



*Department
of
Psychiatry Newsletter*

Summer 2013 - Issue 70



New format for easier reading online

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Chair/Chief's Report

As spring becomes summer, of course, we can expect to turn our attention to the great outdoors. However, this month I find myself reflecting on the internal space that we occupy across the various sites of the Department. Space is like money; even when you have some you need more. No doubt we have space challenges; however, we also have magnificent buildings to work in currently and the prospect of “new digs” down the road.

On June 14, 2013, we celebrated the grand opening of the Southwest Centre for Forensic Mental Health Care in St. Thomas. The new centre has been constructed to facilitate the process of recovery and re-integration back into the community. Everything from the “city-scape” atrium to beautiful secure courtyards has been created to assist patients in their pathways back to health and home. I was particularly struck by the indoor and outdoor labyrinths. According to the internet, they have been around for the last 4000 years and have always reflected the act of walking a pathway to one's goal. One of the original purposes of the labyrinth in the Middle Ages was a substitute for going on a pilgrimage to Jerusalem; instead, a person could walk a cathedral labyrinth to capture and express their religious devotion (<http://www.theosophical.org/publications/quest-magazine/1276>). In more contemporary times, walking a labyrinth is meant to be a time for meditation, an opportunity to reflect on one's pathways in life, and to contemplate reaching an inner or personal goal. If you have not visited the new Southwest Centre for Forensic Mental Health, I recommend you do so. We will try to organize some Department functions at the site so that all members might experience the wonderful building. Congratulations to all the members of the Department who contributed to the planning of this magnificent structure.

On June 26, 2013, the Mental Health Nursing Research Alliance and the Lawson Mental Health Research Unit held their open house to show off their new space at 750 Baseline Road East Suite 102 and 105. The Mental Health Nursing Research Alliance is the home of Cheryl Forchuk, Professor and Associate Director of Nursing Research at the Arthur Labatt Family School of Nursing, Faculty of Health Sciences, with a cross appointment to the Department of Psychiatry, Schulich School of Medicine & Dentistry, University of Western Ontario, and her research team. In the research centre, the team is developing “high tech” solutions to facilitate the recovery for people with lived experience of mental illness. The Lawson Mental Health Research Unit provides research space for Drs. Eynan, Heisel, Links and Aksyha Vasudev. Their research includes developing a theory of suicide relevant to Canadian men and examining how theory-driven out-reach and interventions may help to overcome major barriers inherent in identifying and intervening with men at risk for suicide. In the fall, Dr. Aksyha Vasudev will begin the Faculty Scholars program with ICES@Western. Once Dr. Vasudev has completed this training, he will be able to inform faculty members in the Department of Psychiatry about how to access and utilize ICES data available through ICES@Western. I want to thank Mr. Todd Copeland Manager, Research Infrastructure & Business Planning, for his work on securing this space and I look forward to updating the Department about the research from the Mental Health Nursing Research Alliance and the Lawson Mental Health Research Unit.

In late 2014, we will be moving into our new Mental Health Care London facility located adjacent to Parkwood Hospital at the intersection of Wellington Road and Commissioners Road. This new facility will take advantage of the beautiful surroundings and will enhance our commitment to recovery based care. In the new facility, we will have outstanding space for new clinical research programs, for example, dedicated to developing efficacious and effective interventions for intractable major psychiatric disorders. With this future in mind, the Department of Psychiatry and the Lawson Health Research Institute have partnered to support an **External Consultant on Initiatives in Psychopharmacology**. The overall aim of this proposal is to support an external expert academic psychiatrist to advise the Chair and Executive Committee, Department of Psychiatry and Dr. David Hill, the Scientific Director, Lawson Health Research Institute on how to develop a program of research on psychopharmacology. The consultant will advise us about how to harness the opportunities (new research space, existing Department strengths, the Centre for Clinical Investigation & Therapeutics, etc.) within the Department and the Lawson Health Research Institute and how to carry out this research with the most appropriate safeguards and transparencies. In addition, the expert will provide input on how to interact with other resources and opportunities at Schulich School of Medicine and Dentistry and The University of Western Ontario. Shortly, I will be announcing the name of the external consultant and providing information about the timing and activities related to the external consultation.

So in closing, enjoy your summer, enjoy the great outdoors but also take a moment to reflect on our many wonderful workspaces available in the Department.

Paul Links

Professor and Chair, Department of Psychiatry, Schulich School of Medicine & Dentistry, Western
Chief of Psychiatry, London Health Sciences Centre and St. Joseph's Health Care London

Undergraduate Medical Education

Congratulations to Dr. Carla Garcia who was awarded the CAME (Canadian Association for Medical Education) Certificate of Merit during their annual meeting in April of this year. The award recognizes faculty committed to undergraduate, postgraduate and continuing medical education. As many of you know, Dr. Garcia is the Clerkship Director for Psychiatry. She is also the Course Administrator for Integrity, Consolidation and Enrichment (ICE): Communication Skills Consolidation at Schulich.

On April 30, 2013, we held the second *Taste of Psychiatry* at Windermere Manor. Fifty-one medical students joined residents and faculty for presentations outlining the various clinical and research opportunities available within the department. Complimenting the talks outlining the different divisions, Dr. Michelle Ngo gave a presentation titled, "Why I chose psychiatry" and Dr. Heidi Haensel talked on "Maintaining a Work-Life Balance". It was great to see such interest from the medical students. I would like to thank the residents and faculty who came to share their enthusiasm about pursuing psychiatry as a career.

As we enter into summer, another academic year is coming to a close. In April and May, we ran Patient Centred Clinical Methods and Psychiatry and the Behavioural Sciences (Meds 5207). The feedback for both was quite positive.

On June 11, the Department held its Annual Awards Night and Social. During the academic year, clinical clerks are asked to evaluate their lecturers and supervisors. These scores are tabulated annually to determine the clerkship seminar series' leader and the clerkship clinical supervisor for London, SWOMEN and Windsor. The award for the highest rated clerkship seminar series leader was shared by Drs. Jennifer Barr and Leslie Ritchie. The Clerkship Supervisor of the Year for London was awarded to Dr. Mark Watling with Dr. Brian Burke being recognized in Windsor. Dr. Sivakumaran Devarajan received the highest evaluations for the SWOMEN faculty.

Sandra Northcott, MD, FRCPC
Undergraduate Medical Education Director – Psychiatry

Postgraduate Education

The PGE Psychiatry office would like to congratulate Drs. Isabelle Martin, Georges Loba-Gutierrez, Jennifer Tiffney and Christopher Ryan, who have successfully passed the Royal College exam. We wish them all the best in their future careers.

As the PGY5 group leaves our program, a new year commences. After two rounds of CaRMS, we are pleased to announce the following eight residents to our program: Russlan Abouhassan, Kara Dempster, Charles Ho, Milena Gosk, Rickinder Sethi, Kristina Rice, Aturan Shanmugalingam, and Sonia Wadhwa. When possible, please welcome the new residents and make them feel at ease.

Many people are aware the PGE office has made various changes. Suzy Mendes and Carissa Peterson will be sharing the PGE Coordinator role, all emails can be sent to PGEPsychiatry@lhsc.on.ca and the new PGE headquarters is located at **LHSC-VH, B8-102**. We would like to take this opportunity to thank Eva Adams for all her hard work and commitment to Postgrad Education and wish her the best on the arrival of her first child Zackary Thomas.

Huge thanks to Dr. Arany Shanmugalingam for her commitment, effort, support and contributions as the Chief Resident. Her work was highly appreciated on all committees to which she was appointed. Drs. Hollam Sutandar, Vadim Beletsky, Rachana Bodani shared the role of Senior Residents with seamless effects.

Congratulations to Dr. Joy Abramson who has taken on the role of Chief Resident for 2013-2014. The Senior Resident roles will again be a shared position by Drs. Arany Shanmugalingam and Jonathan Tan.

Please **save the date** for the “New Residents and Faculty Meet & Greet”, this will be held on **Monday, September 16th** at **Windermere Manor**.

Sincerely,
The PGE Office

Chief Resident's Report

I am thrilled to say that we have successfully matched all of our residency spots through CaRMS and the new cohort of eight residents start in July. They are: Russlan Abouhassan, Kara Dempster, Milena Gosk, Charles Ho, Christina Rice, Rickinder Sethi, Aturan Shanmugalingam, and Sonia Wadwa.

As we welcome a new group of residents, we say farewell to the most senior cohort who have all successfully passed the Royal College exam this year: Drs. Georges Loba Gutierrez, Chris Ryan, Isabelle Martin and Jen Tiffney. On behalf of all the residents, I would like to wish you the very best as you embark on the next phase of your career. Thank you for setting a great example for all those who come after you to aspire too.

Furthermore, I'm a little saddened to say that this will be my last newsletter report as my term as Chief Resident came to an end this June 30th. I'd like to introduce Dr. Joy Abramson who takes the reins from me in July. She's already organized several creative projects aimed at helping the less fortunate in society this year, along with being our CAP resident representative. I have no doubt she will do a wonderful job this coming year in her new role.

It has been a whirlwind of a year starting off with program accreditation, the growing pains associated with transitioning to new subspecialty training, and two iterations for CaRMS to name a few events. This year went as smoothly as it did because of the support from our President, Dr. Mohamad Elfakhani, who has gone above the call of duty many times. He most recently organized our spring resident retreat where we had a lovely lunch at the River Room inside the museum followed by some Re-Ball (akin to paintball and almost as painful). I think we discovered that some people who generally look harmless and quiet are actually pretty good shots! (I won't name any names of course.) For many, the bruises eventually faded but the sense of exhilaration and excitement lingered for days, and I believe there are some people planning to go back for more!

Lastly, we welcome several new members to the growing resident body! Congratulations Pat, Maryna Jen Tiffney, Georges, Mohamad and Eva.

Thank you for reading and have a fabulous summer!

Arany Shanmugalingam, PGY4

Division of Child and Adolescent Psychiatry

Spring has been a busy time for Child and Adolescent Psychiatry. Clinical assessment and treatment needs for children, youth and their families seem insatiable both for our academically affiliated services and our community partners. With the door to the emergency room open all day and night, and every day of the year, it seems as though the ever increasing busyness in our pediatric emergency room, serves as a "red light" indicator of the pressure on the entire Child and Adolescent Mental Health system. In a fiscal environment where additional resources are an unlikely solution to these demands, it is increasingly important for us to innovate and collaborate, in meaningful ways, to meet these needs.

An important role for our academic divisions is to develop and evaluate innovative care models with our many partners. Many of our academic activities over the past few months that we describe in this newsletter do reflect these collaborative efforts and affirm the strategic concept of an Academic Health Sciences Network.

CPD activities for the Division, led by Dr. Naveed Rizvi and his working committee echo the Division – Community connection and are all available to participants across many sites through videoconferencing and supported by OTN and the South West Telepsychiatry Hub. Complex Case Rounds, that also include community partners generate interesting clinical problem solving. In March Dr. Ben Loveday presented “Prison Break: Escaping the Family Pattern” and in May Dr. Javeed Sukhera presented “The Existential Philosopher, Solving the Diagnostic Mystery of a Complex 15 year old”. In the fall, Complex Case Rounds are scheduled for September 11 and November 13. The presentation is in room B8-131 at LHSC-VH at 12:15 p.m.

The Annual Conference “Managing Pediatric Depression and Anxiety Disorders in the Community – Knowledge to Practice” was held on April 26. This all day event offered seminars and workshops with a focus on improving the knowledge and skills of primary care providers to effectively managed pediatric depression and anxiety in the community. The conference was extremely well received in the community and was attended by 157 participants including several family physicians, child psychiatrists, psychiatry residents, nurses, social workers, school personal, child care workers, as well as parents and families. Feedback from participants was extremely positive with regard to the format and content of the event. Thank you to the guest speakers, Dr. Katharina Manassis, Dr. Margaret Steele, Dr. Neal Stretch, Dr. Kerry Collins, Dr. Julie Eichstedt, Dr. Ben Loveday, and Gord Clifford, who presented at the conference and created an excellent learning opportunity and a venue for networking and collaboration. Also, much appreciation to the members of the planning committee, to Debra Martin for her unflagging administrative support, and our resident volunteers, for planning and organizing such a successful conference.

On May 16th Dr. Javeed Sukhera was the guest speaker at the Annual Meeting of the Division. He presented “Mind the Gap: Addressing the Needs of Transition Age Youth in Southwestern Ontario”. His engaging presentation focused on some representative cases and presentations with discussion of potential models, including a hybrid of these models, to better serve youth transitioning to adulthood with mental health problems. Dr. Sukhera is addressing the challenge of service development models for Transition Age Youth through several venues. He has a Fellowship for the year in the Schulich-London Hospitals Talent Management Program and was also selected for the Future Leaders of Western (FLOW) program, designed for junior faculty at Western at an early career stage, and who are likely to become leaders in research and / or education and / or advocacy in Canada. This is combined with his Clinical Lead position for Transition Age Youth and at Children’s Hospital/LHSC.

Upcoming CPD dates to note include April 25, 2014 Annual Conference; topic will be Maternal - Child Mental Health; June 13, 2013 – Department of Psychiatry CPD Rounds, topic “Exposure to Bullying and Peer Violence: Mental Health Implications in Children and Youth” with speaker Dr. David Wolfe,

Professor of Psychiatry and Psychology at the University of Toronto, RBC Chair in Children's Mental Health at CAMH.

In Postgraduate news, Dr. Patty Hall is pleased to announce that we will welcome our first resident in the Child and Adolescent Subspecialty Program (CAP). Dr. Ray Egan, M.D., FRCPC will be starting July 1, 2013. Applications for the 2014-2015 academic year will be due September 30, 2013, with applications directed to Tracy Henebry, CAP Program Postgraduate Coordinator. Applications require a letter of intent, an updated CV, and two letters of reference.

Thank you to residents who participated in Child Rounds over the past twelve months: Dr. Rebecca Tudhope, Dr. Caroline Armstrong, and Dr. Michael Mak. These rounds, which are held monthly on the second Thursday of each month, focus on a case presentation and literature review, and are always interesting and informative. Thank you to Dr. Joy Abramson, who has been the Child and Adolescent Psychiatry Resident Representative for the past year, and who has actively participated in the CAP Division Advisory Committee, the CAP CORE Committee, and the CAP Resident Training Committee. Thank you to Dr. Patty Hall for her leadership in the development of CAP Subspecialty training at Western, and her continued support of the CAP Core rotation. Thank you to Tracy Henebry for her administrative support of the CAP training program. Tracy has also taken the Child Resident Module, which Debra Martin has supported up to now.

For Undergraduate, Dr. Ben Loveday indicates that the DCAP continues to deliver high quality and highly rated clerkship rotations to 3rd and 4th year medical students. Approximately one third of Schulich medical students spend a two-week rotation with one or more of our enthusiastic supervisors. Thank you to Debra Martin, who has provided our Division's UGME program with such excellent administrative support over the past several years and will be greatly missed. We welcome Melanie Vandendorpe, who will be taking over this role, left by Debra as she moves into her new position as Human Resource Administrative Support for the Department of Psychiatry.

Dr. Ajit Ninan adds that we have continued to experience excellent interest in Child and Adolescent Psychiatry electives from Western students and International medical students. This is a reflection of the fantastic effort that our faculty is involved in to promote children's mental health. Thank you to all who continue to provide such excellent learning experiences.

From Dr. Jeff Carter, Research Coordinator for the Division, the DCAP will host its first Annual Division Research Day in September 2013. Stay tuned for the date soon to be confirmed, and the location at Victoria Hospital. A full Research Report will appear in the Division of Child and Adolescent Psychiatry June 2013 Newsletter.

Journal Club continues on the second Wednesday of every month, alternating with Complex Case Rounds. On April 10th Drs. Sandra Fisman and Marnin Heisel presented on the work in progress of the group developing a Brief Adolescent Suicide Assessment Tool. This group includes, in addition to Dr. Julie Eichstedt, Dr. Kerry Collins, Stephanie Rabenstein, Brenda Davidson, Dr. Heather Jacques, Dr. Deviate Singh, and Ewa Neufeld, and we recently welcomed Rayel Eynan to the group.

In terms of Service Innovation and Collaboration, Dr Heidi Haensel reports that the Perinatal Mental Health Pilot continues to be very busy, with referrals arriving from Ob/Gyn, Midwives, Public Health Nurses, and Family Doctors.

The program held its inaugural Prenatal Attachment Educational Group for patients on April 22, 2013. This has been collaboratively developed and delivered with CPRI Attachment Consultation and Evaluation Service team members Dr. Carey-Ann D'Oliviera and Kathy Rupert, MSW. Feedback from group participants was universally positive.

The program is excited to have an addition to their team: Leslie Woods, a student in the Nurse Practitioner Program, who comes as a summer Research student. She will be looking at evaluating the impact of this clinical service on participant patients.

The team has also been invited to join the Interagency Parental Mental Health Community of Practice, which is spearheaded through Madame Vanier Children's Services. A meeting of stakeholders was held on May 7, 2013. We look forward to the opportunities provided through this collaboration.

Another exciting invitation is from the Community Early Years Physician Champion group at the Middlesex-London Public Health Unit. We have been invited to present at their workshop for primary care practitioners, entitled "Identifying Complexities and Solutions to Nurture Infant Mental Health", which takes place October 4th, 2013.

In another community-AHSC activity, The CAMH South West Collaboration has progressed in the community and hospital pathway into and from the hospital for Child and Adolescent Youth presenting to Victoria Hospital Pediatric Emergency with psychiatric emergencies. Dr. Javeed Sukhera has been an active member of the Service Collaborative Implementation Team (SCIT), together with Monique Pressé and Dr. Sandra Fisman who have represented both hospitals, LHSC and SJHC, on the collaborative. This has been a model process of community – hospital collaboration.

On behalf of all members of DCAP, a huge thank you to Debra Martin for her many contributions to the development and support of the Division since she joined the Department of Psychiatry in June 2007. We look forward to continued work with her in her new role as she supports Appointments & Promotions and Faculty Recruitment for the Department.

Finally some congratulations and welcomes...

Congratulations to Dr Naveed Rizvi on receiving the Deans Award of Excellence on May 22 for his outstanding work in Continuing Professional Development.

Welcome to Dr Aleksandra Nowicki who joined the Adolescent Eating Disorder Team at LHSC/Children's on May 13th and in addition a warm welcome to Aleksandra to the DCAP.

Lastly, welcome to our new little DCAP arrivals in 2013 – four girls born to Dr. Sarah Armstrong and her partner, Dr. Jeff Carter and his family, Carlie Kramer and her partner, and Ben Loveday and his family; and a little boy, Oscar, born to Raya Barry and her husband Ben.

Sandra Fisman, Chair
Division of Child and Adolescent Psychiatry

Developmental Disabilities Division

Congratulations to Maria Gitta!

The OADD (Ontario Association on Developmental Disabilities) Board of Directors, based on recommendations presented by the Awards Committee, voted to present Maria Z Gitta with the John Hull & G. Allan Roeher Award of Merit for 2013 in recognition of all the work done by Maria over the years to support and promote developmental disabilities through research and practice. This award is not given every year. Maria is the Coordinator of the Developmental Disabilities Division within the Department (the Chair is Rob Nicolson). www.ddd.uwo.ca

The Hull-Roeher Award of Merit is in honor of John Hull and G. Allan Roeher, each of whom made a significant contribution in the field of developmental disabilities within the Province of Ontario.

Division of Forensic Psychiatry

We are ecstatic about our move to the new Southwest Centre for Forensic Mental Health Care. We hope that you were able to join us for our grand opening celebration during the afternoon of Friday, June 14, 2013.

We are very pleased to announce the arrival of Dr. Nina Desjardins to our complement of psychiatrists. She brings with her a wealth of experience in forensic mental health care and, in particular, will be spear-heading program development, staff training, and research in dialectical behavioural therapy in a forensic setting.

As part of a recruitment visit, on March 19, 2013, Dr. Carol McDaniel, Consultant Forensic Psychiatrist from the United Kingdom, visited our program and gave a stimulating presentation on "Attachment and the Forensic Psychiatric Patient: A Case for the Recovery-Based Model of Care". We are excited to announce that Dr. McDaniel will be joining our team sometime in the fall.

An excellent presentation on "Confidentiality, Privilege, Disclosure, Health Information Privacy, and Other Scary Legal Things" was given by Professor Robert Solomon, Faculty of Law, Western University on April 10, 2013.

On May 13, 2013, we held our first Forensic Psychiatry Divisional Retreat at beautiful Windermere Manor. The purpose of our day was to help shape the future direction of our division. As part of this day, we were very fortunate to have two outstanding guest speakers: 1) "From Life Cycle to Ecocycle: Using History to Shape the Future" by Dr. Brenda Zimmerman, Director, Health Industry Management Program, Schulich School of Business, York University; and 2) "Toward Meaningful Assessment of Medical Learners" by Dr. Chris Watling, Associate Dean, Postgraduate Medical Education, Schulich School of Medicine and Dentistry, Western University. We would like to offer a special thanks to Dr.

Paul Links, Chair/Chief, Department of Psychiatry, Western University for his opening remarks and ongoing support of our division and to Ms. Jane Parkinson, Learning and Development Services, Western University who facilitated our day.

Division Presentations:

Posttraumatic Stress Disorder: Assessment and Management, Wendat, Midland, Ontario, Craig Beach (April 2013)

Psychiatric Counselling Skills, Wendat, Midland, Ontario, Craig Beach (April 2013)

Therapeutic Recreation, Wendat, Midland, Ontario, Craig Beach (April 2013)

Posttraumatic Stress Disorder: Assessment and Management, Wendat, Midland, Ontario, Craig Beach (April 2013)

Specialized Mental Health, Foundation Cornerstone Dinner Fundraising Event, St. Joseph's Health Care London, Sarah Jarman & Craig Beach (Feb 2013)

Division Publications:

Beach, C, Dykema, L, Finnerty, M, Appelbaum, P, McReynolds, L, Dang, L: Forensic and Non-Forensic Clients in Assertive Community Treatment: A Longitudinal Study. *Psychiatric Services* (in-press)

Regards,
Craig Beach, Chair
Division of Forensic Psychiatry

Division of Geriatric Psychiatry

Accomplishments:

Amer M Burhan, Robert Bartha, Christian Bocti, Michael Borrie, Robert Jr. Laforce, Pedro Rosa-Neto and Jean-Paul Soucy. "Role of Emerging Neuroimaging Modalities in patients with Cognitive Impairment: A review from the Canadian Consensus Conference on Dementia 2012." *Alzheimer's Research & Therapy*. Manuscript accepted on April 24, 2013.

Jean-Paul Soucy, Robert Bartha, Christian Bocti, Michael Borrie, Amer M Burhan, Robert Laforce Jr and Pedro Rosa-Neto. "Clinical Applications of Neuroimaging in Patients with Alzheimer's Disease: A review from the Canadian Consensus Conference on Diagnosis and Therapy of Dementia 2012." *Alzheimer's Research & Therapy*. Manuscript accepted on March 7, 2013.

Amer Burhan, Mario Masellis and Ken Rockwood. April 19, 2013. "Subcortical dementias." Workshop at the Canadian Geriatric Society 33rd annual meeting, Toronto, ON.

Amer Burhan and Mandar Jog. Awarded the Instructional innovation development fund (IIDF) Fall 2013 competition for the project: "The utility of Virtual Interactive Case program in assessing competency in detecting movement disorders in geriatric patients."

Amer Burhan, Helen Park and Tom Ross. "The use of artificial intelligence in monitoring and detecting falls in psychogeriatric inpatients." A symposium accepted to the International Psychogeriatric Meeting in Seoul, South Korea, October 1-4, 2013.

Dr. Burhan was also one of the keynote speakers on May 31, 2013 at the Parkinson Society Central & Northern Ontario event "Living Life to the Fullest with Parkinson's Disease." He presented "Psychiatric Issues Related to Parkinson's"

Research Report

I am writing this newsletter piece looking forward to Canada Day and reflecting upon this year's Annual Department of Psychiatry Academic Research Day. The Academic Research Day took place on Thursday, June 20th at the Best Western Lamplighter Inn, and featured a number of exciting and innovative presentations covering the gamut of research in Psychiatry, from basic to applied research, and from genes to populations. The day was well-attended by faculty members, clinicians, researchers, and trainees in the Department of Psychiatry and affiliated academic and health sciences departments and research institutes. A quick look at the day's preliminary evaluation feedback indicates that those in attendance greatly enjoyed the program's 30 research presentations by faculty, clinicians, researchers, and trainees.

The invited keynote address "**What to Do about People who Come to Hospital with Intentional Self-Harm?**" was delivered by **Dr. Simon Hatcher**, Professor and Vice-Chair of Research in the Department of Psychiatry at The University of Ottawa. Dr. Hatcher's thought-provoking presentation was extremely well-received and sparked discussion and dialogue within the department regarding research and clinical care with our at-risk clients.

Many thanks to all of the presenters, to Dr. Links and the Department of Psychiatry Research Committee, to our judges for the day, and to Sarah O'Flanagan, Carissa Peterson, and Suzy Mendes who did a wonderful job of convening the day and ensuring its resounding success!

Please join me in congratulating the winners of the Academic Research Day presentation awards:

Best Oral Presentation by a Trainee:

Presenter: Gina Bhullar (Honour's student, Department of Psychology, Western)

Co-authors: Marnin J. Heisel & Gordon L. Flett

Title: "Is Cognitive Functioning Associated with Suicide Ideation among Community-Residing Older Adults?"

Best Poster Presentation by a Trainee:

Presenter: Kyle Logie-Hagen (Honour's student, Department of Psychology, Western)

Co-authors: Tanaz Javan, Theodore Chow, & Paul A. Frewen

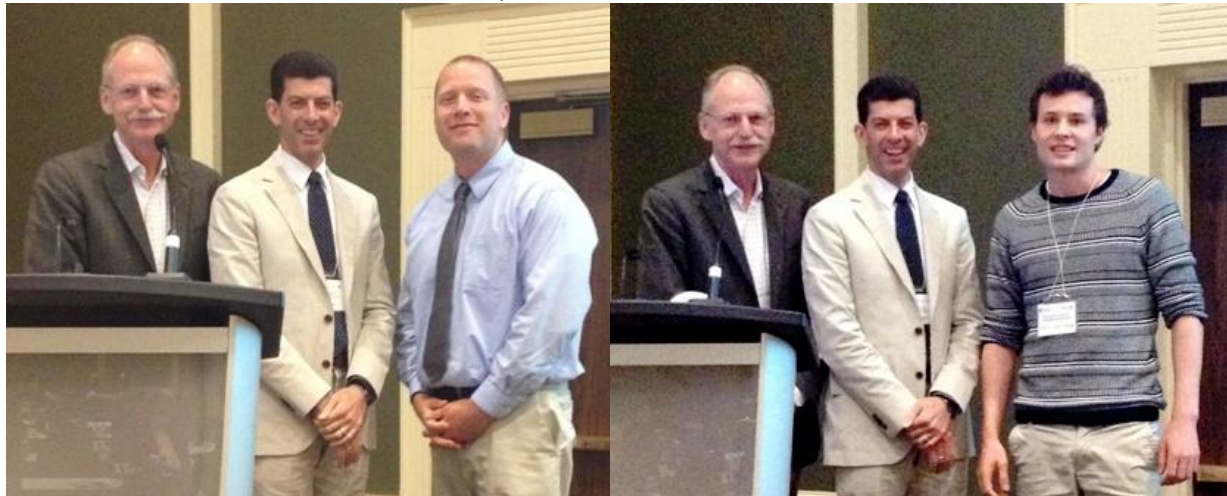
Title: "Mindfulness vs. Metta Meditation: Effects on Self-Other-Referential Processing"

Best Overall Poster Presentation:

Presenter: Dr. Jason Carr (Department of Psychiatry, PEPP program, LHSC)
Co-authors: Deborah Windell, Ross M.G. Norman, & Rahul Manchanda
Title: "Broad and Strong Improvements in Cognitive Functioning over the First Five Years of Specialized Treatment for First Episode Psychosis"

Tom Hepburn Award for Best Oral Presentation by a Junior Faculty Member:

Presenter: Dr. Paul A. Frewen (Departments of Psychiatry and Psychology, Western)
Co-authors: Barrie Evans, Jason Goodman, Aaron Halliday, James Boylan, Greg Moran, Jeffrey Reiss, Allan Schore, & Ruth A. Lanius
Title: "Childhood Attachment and Relational Trauma Screen (CARTS): A Relational-Socioecological Framework for Surveying Attachment Security and Childhood Trauma History"



*From left to right: Drs. Links and Heisel congratulate Dr. Paul Frewen and Kyle Logie-Hagen on their Awards.
Photos by Sarah O'Flanagan*

On Wednesday June 26th, Dr. Cheryl Forchuk and colleagues with the Mental Health Nursing Research Alliance, and Drs. Paul Links, Askhya Vasudev, Rahel Eynan, and I, together with our colleagues in the Lawson Mental Health Research Unit hosted an open house of these two new research units located at 750 Baseline Road. We are very grateful to the Lawson Health Research Institute for their on-going support of mental health research in London. Thank you to all who joined us for this celebratory event.

As we continue our on-going updates to the Research Corner of the Department of Psychiatry website, please continue sending me quick notes regarding your research achievements, including grants and awards, publications and presentations, research projects under-way, or other accolades and accomplishments that you would like shared with the department.

- Please join me in congratulating **Dr. Paul Frewen** for winning the 2013 Award for Outstanding Early Career Achievements in Trauma Psychology from Division 56 (Trauma Psychology) of the American Psychological Association.

- Congratulations to **Dr. Verinder Sharma** and colleagues, whose article entitled “A Prospective Study of Thoughts of Self-Harm and Suicidal Ideation during the Postpartum Period in Women with Mood Disorders” (published in Archives of Women’s Mental Health) was featured on www.MDLinx.com, a knowledge dissemination website.
- Congratulations to **Dr. Paul Links** and colleagues for their recent success in a CIHR planning grant competition (“Developing a Multidimensional Theory of Suicide among Middle-Aged and Older Men”). Project funds will support a meeting of local and international experts on suicide prevention to develop and plan a study to test a model of suicide among men.

Please join us on the second Thursday of the month, from 4:15-5:15, in Room B8-131 at Victoria Hospital for the Department of Psychiatry Research Interest Group (RIG). We recently enjoyed an excellent RIG presentation by postdoctoral fellow **Dr. Mischa Tursich** entitled “Neural bases of suicidal behaviour in dissociative and non-dissociative PTSD: Research and clinical implications,” and impressive updates on Department of Psychiatry resident research projects.

I will be giving an RIG presentation on July 11th, focusing on writing an application for a small pilot grant, as we will soon be announcing the next round of the Department of Psychiatry Research Seed Funding Competition. Please watch your e-mails and the department website for further information on the upcoming seed funding competition and on other opportunities to fund and enhance research in our department. Have a great Summer!

Dr. Marnin Heisel
Research Director
Psychiatry Department

Concurrent Disorders Program, RMHC

Here are some of the changes that the Concurrent Disorders Program (CDP) has gone through in the last 6 months.

1. In the last 6 months, we have increased CDP's **caseload by more than 40%**. The **shared care** list has **doubled** and the **CDP-PAR** list has **increased by 33%**. CDP-PAR is a collaborative project between CDP and the Persons at Risk project (PAR) run by Sergeant Lorna Bruce of the London Police Department. We provide rapid assessment and follow-up care for street sex workers who want to exit the lifestyle.
2. We have completed a total of 64 detailed assessment / consultations (each takes 3 hours) since November 1, 2012 - excluding the work done at Addiction Services of Thames Valley (AdSTV) or the St. Joseph's Pain Clinic - see below
3. We now have a signed Memorandum of Understanding between St. Joseph's Health Care and AdSTV. This MOU provides a template for future expansion of services to Owen Sound and the whole of the South West LHIN. The clinics at AdSTV are constantly fully booked now. The minimum is 2 new and a couple of follow-ups. Since November 1, 2012, I have done 9 new assessments **at the resident clinic at AdSTV** i.e. a **total 9 in 18 hours of clinic time**. This is an innovative way of generating funds for the hospital since AdSTV use sessional money to pay RMHC for this service.

4. Dr. McCarthy runs a monthly clinic for addicted people at the **St. Joseph's Pain Clinic** (to which he takes residents). This is a new initiative where Dr. McCarthy assesses clients with chronic pain who have become addicted to opioid drugs. A careful psychiatric consultation often reveals underlying psychiatric disorders that have been missed or masked by opioid dependence. Since January 2013, a total of 6 new assessments have been done in 12 hours of clinic time.
5. Dr. Mehta continues to provide a consultation service to LHSC and the numbers indicate a steady increase in use of his services. His work in the ER complements CDP since our clients (severe and persistent mental illness and substance dependence) are seen frequently in the Emergency Room. Unnecessary admissions are often avoided by liaising with Dr. Mehta.

As you see, the service has grown considerably despite the fact that Dr. Mehta is now with us only 3 days per week, instead of 4 days per week prior to October 2013.

Dr. Greg McCarthy
M.B.B.Ch., F.C. Psych (SA), F.R.C.P.C.
Assistant Professor, Department of Psychiatry
University of Western Ontario

Consultant Psychiatrist / Clinician Lead
Concurrent Disorders Program
Regional Mental Health Care-London
850 Highbury Avenue
London, ON, CANADA N6A 4H1

May 2013

Faculty News



Nina Desjardins

Dr. Nina Desjardins joined the Department of Psychiatry on April 1, 2013. Her university appointment is at the rank of Assistant Professor in the Provost stream. Dr. Desjardins' clinical work will be in the Division of Forensic Psychiatry at Southwest Centre for Forensic Mental Health Care.

Dr. Desjardins completed her undergraduate degree in Political Science at the University of Ottawa in 1989, and Honors Biochemistry in 1992 at the University of Saskatchewan, Saskatoon. She completed her medical degree at the University of Alberta in Edmonton in 1996. She completed her postgraduate training in Psychiatry at Western University in 2001. She has been an Adjunct Professor in the Department of Psychiatry at McMaster University since 2010.

Dr. Desjardins comes to us from the Early Psychosis Intervention (EPI) Program at CMHC Simcoe County Branch in Barrie, Ontario, where she has been since 2011. Many may recall that she held the position of Assistant Professor at Western University from 2004 to 2010, located at St. Joseph's Health Care,

Regional Mental Health Care – London. Dr. Desjardins began her clinical work in forensic Psychiatry in 2001 at the Mental Health Centre in Penetanguishene, Ontario, where she piloted a day treatment program on the Acute Inpatients unit. Interestingly, she spent the summer of 1989 working as a summer student for the RCMP Forensic Laboratory.

Administratively, Dr. Desjardins was the Clinical Lead, Case Coordination Pilot Project, Psychosocial Rehabilitation Program, at Penetanguishene Mental Health Centre, and Clinical Lead of the Admission and Assessment Day Program at the same location. Among other positions, she was Project Lead, DBT Implementation Task Force, Active Socialization Program, at Waypoint Centre for Mental Health Care, also in Penetanguishene.

Dr. Desjardins has given several presentations on topics in forensic psychiatry, and continues her educational experience by attending conferences and courses in the area of psychiatry and indigenous health.

Please extend a warm welcome to Dr. Desjardins as she returns to the Department of Psychiatry as a full time clinical academic.

Bonnie Ideson

Continuing Professional Development in Psychiatry

Director: Dr. Varinder Dua, Department of Psychiatry, Schulich School of Medicine and Dentistry, Western University

Assistant Director: Dr. Joel Lamoure, Department of Psychiatry, Schulich School of Medicine and Dentistry, Western University

Departmental CPD Rounds

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

Location: Zone B, 2nd Floor, Auditorium Room (B2-119), London Health Sciences Centre, Victoria Hospital; teleconferenced to Extended Campus Program and SWOMEN plus their affiliates via the Division of Social and Rural Psychiatry.

Learning After Five

Third Tuesday of each month, from 5:30–7:30 pm, throughout the academic year, unless otherwise notified.

Location: [Best Western Lamplighter Inn and Conference Centre](#), 591 Wellington Road South, London

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

3rd Annual Mental Health Symposium

This year's Annual Mental Health symposium's theme will be **"Anxiety Disorders: Emerging Trends in Pathophysiology and Management."** The full-day symposium will be held on **Friday, October 25, 2013** at the Best Western Lamplighter Inn and Conference Centre in London, Ontario.

The Symposium is open to all psychiatrists, physicians and allied health.

Contact for questions: Bela Franze, Coordinator, Psychiatry CPD, LHSC - VH.
Email: cpdpsychiatry@lhsc.on.ca; Phone: 519-685-8500, ext. 76554.

Other Events

July 24-28, 2013

4th Brain Development & Learning: Making Sense of the Science Conference

Westin Bayshore Hotel, Vancouver, BC, Canada

Learn about (a) important cutting-edge research in neuroscience & mental health, and (b) promising new evidence-based approaches that can improve patient care, in clear terms you can understand and see the immediate relevance of. Topics include: Sex Differences in the Effects of Prenatal Stress on the Brain; Babies Brains DO Recover, but Habit often hides that; Trauma, Stress, & Healing; How Women's Brains differ from Men's; The Neural Basis of Empathy. For information & registration: <http://braindevelopmentandlearning.com>

October 23-24, 2013

The 3rd Annual CURA Conference - Poverty & Social Inclusion

Best Western Lamplighter Hotel, London, Ontario

See flyer at the end of this Newsletter for more information.

Awards

Congratulations to all on their achievements!

Drs. Craig Beach and Javeed Sukhera have been accepted into the Future Leaders of Western (FLOW) Program for junior faculty at an early career stage who are likely to become leaders in research and/or education and/or advocacy in Canada.

Dr. Paul Frewen was awarded the American Psychological Association Division 56 early career award for contributions related to study of psychological trauma. The award recognizes psychologists in the early stages of their careers who have shown outstanding achievement or who have made outstanding contributions to the study of psychological trauma.

Dr. Carla Garcia was awarded the CAME (Canadian Association of Medical Education) Certificate of Merit Award in April 2013 for her contributions to undergraduate medical education.

Dr. Ruth Lanius has been successfully reappointed for a second five year term as the Harris-Woodman Chair in Psyche and Soma.

Dr. Paul Links received the Weill Cornell Borderline Personality Disorder Resource Center's "Distinguished Achievement in the Field of Personality Disorders Annual Award" for 2013.

Dr. Derek Mitchell received a NSERC Discovery Grant for five years in the amount of \$165,000 total (33,000 per year) for "Diverse effects of emotionally salient stimuli on brain and behavior."

Dr. Sandra Northcott received the Hippocratic Council Clinical Science Teaching Award as voted by the London graduating class of 2013.

Dr. Richard Owen received the LHSC President's Award for Living Our Core Values - How We Serve Our Patients for 2013.

Dr. Naveed Rizvi received the Schulich Award for Excellence in Teaching/Distinguished Commitments/ Outstanding Service in Continuing Medical Education for 2013.

Dr. Margaret Steele was awarded the Canadian Certified Physician Executive (CCPE) Credential for fulfilling eligibility criteria through a peer review/assessment process demonstrating she has leadership capabilities, knowledge and skills needed for successful performance and, more important, to direct, influence and orchestrate change in Canada's complex health care system.

Dr. Akshya Vasudev has been accepted into the Faculty Scholars Program in ICES@Western (Institute for Clinical Evaluative Sciences - <http://www.iceswestern.ca/AboutUs.aspx>)

Dr. Amresh Srivastava has been appointed Visiting Professor to the Department of Psychiatry and Neurosciences of the Maimonides University, Buenos Aires, Argentina.

Department of Psychiatry Annual Awards for the Academic Year 2012-2013

Dr. Vadim Beletsky received the Paul Patterson Resident Award in Dr. Patterson's memory to a resident who has demonstrated enthusiasm and ability as an educator.

Dr. Brian Burke – UGE Clerkship Supervisor of the Year Award – Windsor

Dr. Charles Chamberlaine for Clinician of the Year

Dr. Sivakumaran Devarajan - UGE Clerkship Supervisor of the Year Award – Rural

Dr. Mohamad Elfakhani – PGE Junior Resident of the Year Award

Dr. Jack Ellis received an honorable mention for the Clinical Innovation Award

Dr. Sharon Grace Ferreria – Best CPD Presentation by a Resident

Dr. Heidi Haesel received the Clinical Innovation Award

Ms. Bonnie Ideson received the Administrative Staff Award

Dr. Ruth Lanius/Dr. Verinder Sharma/Dr. Margaret Steele (3 way tie) – Best CME Presentation by Faculty

Dr. Michelle Ngo for the COPE Examination Resident Award

Dr. Helen Park – Excellence in Postgraduate Education in the Division of Geriatric Psychiatry

Dr. N. Raj Rajakumar received an NSERC Discovery Grant for \$25,000 per year for 5 years (2013-2018) for his project: Molecular mechanisms of spatial memory.

Dr. Leslie Ritchie/Dr. Jennifer Barr - UGE Clerkship Seminar Leader of the Year Award

Dr. Jonathan Tan – PGE Senior Resident of the Year Award

Dr. Rebecca Tudhope received the Dr. David Harris Award

Dr. Mark Watling - UGE Clerkship Supervisor of the Year Award

Dr. Peter Williamson for 25 years of service with Western

Promotions

Dr. Greg McCarthy has been promoted to Associate Professor with a Continuing Appointment as of July 1, 2013.

Dr. Ajit Ninan has been promoted to Associate Professor with a Continuing Appointment as of July 1, 2013.

Dr. Volker Hocke, Associate Professor, has received a Continuing Appointment as of July 1, 2013.

A Community-University Research Alliance

Poverty & Social Inclusion



Lawson Health Research Institute
750 Baseline Rd. E., Suite 102
London, Ontario
Phone: (519) 685-8500 ext. 75896
Fax: (519) 667-6870



You are cordially invited to attend

The 3rd Annual CURA Conference

Poverty & Social Inclusion

To be held on

Wednesday October 23, 2013

to

Thursday October 24, 2013

9:00am to 4:30pm

Registration and Continental Breakfast starts at 8:30am

Lunch will be provided

Best Western Lamplighter Hotel
591 Wellington Road
London, Ontario
N6C 4R3

Keynote Speaker: Dr. Patrick Corrigan
Distinguished Professor of Psychology
Illinois Institute of Technology

RSVP to:

(519) 685-8500 ext. 75896

amanda.meier@lhsc.on.ca



June 2013
To Faculty & Admin. Staff
Dept. of Psychiatry
Thank you very much
for the recognition on
Tuesday evening, of my
work and time spent in
the Dept. of Psychiatry -
11 years and 9 months.
Thank you all for your
support in my work
during this time. I have
enjoyed getting to know
each of you and working
with you all, which makes
it more difficult to leave.

I really appreciate the
gifts you gave to me -
the flowers look beautiful
on my table and I will
think of the time I spent
in Psychiatry each time
I wear the jewellery.

To all of you, I wish you a
fond farewell and best
wishes as you continue
your work in Psychiatry

With Best Regards,
Bonnie