescent programs at LHSC and RMHC are working with Dr. Marnin Heisel on a brief suicide assessment scale for youth which may have relevance for the Inter RAI Child and Mental Youth Protocol development.

With M2P2 completion and the opening of the additional 5 beds on the acute care Child and Adolescent Unit at LHSC, with service expansion to include 16 and 17 year olds, we have been able to recruit an additional child and
adolescent psychiatrist to LHSC. Dr. Javeed Sukhera will join us in July to play a leadership role in the Transition Age Program development. He will bring his interest in educational scholarship and cross cultural psychiatry to the division.

Finally, at LHSC we have used Appreciative Inquiry methodology to work with a number of interested parties (Women’s and Children’s at LHSC, Epidemiology and Biostatistics at Schulich and several community partners), as well as the Children’s Health Foundation and London Health Sciences Foundation to develop a model for Women’s Mental Health Care. The initial focus will be on maternal child mental health.

Dr. Ryan Vanlieshout will be doing a recruitment visit in early April and a departmental presentation. The details of the presentation will be announced shortly, and all are welcome to attend.

*Sandra Fisman*, Interim Chair
Division of Child and Adolescent Psychiatry

**Developmental Disabilities Division and the Autism Centre of Excellence**

*“Three Facets of Developmental Disabilities”* Continuing Professional Development afternoon for family physicians, paediatricians, psychiatrists, geriatricians, residents and medical students will be held on Wednesday, **April 18** from 12:00 noon to 4:45 pm, in the North Meeting Room (first floor), at Windermere Manor, 200 Collip Circle, London, Ontario.

**Presentations by:**

Jay Rao, FRCP: “*Age-Related Brain and Behavioural Changes*”

Deborah Lawrence, RN, Facilitator, Southern Network of Specialized Care: “*Dual Diagnosis in the Primary Care of Adults with Developmental Disabilities: Canadian Consensus Guidelines*”

Rob Nicolson, MD: “*Screening for Autism in Primary Care*”

Seating is limited to 50, and there are only a few spots left. To inquire, please contact Colleen Chryssoulakis by email at: ddd@uwo.ca or phone 519-455-5110, ext. 47694.

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 3.5 MAINPRO-M1 credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada and approved by Continuing Professional Development, Schulich School of Medicine & Dentistry, The University of Western Ontario. (3.5 hours)

**Education and Service Rounds** are a collaboration of the Autism Centre of Excellence, Western; the Developmental Disabilities Division, Western; and the Autism Spectrum Disorder clinic at CPRI.

**Upcoming dates:**

**March 28, April 25** and **May 30** from 4:00-5:00 pm at the Child & Parent Resource Institute
Division of General Adult Psychiatry

As always, there have been many new developments that have been initiated or continue to be worked on since my last report.

On the clinical front, there are further evolutions emanating from our Pay-for-Results projects, with several process redesigns to better and more quickly address the concerns of patients presenting to the Emergency Department with mental health related concerns. Much work has been done on revamping and expanding our capacity in the area of Ambulatory Care. A new and exciting development for us is the relatively recently announced Eating Disorders Program. There will be strong linkages built into this program serving primarily adults, with the existing Child and Adolescent Eating Disorders Program. The adult Eating Disorders Program will be mostly community-based and will include a novel residential component. Lastly, we are actively pursuing the development of collaborative care models with family physicians in primary care, and with community mental healthcare agencies.

We are very proud of our divisional members who have recently stepped up to take on major educational administrative positions within the department. Since my last report, Dr. Sandra Northcott has assumed the position of Undergraduate Director (succeeding our own Dr. Raj Harricharan), as well as the promotion of Dr. Carla Garcia to the Clinical Clerkship Director portfolio. Similarly, Dr. Volker Hocke has taken on the Directorship of Postgraduate Education, while concurrently two of the Postgraduate Portfolio Leadership roles have been assumed by Dr. Karen Kerfoot (Evaluation) and Dr. James Ross (Psychotherapy Training).

Concurrent with the commencement of our new Department Chair-Chief, Dr. Paul Links, we are refocusing our efforts on promoting clinical research and discovery. Psychopharmacology, Suicide Prevention, and Population Health database research represent just three of the areas actively under way.

Since my last report, wherein I spoke with eager anticipation of the arrival of Drs. Hooman Ganjavi, Karen Kerfoot, and Julie Richard, they have all arrived and have made their contributions felt. However within the last couple months, we have also celebrated the arrival of two more psychiatrists to our division.

We have recruited Dr. James Ross from McGill University in Montreal. While working on our general inpatient and outpatients services, he brings special expertise in CBT, as well as assuming the Psychotherapy Postgraduate Training Portfolio Leadership role, as mentioned earlier. He also plans to pursue a Master’s of Health Professions Education degree through the University of Maastricht over the next two to three years. For more on Dr. Ross, please go to page 15.

On behalf of the division, I’d also like to extend a warm welcome to Dr. Paul Links, who comes to us from the University of Toronto and is a member of our division in addition to being our
new Departmental Chair-Chief. Dr. Links’ career path has been that of a clinical scholar in general adult psychiatry, with special expertise in the areas of suicide prevention, the study of personality disorders, as well as in clinical and academic leadership. We very much look forward to the contributions of both Drs. Links and Ross to our division and department.

Wishing everyone the best this fast approaching spring season (was there even a winter this year?).

Respectfully submitted,

Jeff Reiss, Chair
Division of General Adult Psychiatry

Divison of Geriatric Psychiatry

The Division of Geriatric Psychiatry is currently participating in the Behavioral Supports Ontario Project. Division members who are involved are LHSC faculty and staff Dr. Jennifer Oates, Dr. Akshya Vasudev and Jennifer Doherty; and SJHC faculty and staff Dr. Lisa Van Bussel, Dr. Iris Gutmanis, Kelly Simpson and Jennifer Speziale. All are participating in the development of enhanced services for seniors with mental health, addictions and behavioral disturbance. Congratulations to this dedicated staff for sharing their specialized knowledge and skills, and influencing and advocating for significant change and improvement in services for our region.

Planning continues for the Tenth Annual Geriatric Psychiatry Symposium, which will be held on Wednesday, November 7, 2012. This full day event will feature keynote speakers and twelve concurrent workshops, and is of interest to geriatric psychiatrists and nurses, family medicine physicians and nurses, psychologists, occupational therapists, physiotherapists, social workers, pharmacists, dieticians, healthcare administrators - anyone involved in elder care. Watch for updates in the next issue of the Newsletter!

Dr. Lisa Van Bussel, Chair
Debra Martin, Administrative Assistant

Division of Social and Rural Psychiatry

Research samples:


Creative Professional Activity highlights:

The show The Rez Sisters focused on mental health and other issues of aboriginal women in Canada. Directed by Bill Hill (a clinician at RMHCL) with keyboard music composed and performed by Abraham Rudnick, it won a 2012 Brickenden award in the category of youth drama.

Mini-library and Wepage:

Our division has a mini-library (a kindle, books and manuals), focused primarily on mental health related fiction and research methods in social sciences and humanities that are relevant to psychiatry. Items can be loaned at the division’s office, Regional Mental Health Care London (contact Patti at 519-455-5110, ext.
47036 or in her absence Hanna at ext. 47225). The list of items can be viewed on the webpage of the Division of Social and Rural Psychiatry (http://www.psychiatry.med.uwo.ca/dsdp.asp) which is kept up to date with the assistance of Sibi Samivel.

Regional Mental Health Care (RMHC):
Recovery-oriented service planning continued at RMHC.

Extended Campus Program (ECP):
ECP-affiliated faculty continued to attend our department’s educational events.

North of Superior Program (NOSP):
Congratulations to Giuseppe Guaiana who has been appointed as the Clinical Director of NOSP for 5 years, starting April 1, 2012.

South Western Ontario Medical Education Network (SWOMEN) and Windsor:
Many faculty are being (re)appointed, which will maintain and likely enhance our educational capacity across Southwestern Ontario.

Sincerely,

Abraham (Rami) Rudnick, MD, PhD, FRCPC
Chair, Division of Social and Rural Psychiatry
Department of Psychiatry, Western

Bioethics Program

Research samples:

Education highlights:
The annual bioethics CPD departmental event was conducted in January 2012; the theme was bioethics education (thanks to Robert Sibbald and Michael Mak for their presentations).

Webpage highlights:
The webpage of the bioethics program can be found on the webpage of the Department of Psychiatry, in the programs section.

The Canadian Unit of the International Network of the UNESCO Chair in Bioethics:
The annual international bioethics education conference has been announced for September 2-5, 2012 - see details in the unit’s section on the bioethics program’s webpage or visit: http://www.isas.co.il/bioethics2012/

Sincerely,

Dr. Abraham (Rami) Rudnick
Director of Bioethics
Department of Psychiatry, Western
Save the Date

The 13th Annual Regional Mental Health Care London and St. Thomas Research Half Day is scheduled for Wednesday, May 16, 2012 at RMHC St. Thomas.

Oral presentations and poster displays of research efforts within RMHC London and St. Thomas will be featured. Abstract submissions due March 7.

The day will feature the 8th Annual Tony Cerenzia Research Lecture by: Sheilagh Hodgins, PhD, Former Professor and Head of Department of Forensic Mental Health Science, Institute of Psychiatry, King’s College London, UK. Professor Hodgins is the author of numerous articles, book chapters, and books on mental disorders and violence. Her research endeavours to understand the developmental mechanisms associated with stable patterns of aggressive behaviours in individuals who present different mental disorders and to use this information to inform specific interventions.

For more information, please contact: Joanne Chapman, Secretary, Research and Education Unit, Regional Mental Health Care, London and St. Thomas by phone at: 519-455-5110, ext. 47240, or by email at: Joanne.Chapman@sjhc.london.on.ca.

Spring 2012
Seed Fund Competition
Department of Psychiatry

The Director of Research is pleased to announce that seed funding for research projects will once again be available to members of the department. Preference will be given to funding proposals from residents, graduate students, fellows and junior faculty. In addition to funding of applications from faculty, funds are also protected for the funding of projects from residents.

The funding amount for each project is to a maximum of $7,500. We particularly hope to support projects for which there is the potential for future external funding. We discourage re-applications for extended funding of a project for which seed funds have already been granted.

With the sponsorship of the Division of Social and Rural Psychiatry, a sum of $3,000.00 is available specifically to support research on psychiatric education. Applications for this award will also be processed in this funding competition and will have identical procedural requirements.

Please specifically indicate on your application if you are applying for this award or the regular Department of Psychiatry seed funding competition.

To obtain an application form or for more information, please contact Jacqueline DiMattia at 519-685-8500, ext. 75626 or dimattij@lhsc.on.ca.

The deadline for applications is:
Friday, April 20, 2012
Research Corner Interview

Dr. Paul Links is interviewed by
Dr. Mehtaab Uppal, PGY1 (as seen below)

Dr. Uppal: What attracted you to Western generally and to the Department of Psychiatry specifically?

Dr. Links: First of all, I was interested in the job of chair/chief, of course. I knew of Western’s reputation, and I think that it has a very good reputation in clinical training and a pretty good one in research. I want to try to meld those together. I think the leadership position attracted me because you can try to create your own vision. I’d like to see academics and research get a bit more profile here at Western, not that people aren’t aware of them, but I think it could be more prominent; that would be part of my goal, so to have that opportunity is great.

Dr. Uppal: What is your educational background?

Dr. Links: I did my MD degree at the University of Alberta, then a year at McGill for my rotating internship. I did my psychiatric residency at the University of Ottawa. After I finished that, I went to Boston University and did a consultation liaison fellowship there.

Dr. Uppal: How were you attracted to a research career?

Dr. Links: As is often the case, it was my mentors who first got me interested in research. One of my first mentors was Dr. Dan Offord, a very prominent child psychiatry researcher. Even while I was on faculty, I still had mentors, not as formally as you have here at Western which is really a strength, but I have had mentorship throughout my career, and I think it is key.

Dr. Uppal: Can you describe your current research interests, and anything you are working on currently?

Dr. Links: I am very involved in research around suicide. Recently, I have been involved in three large scale projects:

The first is in regards to patients with recurrent suicide behaviour, or as you might be learning about them, “borderline” patients. As you know, this is a difficult patient population to treat. We compared the clinical efficacy of dialectical behaviour therapy (DBT) and ‘general psychiatric management’ as outlined by the APA about ten years ago. We found that after one year of either treatment, individuals with borderline personality disorder benefitted equally from DBT and a well-specified treatment directed towards borderline personality disorder in terms of suicide ideation and suicidal behaviours. What this could mean is that we may be able to train more psychiatrists with new ways of treating patients with borderline personality disorder, seeing as DBT is a specific and controlled type of therapy.
The next project I have been involved in is a prospective study of the risk of suicide after discharge from hospital. We have seen that the risk of suicide for people who were admitted for suicidal ideation or behavioural issues, or who have a past history of the same, is increased multifold in the hours and days immediately after discharge from hospital. We have looked at the many factors involved in this and are hoping to provide awareness for health care workers and the general public as to how we can prevent or decrease this risk.

The final project I will discuss with you is still in the works. We combined forces with the Toronto Transit Commission and have been looking at the psychological effects of workplace trauma and the supports provided to these workers. Did you know that the number one cause for PTSD for bus drivers in Toronto is being spit on by passengers? During this three year study, we looked at what supports people were using on their own, then we collaborated with CAMH-Toronto who provided trauma-specific treatment, and in the third year we are working on putting together the research and hoping to publish some results.

Since I have worked with the University of Toronto on these projects, I think it would be wonderful if some of our residents or faculty here at Western would be interested in following up on these results, expanding on the research, and implementing new strategies here.

**Dr. Uppal:** Do you think that psychiatry residents should be exposed to research during their training?

**Dr. Links:** Yes absolutely, but different levels of research. Everyone varies in their ability to partake in research; some might act as collaborators, co-investigators or full time academic researchers, whereas, others might just want to learn how to interpret research and integrate strategies into their practices. There is no pressure, but to be exposed to research allows for an understanding about what is involved. One can be a better consumer. I think that’s the whole idea. Hopefully, a few people will say: “Hey, that’s what I want to do;” and certainly, we should be training a few people to have full time academic research careers, if they choose to go that route.

**Dr. Uppal:** What are the biggest challenges facing someone who wants to work in the field of mental health research?

**Dr. Links:** I think it is trying to get the time to do research, and that is a challenge, no doubt about it. The most obvious way is to get funding and support.

When people want to be involved as learners, whether it is a resident or a medical student, I think that is a win-win for everyone.

**Dr. Uppal:** Thank you so much for this opportunity to meet you and learn about your work.

**Dr. Links:** Do you have any emerging research interests?

I definitely have a desire to work in administration at some point in my career, and I think that I would like to do research that involves delivery of care and optimization of healthcare providers’ outcomes.

*Thank you to Dr. Links and Dr. Uppal!*
New Full Time Clinical Academic Faculty

Dr. Pamela Horne

Dr. Pamela Horne joined the Department of Psychiatry on December 12, 2011. Her university appointment is at the rank of Assistant Professor in the Provost stream. Dr. Horne’s clinical work in the Division of Child and Adolescent Psychiatry is at Vanier Children’s Services, providing assessment and treatment for children and adolescents, primarily ranging in age from 0 to 14 years.

Dr. Horne obtained her BSc in Human Nutrition at The University of Western Ontario and her MSc, also in Human Nutrition, from McGill University. She received her MB, BCh, BAO at University College Dublin, National University of Ireland. She did her general psychiatry residency at the University of Colorado, Denver and then went on to complete a child psychiatry fellowship also at the University of Colorado.

During her education, Dr. Horne’s extracurricular work included the following roles as: a volunteer at The Douglas Hospital, Verdun, working with children with severe behavior problems; a summer worker with the Children’s Aid Society; a member of the Student Physical Accessibility Task Force at Western; a special care counselor with Easter Seals; a social work program assistant with the Ottawa Children’s Treatment Centre; and a coordinator (1995) and a director (1996) of the Children’s Summer Programs for the Canadian National Institute for the Blind, Ottawa.

From 2009 to 2010, Dr. Horne was a practicing psychiatrist at the Community Reach Center in Thornton, Colorado. Her work there involved use of evidence based therapies to treat children and adolescents at four to five different locations per week and treat children younger than age six with significant trauma histories.

Dr. Horne’s interest in research varied from: nutrition for children; development of an education package for parents of children with celiac disease; pharmacologic management of chronic sleep disorders in preschool-age children with neurobiological conditions; and examination of the effects of glucose on memory and attention in newborn infants.

Dr. Horne received several personal awards and honours including Bronze, Silver and Gold awards in the Duke of Edinburgh’s Award Programme. One of Dr. Horne’s interests outside her professional work has been as a highland dancer (competitively for nine years) and teacher (four years).

Please extend a warm welcome to Dr. Horne as she settles in London and continues her work at Vanier and in the Department of Psychiatry.
Dr. James Ross

Dr. James Ross joined the Department of Psychiatry on January 23, 2012. His university appointment is at the rank of Assistant Professor in the Provost stream. Dr. Ross’ clinical work in the Division of General Adult Psychiatry will be with both inpatients and outpatients, and he will develop opportunities for collaborative relationships within the GAAMHS program, community mental health agencies and/or with family medicine. He will also develop an educational research program in collaboration with CERI (Centre of Excellence in Research Innovation).

Although originally from Toronto, Dr. Ross pursued much of his education in Halifax, Nova Scotia. He first went to the University of King’s College where he completed an Honours BA. He then completed a BSc in Biology at Dalhousie in order to qualify for medical school, which he also completed at Dalhousie. He moved to Montreal for psychiatry residency at McGill, where he was the President of the Residents’ Association and the Chief Resident at the McGill University Health Centre (MUHC). While a resident, Dr. Ross won two prizes for papers and had a brief publication in the Canadian Journal of Psychiatry on lithium discontinuation in the elderly.

Dr. Ross has a strong interest in psychotherapy and obtained accreditation in CBT from the Academy of Cognitive Therapy shortly after finishing residency. On completion of residency, Dr. Ross accepted a staff position at the MUHC where he worked in the Anxiety Disorders Clinic and pursued his interest in resident education. He chaired an introductory module in the McGill diploma course, gave lectures on anxiety disorders and CBT for anxiety, and developed a new teaching module to help graduating residents from McGill prepare for their RCPSC exams. He was the training director (site chief) for senior residents at MUHC during his final year in Montreal. While working in Montreal, Dr. Ross was concurrently a psychiatrist at McGill student mental health services and was involved in teaching activities regarding student and resident wellness.

Outside of work, Dr. Ross’ interests include music, reading and outdoor activities. His wife Amanda is a journalist who is originally from London. Please extend a warm welcome to Dr. Ross on his arrival in London and best wishes for his success in the Department of Psychiatry.

Bonnie Ideson
HR and Faculty Consultant

Continuing Professional Development in Psychiatry

Second Thursday of the month, from 8:30-10:30 am, throughout the academic year, unless otherwise notified.

Upcoming Dates:

March 8: “Valproate in acute mania: Is our practice evidence based?”

Presenter: Dr. Kamini Vasudev, Assistant Professor, Departments of Psychiatry and Medicine, Western University
Objectives: Participants will:

1. Get an update on current evidence on safe and effective dosing and monitoring of valproate in acute mania.

2. Identify potential gaps in the use of valproate in acute mania in clinical practice.

3. Get an opportunity to reflect on their own practice on valproate use in acute mania.

April 12: Geriatrics

May 10: Social and Rural Psychiatry

June 14: Child and Adolescent Psychiatry

Location: Zone B, 2nd floor, Auditorium Room No. 119 (B2-119), London Health Sciences Centre, Victoria Hospital; teleconferenced to the Extended Campus Program and SWOMEN plus their affiliates via the Division of Social and Rural Psychiatry.

Continuing Professional Development Rounds are a self-accredited group learning activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada (2).

Contact: Suzena Mendes, Acting Administrative Assistant, Psychiatry CPD, Victoria Hospital, London Health Sciences Centre; phone: 519-685-8500, ext. 75151; email: CPDpsychiatry@lhsc.on.ca.

Faculty and Staff Development, Schullich School of Medicine & Dentistry

Excerpts from the Faculty & Staff Development Winter/Spring 2012 Calendar on free workshops for faculty, staff, residents, postdoctoral scholars, and graduate students to enhance skills in teaching, administration and research.

For telephone registration or inquiries, contact: 519-661-2111, ext. 88929. For online registration and the complete calendar, go to: http://www.schulich.uwo.ca/cpd.

Email: cpd@schulich.uwo.ca

Enrolment is limited, so register early. Others wishing to register are welcome, space permitting.

For Fellows of the Royal College of Physicians and Surgeons of Canada: Faculty development workshops listed in the calendar and organized by Continuing Professional Development are accredited group learning activities (Section 1) as defined by the Maintenance of Certification Program of the RCPSC. A Certificate of Attendance is provided upon course completion.

Schulich Orientation for New Faculty

Newly-appointed faculty will be introduced to support services, facilities and programs within Medicine & Dentistry. Topics will include structure and governance of the faculty, introduction to the undergraduate, postgraduate and continuing professional development programs, the annual review and
promotion process, keeping a teaching dossier, an overview of academic role categories, the mentorship program as well as services available from the research and education offices.

Instructors: Michael Strong and Team
Location: Online. **This archived event is available by registering online** for Course No: 797 at [www.schulich.uwo.ca/cpd](http://www.schulich.uwo.ca/cpd).

**Teaching Workshops**

**Video Conferencing Orientation for Your Teaching**

This one-hour session in the video conference classroom will begin by providing participants with an overview of videoconferencing technology and provide a general background for presenters. The focus will be on teaching in this medium, particularly on the use of videoconferencing for distributed education in the Schulich medical curriculum. Topics will include: cameras, mics and other education peripherals, answering questions, presenter tips, effective preparation and delivery methods.

Instructor: Deb Tieszer
Location: Medical Sciences Building, Room M146, Western

To register and arrange a convenient date, contact: deborah.tieszer@schulich.uwo.ca

**Leadership and Management**

“**How to Get Promoted**”

Tues, **Apr 24**, 4:00-6:00 pm
Course No: 796

Whether you are coming up for promotion in the next year or in five years, if you want to be successful, it is important to be aware of the university’s requirements for promotion, tenure or the granting of continuing appointments. UWOFA members, clinical faculty in both the Senate and Provost Streams, as well as Institute Scientists can benefit from this practical workshop which will also provide guidance on the preparation of teaching dossiers, Promotion & Tenure dossiers, and the presentation of your case.

Instructor: Bertha Garcia
Location: Health Sciences Addition, Room H101, Western

“**Why We Should All Have a Teaching Dossier**”

Wed, **Apr 11**: 5:30-7:30 pm
Course No: 822

Have you been teaching for many years but do not have a teaching dossier? Are you a current teaching faculty and wondered about the usefulness of a teaching dossier for you? Are you currently an adjunct professor and wondered about switching to a full academic stream? If you have said yes to any of these questions, then this workshop is for you. The teaching dossier is a reflective document for all those involved in teaching, irrespective of their type of appointment. This workshop will give you a practical approach to building and/or improving your teaching dossier and provide answers as to why you should have a teaching dossier in the first place.

Instructor: Bertha Garcia
Location: Medical Education Building, Room 1113, **University of Windsor**
“Conflict of Interest/Issues Around Ethics”  
Wed, Mar 28: 9:00 am-12:00 pm  
Course No: 819

Using “team-based learning,” a fun and highly interactive instructional strategy, participants will explore the thorny and challenging issues related to conflict of interest and the ethics governing interactions with industry. Particular reference will be made to new Schulich policy and their meaning for clinicians and learners.

Instructors: Chris Watling & Shannon Venance  
Location: Health Sciences Addition, Room H101, Western

“Emotional Intelligence”  
Fri, Mar 30: 8:30 am-4:30 pm  
Course No: 820

This course considers five areas of Emotional Intelligence: intrapersonal (how well I get along with myself), interpersonal (my relationships with others), adaptability, stress management and mood. Participants will learn to accurately recognize, attend to and understand emotion; manage, control and appropriately express emotions; and appreciate the affect and influence of emotions on decision-making, achievement and influence over others.

Instructor: Janine Higgins, BA, LLB, mediator  
Location: Health Sciences Addition, Room H101, Western

“Time Management: Improving Professional and Personal Productivity”  
Thurs, May 3, 9:00 am-12:00 pm  
Course No: 826

Your daily work includes many urgent and important commitments and tasks, so effective "time management" is an imperative workplace competency. However, we cannot actually manage time; we can only manage ourselves. This session is for anyone who is willing to learn and apply new strategies to better align their actions and choices to achieve their personal and professional goals.

Instructor: Nancy Stewart, Learning & Development, Human Resources  
Location: Health Sciences Addition, Room H101, Western

Hot Topics in PGE

“Transitions in Medical Education”  
Fri, June 15: 12:00-1:00 pm  
Course No. 832

This session is intended for program directors, clerkship directors, residents, clerks and others interested in residency education.

In this session, participants will: 1) recognize issues related to transitions from undergraduate to postgraduate education, from junior to senior resident, and from senior resident to independent practitioner; 2) describe possible approaches to facilitating successful transitions across the medical education spectrum.

Location: Sumner Amphitheatre (B2119, North Tower), London Health Sciences Centre, Victoria Hospital

Research Workshops

“Introduction to the Pharmaceutical Industry: What You Need to Know for a Successful Relationship”  
Fri, May 11, 8:30-10:30 am
The pharmaceutical business is a potential source of funding for Western's research community. Attend this workshop to learn how to (1) target the appropriate company, (2) successfully negotiate and execute a contract with "big pharma," and (3) protect your intellectual property. Workshop participants will also gain a better understanding of the current challenges facing pharmaceutical companies and how these challenges impact their ability to fund contract research.

Location: This workshop will be videoconferenced from London (Section 1) to Windsor (Section 2). Choose the most convenient location.

Section 1 - Course No: 828; Health Sciences Addition, Room H101, Western
Section 2 - Course No: 829: Video-conferenced to Medical Education Building, Room 2100, University of Windsor

Research On-Line Administration (ROLA)

Research Western offers ROLA training. ROLA allows you to complete a research proposal, route it for electronic approvals, maintain information pertinent to your proposals and awards, extend access to your information and maintain your research profile.

Training can be focused on individual PI needs or on use by administrative support personnel. Customized sessions can be scheduled for specific departments, small groups, or one-on-one training. For more information or to schedule a training session, contact the ROLA Help Desk at: rolahelp@uwo.ca or call 519-661-3136.
Website: http://uwo.ca/research/rds/ROLA/ROLAFrames et.html

Library Workshops

“Information Gathering for Systematic Reviews”
Thurs, Apr 12: 8:30-11:30 am
Course No: 823

Systematic reviews challenge the researcher to locate "everything" written on a given topic. This workshop is designed to assist you with the study identification component of the systematic review protocol. By the end of the session, participants will learn about the various guidelines and standards to aid in setting up a review. With these guidelines as a framework, participants will also be able to identify suitable databases for locating relevant studies, develop comprehensive search strategies, translate strategies from one database to another, apply citation searching and accurately report their methodology for publication.

Instructor: John Costella & Nazi Torabi, Taylor Library
Location: Valberg Education Resource Centre, Medical Sciences Building, Room M150A, Western

“Introduction to Using Western Library Resources”
Wed, Mar 21: 5:30-6:30 pm
Course No: 817

Through your affiliation with Western, you have access to full text research articles and texts, evidence-based medicine resources, clinical tools, practice guidelines, clinical calculators, and more. Learn how to gain access to these resources from your home and office and gain an understanding of where to start retrieving information for medical education, research and practice. Some of the resources include
Essential Evidence Plus, Clinical Evidence, Cochrane and Stat!Ref.

Instructor: Selinda Berg, Western Libraries
Location: Medical Education Building, Room 2126/2128, University of Windsor

“Grey Literature - Untapped Information Resources”
Thurs, May 10, 8:30-10:30 am
Course No: 827

The peer-reviewed journal article is considered the main route of scholarly communication in clinical medicine and basic sciences. However, clinicians and scientists also share the results of their research in a variety of other formats. These other formats comprise the body of knowledge referred to as the grey literature. This workshop will define grey literature, discuss the various types and through hands-on activities you will become familiar with resources that aid in locating this type of information.

Instructor: John Costella, Taylor Library
Location: Valberg Education Resource Centre, Medical Sciences Building, Room M150A, Western

“Keeping Current, Keeping Organized: Introduction to Web-Based Research Tools”
Wed, May 23: 5:30-6:30 pm
Course No: 831

Come explore the technological advancements in online research management and collaboration. Discover web-based research tools that will keep you up-to-date and help you stay organized. Participants will be introduced to bibliographic management software (Zotero), project management software (Basecamp and Zoho), research alerting services and other collaborative research tools.

Instructor: Selinda Berg, Western Libraries
Location: Medical Education Building, Room 2126/2128, University of Windsor

Computer & Technology

Excel 2010, Level II
Weds, Apr 18 & 25: 8:30-11:00 am
Course No: 824
Location: Valberg Education Resource Centre, Medical Sciences Building, Room M150A, Western

PowerPoint 2010, Level II
Tues, Apr 3 & 10: 8:30-11:00 am
Course No: 821
Location: Valberg Education Resource Centre, Medical Sciences Building, Room M150A, Western

Access 2010, Level I
Weds and Fridays, May 16, 18, 23 & 25: 8:30-11:00 am
Course No: 830
Location: Valberg Education Resource Centre, Medical Sciences Building, Room M150A, Western

Other Services

Peer consultations are among the other opportunities offered by the Continuing Professional Development Office at Western.

Fellowships and Grants: A limited number of competitive fellowships will be available each year for the following grants. The guidelines for applications can be viewed on the website at:
Faculty Development Mini Fellowships are career development grants designed for faculty members to take advantage of professional development opportunities and acquire new skills and knowledge. Value: up to $5,000 each.

Faculty Support for Research in Education (FSRE) Grants are intended to enable protected faculty time for scholarship in education and to act as seed money to cover the direct costs of an educational research project. Value: up to $7,500 each.

Awards Night and Social

Please hold Tuesday, June 12, from 5:00-8:00 pm, for the Fifth Annual Department of Psychiatry Awards Night and Social at Windermere Manor.

Erratum

Please note: In the “Postgraduate Education” column on page 3 of the UWO Psychiatry Newsletter, Winter 2011, Issue 64, the first name of Dr. Isabelle Martin’s daughter is Elise and not Elsie as originally printed. My apologies to Dr. Martin and Dr. Rachana Bodani for this typo.

Submissions for the Summer Newsletter

Please submit any newsworthy items for the Summer 2012 issue by May 15 to: Colleen Chryssoulakis at cchryss@uwo.ca.

Attachment

Please see attached the April 20, 2012 Transcultural Child and Adolescent Psychiatry brochure. Early bird rates available.
DR. CÉCILE ROUSSEAU is a professor of psychiatry at McGill University, working with refugee and immigrant children. As well, she is a research and clinical psychiatrist at the Montreal Children’s Hospital where she directs the Transcultural Child Psychiatry Clinic. She received her training in medicine and psychiatry at the University of Sherbrooke, Université de Montréal, and McGill. Her clinical work is with refugee children and with torture victims. She also does consultation work for health institutions and school boards on refugee children. Dr. Rousseau's current research involves refugee children and adolescents from Southeast Asia, Central America and Somalia. She has developed and evaluated school-based prevention programs for immigrant and refugee children, using different creative expression modalities.

DR. BHOOMA BHAYANA, MD, CCFP, is a family physician and adjunct member of the faculty of the Department of Family Medicine, Schulich School of Medicine and Dentistry, Western University. She is affiliated with the Office of Global Health at Schulich, a program initiated in 2009 that provides medical students and residents with opportunities, support and funding for global health initiatives. Dr. Bhayana also works at the Cross Cultural Learning Centre in London, Ontario, where she provides general medical and mental health assessments for government sponsored refugees settling in London.

MOHAMMED BAOBBAID, PHD, Western University faculty member, earned his doctoral degree from the Institute of Psychology at the University of Erlangen Nurnberg in Germany. He is the founder of the Muslim Family Safety Project that addresses domestic violence in the Muslim community of London, Ontario. He is currently Executive Director of the Muslim Resource Centre for Social Support and Integration in London, where he is working on innovative projects. With the support of the Ontario government, he initiated the Safe Integration Project (SIP), which aims to prevent family violence within families coming from conflict zones, which have experienced pre-migration trauma. He also initiated an integrative service delivery protocol with the Children's Aid Society of London, Ontario, which provides Muslim families with culturally appropriate child protection services to ensure their safety while maintaining their cultural and faith connections with their communities of origin. He is a research associate at the Centre for Research & Education on Violence Against Women and Children at Western University, and was the second recipient of the Centre’s Every Day Hero Award. His research areas include cross-cultural perspectives on preventing domestic violence in immigrant communities. In 2009, 2010 and 2011 he was named one of the 500 Most Influential Muslims in the world. He was also the 2011 John Robinson Award recipient. Prior to coming to Canada, Dr. Baobaid was the head of the Department of Psychology at the University of Sana'a, Yemen and was well known for his research on domestic violence, and children and women in conflict with the law.

The Panel includes Dr. Rousseau, Dr. Bhayana, Dr. Baobaid and the following community members, representing education/settlement, child welfare, culturally informed services, and community outreach and development for newcomers:

Mr. Craig Harper - Diversity Team Supervisor, Children's Aid Society of London and Middlesex
Ms. Lisette Ochoa - Settlement Worker in Schools (SWIS), South London Neighbourhood Resource Centre (Settlement Services), in partnership with Citizenship and Immigration Canada
Mr. Eugene Tremblay - Clinical Supervisor at Muslim Resource Centre for Social Support & Integration
Mr. Greg Nash - Team Lead - Children, Youth and Family Programs, Ethno-Racial Youth Mentoring Project, London Inter-Community Health Centre

Objectives:
Participants will be able to:

1) Review the prevalence of mental health problems in children and adolescents from culturally diverse backgrounds.
2) Learn the essentials of interprofessional mental health service access, assessment, and intervention in the context of cultural diversity.
3) Develop awareness of cultural factors influencing the attitudes, beliefs, experience and expectations of youth and families dealing with mental health issues.
4) Gain insight into the developing collaboration of mental health care, education, and child protection, while working with culturally diverse populations.
5) Review model of shared care for multi-ethnic neighborhoods with discussion on specialized services.

Friday, April 20, 2012
8:30 a.m. to 4:15 p.m.
(Registration starts at 7:45 a.m.)
Best Western Lamplighter
591 Wellington Road South
London, Ontario

Transcultural Child and Adolescent Psychiatry
GENERAL INFORMATION

DATE: Friday, April 20, 2012
TIME: Registration 07:45 am
      Conference 08:30-16:15
LOCATION: Best Western Lamplighter Inn
          591 Wellington Road South
          London, Ontario

REGISTRATION FEES

Early Bird Registration (until March 30, 2012) $140
AFTER March 30, 2012 $165
per person; includes hot/cold lunch and refreshment breaks

Students, Residents, Staff associated with CAMHCP (LHSC Child
and Adolescent, RMHCL Adolescent Program) $55

Payment may be made either by cheque or credit card (Visa or MasterCard).
Cheques payable to: LHSC Research Inc.

Registration deadline – April 13th, 2012

CONFIRMATION POLICY: No confirmation of registration is issued. You should consider your payment
of registration as accepted unless you are advised to the contrary.

CANCELLATION POLICY: Western University, Division of Child and Adolescent Psychiatry, reserves the right to
cancel this program due to insufficient registration or circumstances beyond our control. For a refund, notice of
cancellation must be received in writing two weeks prior to the conference date. We regret that a refund cannot
be offered after the cancellation date of April 6, 2012. An Administration Fee of $10.00 will be charged for
cancellations. Receipts will be provided on the day of the conference.

Planning Committee: Naveed Rizvi, MB,BS, FRCP, Stephanie Rabenstein, MSc, Brooke Noftle, MD,
Rita VanMeyel, MSW, RSW, Liz Phoenix, MScN, Advanced Practice Nurse,
Ben Loveday, MD, FRCP, Debra Martin

This event was made possible through an unrestricted educational grant from:
GOLD: Otsuka Canada Pharmaceutical Inc.

This program meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited for up to
6.75 MAINPRO-M1 credits.

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The
Royal College of Physicians and Surgeons of Canada and approved by Continuing Professional Development, Schulich School of
Medicine & Dentistry, Western University. (6.75 hours)

TO REGISTER FOR:

Transcultural Child and Adolescent Psychiatry

Complete this form and mail or fax to: Debra Martin, Department of Psychiatry, London Health Sciences Centre,
Victoria Hospital, B Zone, North Tower, Room B8-134, 800 Commissioners Road East, London, Ontario N6A 5W9 or
FAX (519) 667-6564; Phone (519) 685-8500 x75783.

NAME: ___________________________________________ Profession: ☐ C.Y.C. ☐ M.D. ☐ O.T. ☐ Ph.D. ☐ R.N. ☐ S.W. ☐ Other

COMPANY / ORGANIZATION: ___________________________________________

ADDRESS: ___________________________________________ CITY: ________ POSTAL
CODE: ________

TELEPHONE: Business ______________________ Home ______________________ FAX: __________

TOTAL FEE ENCLOSED: $ __________

I WISH TO PAY BY: ☐ CHEQUE ☐ VISA ☐ MASTERCARD

Card Number: ___________________________ Expiry Date: __/___ Name on Card: ______________