



Department of Psychiatry Newsletter

Winter 2012 - Issue 68



New format for easier reading online

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Chair/Chief's Report

One of the things I have learned over my first year as Chair/Chief is the breadth of our Department. We are large in numbers and sufficiently spread out over the region that it's a challenge to meet and interact on a regular basis. In addition, my natural reserve makes networking a challenge at the best of times. Given these two factors, I have been working with my assistant, Colleen Chrissyoulakis to organize Breakfast with the Chair/Chief. Our idea was to have "coffee clutches" with various sections of the Department over the year that would move across the sites monthly from September to June. We originally planned to organize these informal meetings in conjunction with our Thursday CPD Rounds but that has proved to be difficult to work out with people's schedules. So we will plan to move from site to site each month over the year and will invite various members of the Department to attend our meetings for coffee, continental breakfast and some informal communication.

We have just completed a busy year, but next year also will be full of challenges and new opportunities. In particular, the Division of Geriatric Psychiatry is planning to re-submit an application to the Royal College of Physicians and Surgeons of Canada via the Postgraduate office, Schulich School of Medicine & Dentistry for two geriatric psychiatry subspecialty-training positions. Enhancing our research productivity will continue to be an important objective over the next year and the Department will be

actively seeking to increase our role in Western Graduate educational programs. Finally, to ensure the financial vitality of the Department over the next three to five years, we have undertaken a review of our Departmental tithe. I want to thank Deborah Lucas and all of the administrative staff for working so diligently to achieve the many changes accomplished in 2012. Also, I want to thank the members of our Executive and Advisory Committees and all the other faculty members who have demonstrated with their actions and their energy their dedication to our Department. Together we are achieving our vision of making the Department a true centre of excellence for psychiatric care and discovery.

I want to wish everyone a joyous holiday season and happy new year.

Paul Links

Professor and Chair

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

Undergraduate Medical Education

Personally, I love fall as it is like a faux New Year's; a time of new beginnings where you start over with a new notebook. The blank page offers a world of possibilities. This September we welcomed a new group of clinical clerks. It has been exciting to see a group of medical students so enthusiastic to learn and be involved in clinical care. For the first two groups this was their first hospital experience. A number of residents and faculty have commented that the current students have a solid knowledge base. I believe this reflects the efforts of Meds 5207 (Psychiatry and the Behavioural Sciences) and PCCM (Patient Centred Clinical Methods). I would like to thank the staff, residents and faculty who took the time to help orientate the medical students and answer their many questions.

From the first of September until the end of November, we had twenty-six Canadian medical students complete fourth year electives. A number of these students did more than one rotation. Hopefully many of these students will decide to pursue a residency in Psychiatry here at Western!

In the new year, we will be organizing a committee to host another *Taste of Psychiatry*. If you are interested in joining the planning committee or attending the evening, please contact Melanie VandenBorre at ugepsychiatry@lhsc.on.ca. We are also hoping to continue with the Psychiatry Interest Group. If you have a movie suggestion or are willing to be a presenter, please let me know.

On behalf of the Undergraduate Education Committee, I would like to wish you and your family a safe and joyous holiday.

Sandra Northcott, MD, FRCPC

Undergraduate Medical Education Director – Psychiatry

Postgraduate Education

Fall greetings from the Psychiatry PGE office. As we transition to shorter daylight hours and winter weather, we also transition within the Postgraduate office. Our external accreditation was completed in October, and we await the final report from the Royal College in January. Thank you to the residents, staff and faculty who made themselves available to meet with the surveyors and to everyone who helped to prepare the documentation for the visit.

We have now shifted our focus to the 2013 CaRMS process. CaRMS interviews will take place on **Monday, January 21st** and **Monday, January 28th** at Windermere Manor. We once again have a CaRMS workgroup invested in improving the CaRMS application and assessment process. This group is lead by Hooman Ganjavi and consists of Eva Adams, Suzena Mendes, Arany Shanmugalingam (Chief Resident), Mohamad Elfakhani (Resident President), Chris Tidd, Julie Hughes and Priya Sharma as PGY 1 reps, Viraj Mehta, Daniel Hertzman and Carla Garcia for UGME. This group has already met several times to collaborate and improve on last year's process. Our office would like to thank them for all the work and time already invested and for their ongoing contributions. CaRMS officially opened on December 4th with the release of interested candidates to the programs for file review, and the CaRMS workgroup is busy actively reviewing the files. Thank you to the faculty who are holding the CaRMS dates in their calendars to assist with candidate interviews and to the members of the Residency Training Committee who will undertake the task of reviewing candidate files throughout December and early January. We anticipate a high level of resident involvement again this year and thank the resident group for their ongoing interest and support in the CaRMS process.

Regards,
The PGE Office

Chief Resident's Report

It has been a very busy few months for the residents of Psychiatry. We are thrilled (and not surprised) that our program got full accreditation status, and we thank the department for facilitating resident involvement in this process. Also, the Fall COPE meeting was held in Montreal this September, with much discussion over the ever evolving spectrum of resident training.

Furthermore, we have recently enjoyed our Fall Resident Retreat, orchestrated by Dr. Mohamad Elfakhani, where we enjoyed scrumptious Lebanese cuisine during our working lunch. This was followed by an afternoon of curling, where many of us discovered our inner olympian and even had our very own photographer (Dr. Vadim Beletsky) capturing our athletic (and at times, not so athletic) moments.

With the holiday season coming up, we have our resident Christmas party to look forward too! With the holiday cheer in the air, some of our residents have been brainstorming on how to contribute to the

community with excellent ideas such as a clothing and food drive. We will hopefully be able to provide more details in the near future so stay tuned.

Arany Shanmugalingam, R4

Division of Child and Adolescent Psychiatry

The Canadian Academy of Child and Adolescent Psychiatry (CACAP) Annual Meeting was held in Montreal, Quebec at the beginning of October. Several members of our Division were there in various capacities. Dr. Patty Hall attended the newly formed "CAPCOPE" Committee, which is intended to move the Subspecialty Agenda forward nationally. CAPCOPE is made up of Program Directors and resident representatives across the country. Dr. Hall will represent the Program Directors on the Royal College Child and Adolescent Subspecialty Committee (RCCASC). I attended the Association of Professors in Child and Adolescent Psychiatry of Canada (APCAPC), and will represent this group on the RCCASC.

I was thrilled to receive the Certificate of Special Recognition at the meeting. The award was given "in testament of your outstanding contributions to the improvement of mental health of children, youth and families at a local, national and international level... as a teacher, educational administrator, researcher, mentor and advocate. As well, your leadership within the Academy is acknowledged."

Congratulations to Dr. Michelle Ngo who won the Association of Professors of Child and Adolescent Psychiatry of Canada *Dan Offord Research Award* for her research in eating disorders with Dr. Leanna Isserlin.

Dr. Margaret Steele was awarded the Distinguished Fellow of the Canadian Psychiatric Association at the September 2012 Canadian Psychiatric Association Annual General Meeting in Montreal, Quebec.

In other news, Journal Club has changed format. Dr. Jeff Carter, Research Coordinator for the Division, is now sharing the time slot (over the noon hour on the second Wednesday of the month) with Complex Case Rounds (coordinated by Dr. Naveed Rizvi), so we will be able to build a stronger community of practice by alternating between theoretical issues and case discussion.

In October, Dr. Jeff Carter presented on "Interventions for reducing aggressive behavior." Upcoming Journal Club presenters include Dr. Barrie Evans from the Thames Valley District School Board in December, and Dr. Jeff St. Pierre from CPRI in the New Year.

All are welcome to attend with the following schedule in mind:

Journal Club and Complex Case Rounds

Alternate on the 2nd Wednesday of the month

12:15 – 1:15 p.m.

LHSC-VH, North Tower, B8-131

Speakers and titles to be confirmed

Journal Club

February 13, April 10, June 12, 2013

Complex Case Rounds

January 9, March 13, May 8, 2013

Dr. Patty Hall continues to coordinate the core Child and Adolescent rotation for our general trainees, and to advance our Subspecialty Child and Adolescent training program in her role at Program Director. She reports that in October 2012, program directors and residents across the nation met to discuss subspecialty programs in Child and Adolescent Psychiatry. Both Dr. Patricia Hall and Dr. Joy Abramson (PGY-3) attended this meeting. Currently, five programs are accredited across the nation. A national strategy for applications to the programs will be developed as more programs become accredited. Our program has two spots and continues to have one spot open for the 2013 year. Any PGY-3 residents interested in applying for the 2014 year can contact Dr. Hall for more details. Applications are due in the September of the PGY-4 year. Application information is available on the department website.

The Resident Training Committee in Child and Adolescent Psychiatry welcomes a new member, Dr. Pamela Horne. Dr. Horne will be site representative for Vanier Children's Centre on the RTC.

Currently, the PGY-3 residents are participating in the Child and Adolescent Psychiatry Core Lecture Series. Thank you to all staff and faculty members who are participating in the series. If residents, staff or faculty have any questions or concerns about the lecture series, please contact Dr. Hall.

Residents continue to present at Division of Child and Adolescent teaching rounds on the third Thursday of each month, from 8:30 to 10:00 a.m. in the Amphitheatre B2-119, LHSC-Victoria Hospital, with video-conferencing to multiple sites. Everyone is welcome to attend.

Following are upcoming dates; please watch for the posting of individual rounds flyers.

December 20, 2012 - Dr. Joy Abramson (PGY-3)

January 17, 2013 - Dr. Maryna Mammoliti (PGY-3)

February 21, 2013 - Dr. Caroline Armstrong (PGY-3)

April 18, 2013 - Dr. Rebecca Tudhope (PGY-3)

May 16, 2013 - Dr. Michael Mak (PGY-3)

Undergraduate Education

Dr. Ben Loveday, UGE coordinator for the Division, reports as we enter the new academic year, that we are fortunate to continue to have a group of very enthusiastic and skilled teachers in the Division of Child and Adolescent Psychiatry. We continue to offer 2-week selectives to medical students in nine different services in London, including a broad range of experiences. The undergraduate education continues to benefit from the very capable and helpful support of our administrative assistant, Debra Martin, as well as all our teaching psychiatrists and interprofessional staff.

Continuing Professional Development

Dr. Naveed Rizvi, who coordinates CPD events for the Division, reports that CPD activities are offered at both the Divisional and Departmental level, with a focus on promoting evidence-based practices and inter-professional learning. While encouraging and supporting the residents and faculty members to present at Divisional CPD events, the Division also continues to invite nationally and internationally renowned guest speakers, offering a wide range of learning opportunities.

In this vein, Dr. Rizvi and his planning committee have finalized plans for the Annual Conference of the Division of Child and Adolescent Psychiatry. This will take place on **April 26th, 2013** at the Four Points Sheraton in London. The focus of this conference will be on managing pediatric depression and anxiety in the community. The Keynote speakers are Dr. Katharina Manassis from the University of Toronto and our own Dr. Margaret Steele at Western.

Several workshops are planned including "Helping families navigate the mental health system," led by Dr. Ben Loveday, and Drs. Kerry Collins and Julie Eichstedt presenting on "Exposure Treatments for Anxiety."

Recent Peer Reviewed Publications

CPRI Brake Shop psychologist and Division member Dr. Duncan McKinlay was co-author on two articles in the March 2012 issue of the *Canadian Journal of Psychiatry*. The first of these, "**Canadian guidelines for the evidence-based treatment of tic disorders**," covers evidence for behaviour therapy, deep brain stimulation, and transcranial magnetic stimulation. The second is focussed on pharmacotherapy. **CBIT** (the **C**omprehensive **B**ehavioural **I**ntervention for **T**ics), which is taught as part of CPRI's Tic Management programming, is now strongly identified as an important first-line treatment.

Papers in Press

Steele M., Fisman S., Davidson B. "Mentoring and Role Models in Recruitment and Retention: A Study of Junior Medical Faculty Perceptions." *Medical Teacher*.

Poster Presentations

Dr. Michelle Ngo presented "Body weight as a prognostic factor for day hospital success in adolescents with anorexia nervosa" at the Canadian Academy of Child & Adolescent Psychiatry (CACAP) Annual Scientific Meeting in Montreal, Sep 30 - Oct 2, 2012.

Dr. Ngo also presented this poster at the Eating Disorders Association of Canada in Halifax, Nova Scotia, October 11-12, 2012.

Workshops

Steele M., Abidi S., Nadeau L., Spenser H.R., Davidson B., Khalid-Khan S. Workshop: Child/Adolescent Mental Health Problems in Canadian Rural/Remote Areas. Canadian Academy of Child and Adolescent Psychiatry, 32nd Annual Conference, Montreal, Quebec, October 2, 2012.

Sandra Fisman, Interim Chair
Division of Child and Adolescent Psychiatry

Developmental Disabilities Division and the Autism Centre of Excellence

Intellectual and developmental disability professionals from the Developmental Disabilities Division, Western University, the Southern Network of Specialized Care, Windsor Regional Hospital and other regional professionals are presenting a conference on:

May 1st, 2013 Conference on FASD (Fetal Alcohol Spectrum Disorder)

BEST WESTERN PLUS Lamplighter Inn & Conference Centre
Regency Ballroom: tables for 150 people
591 Wellington Road, London, Ontario N6C 4R3
(519) 681-7151 www.lamplighterinn.ca

Registration & Breakfast 8:30 to 9:15 a.m.

- | | |
|-------------------------|--|
| 9:15 to 10:45 a.m. | A Bio-Psycho-Social Approach to FASD - Part I
Shelley Watson, Jacqueline Pei, Elaine Cousineau |
| 10:45 to 11:00 | Break |
| 11:00 to 12:30 | A Bio-Psycho-Social Approach to FASD - Part II |
| 12:30 p.m. to 1:00 p.m. | Lunch |
| 1:00 p.m. 2:15 p.m. | Effective Practices for Successful Intervention
Nancy Hall |
| 2:15 to 2:30 p.m. | Break |
| 2:30 to 4:15 p.m. | Final speaker/s to be announced |

Target populations: healthcare professionals, healthcare students including: nurses, nursing students, medical students and residents, family physicians, nurse practitioners, community living managers, DSW workers and students, social workers and students, life skills teachers, guidance counsellors, high school principals/vice principals, teachers and educators, psychology students, justice and social services, researchers in the fields of FASD, alcohol and addictions, social determinants of health, social sciences and social marketing, service providers, and those affected by FASD, their families, and other caregivers

Learning goals:

- To enhance the neurological understanding of FASD
- To provide treatment concepts and tools
- To increase awareness of the complex symptomatology of FASD

Registration is necessary as places are limited. Email your intention to register to ddd@uwo.ca. Acceptance is on a first come, first serve basis. We will notify you of your acceptance or placement on a waitlist.

Division of Forensic Psychiatry

We have had a very productive fall in the Forensic Psychiatry Division. We are very busy planning for our up-coming move to our newly-name, 89-bed, state-of-the-art forensic psychiatric facility in St. Thomas in June 2013. Our new name will be Southwest Centre for Forensic Mental Health Care, and here is a link to the virtual tour of Regional Mental Health Care's [RMHC] two new mental health facilities: <http://www.sjhc.london.on.ca/newmentalhealthfacilities>.

To celebrate our move, we have established teams that will specifically focus on awareness, new beginnings, and legacy and good endings.

This is a particularly exciting time to work in forensic psychiatry at Western University, and our goal is to be the leader in forensic mental health science in Southwestern Ontario and beyond. To that end, we recently updated and finalized our strategic plan. Examples of the types of initiatives we are currently prioritizing include:

- 1) implementing evidence-based risk assessment instruments and risk management instruments;
- 2) offering and researching mental health interventions that maximize each client's recovery;
- 3) building and strengthening our academic training programs; and
- 4) increasing our academic and community partnerships.

On October 9, 2012, Dr. Phil Saragoza, Forensic Psychiatrist from University of Michigan, visited our program and gave a thought provoking presentation on "From Mentor to Tormentor: Mark Becker, Ed Thomas and Insanity on Trial in the Heartland." The talk was well attended and the stimulating question-and-answer session was testament to the quality of Dr. Saragoza's presentation.

On November 7, 2012, Dr. Vasilis Pozios, Forensic Psychiatrist, visited our program and gave a well-

attended clinical presentation on “Faking it Behind Bars: Malingering and Correctional Psychiatry.”

Educationally, we have seen an increased interest in our training program, and we take pride in our commitment to providing trainees in all disciplines the best educational experience possible. To that end, we customize educational experiences of varying duration depending on a trainee's specific interests, education goals, and level of training. Some particular highlights of our educational opportunities are outlined here: <http://www.psychiatry.meduwo.ca/dir/content/overview-2>.

Our web-site contains information on up-coming events. Dr. Phillip Resnick, an international authority in forensic psychiatry, presented on Risk Assessment of Violence on Monday December 3, 2012 (see: <http://www.psychiatry.meduwo.ca/dir/content/forensic-psychiatry-upcoming-events>).

In the fall, we started a Forensic Mental Health Journal Club and Complex Care Forensic Case Presentation. On September 18, 2012, I presented the inaugural journal club on “The Effect of Length of Hospitalization on Re-arrest Among Insanity Plea Acquittees” and “Fear Keeps Insanity Acquittees in Hospital Longer Than Needed”. The event was well attended and both articles stimulated very interesting discussions. Our first Complex Care Forensic Case Presentation will be on **December 17th**, 2012 on “An Approach to Clients Requiring Intermittent Seclusion” and will be presented by Dr. Arun Prakash.

Happy Holidays!

Warm regards,
Craig Beach, Chair

Division of Geriatric Psychiatry

Dr. Marnin Heisel presented a half-day interactive training workshop on Suicide Prevention among Older Adults at the Canadian Association for Suicide Prevention meeting in Niagara Falls, on October 15/16. The workshop was developed with colleagues at the Coalition for Seniors' Mental Health (CCSMH). In addition, there were a number of presentations on issues related to suicide in the elderly.

This year we celebrated the Tenth Annual Geriatric Symposium! Held on Wednesday, November 7, 2012 it was another great success, with over 150 participants in attendance – our highest number yet! “Leading and Learning Together: Celebrating a Decade of Success” was held at the Lamplighter Inn, London, Ontario and featured two plenary speakers and twelve concurrent workshops. This full day event has continued to grow in its ten year history, and we welcomed participants from London, the surrounding counties, and across the province. Keynote Speaker Dr. Kiran Rabheru spoke on “The Changing Tide of Seniors Mental Health Care” and conducted a workshop on “Recognizing and Managing the Complications of Dementia: Behavioral and Psychological Symptoms of Dementia.” Plenary speaker Dr. Maggie Gibson, psychologist at Parkwood Hospital and recently elected President of the Canadian Association on Gerontology (CAG), presented “How Stigma Exacerbates Challenges at the Residential End of the Continuum of Care and What You Can Do About It.” In addition, there were twelve concurrent workshops on such topics as Polypharmacology, Mindfulness-Based Cognitive

Behaviour Therapy, Communication Strategies, Geriatric Mental Health in the Emergency Department, Diogenes Syndrome (Hoarding), and Smoking Cessation.

The Symposium targets geriatric psychiatrists and nurses, Family Medicine physicians and nurses, rural teams, Long-Term Care, occupational therapists, physiotherapists, social workers, pharmacists, nutritionists, healthcare administrators, psychologists and researchers.

Media coverage was provided by CTV London News and *Imprint* Magazine, a publication of St. Joseph's Health Care London. Thank you to the following sponsors for their support of this important educational activity: Janssen Inc., Lundbeck, the Gerontological Nursing Association, the Alzheimer Society London & Middlesex, DuraMed, the Bookstore at Western, Highview Residences, Horizon Place (Revera), and Home Instead. Special thanks to our musical guest Ernie Maiorana, who provided music over lunch, and a short talk on his visits to geriatric facilities to provide entertainment and activities for seniors. Attendees also enjoyed a celebration cake in the atrium during the afternoon break.

Planning has already started for next year's Symposium; watch for updates!

Lisa Van Bussel, Chair

Dr. Maggie Gibson and Dr. Iris Gutmanis

July to October 31, 2012

Student's Corner

David McCabe, Psychology Resident supervised by Dr. Maggie Gibson (Veterans Care) and Dr. Margaret Weiser (Brain Injury Program), had completed his residency year and we wish him well in his future career.



Maggie, David and Margaret at the Residents' Farewell Barbeque

Presentations

July

Forbes D., Abram J., Blake C., Finklestein S., Gibson M., Morgan D., Markle-Reid M., Thiessen E. (2012). Dementia care knowledge needs of a First Nation community: A success story. Alzheimer's Association International Conference, July 14-19, Vancouver, BC.

September

Gibson M., & Cornthwaite C. (2012). Understanding long-term care homes as Communal Living Environments. Canadian Coalition for Seniors Mental Health/Canadian Academy of Geriatric Psychiatry, September 21-22, Banff, AB.

Gibson M., & Clark S. (2012). Merging methods: Facilitated e-learning as a knowledge exchange mechanism for dementia care providers interested in disaster risk reduction. Canadian Coalition for Seniors Mental Health/Canadian Academy of Geriatric Psychiatry, September 21-22, Banff, AB.

Laundry, B., Powell, V. & Gutmanis, I. (2012). Behavioural Supports Ontario: Evaluating Impacts and Outcome. Alzheimer Knowledge Exchange Online Event/ Webinar, September 20, 2012.

Simpson K., Johnson K., Earl J., & Gutmanis I. (2012). Behavioral Supports Ontario – Implementation across the SW LHIN. Geriatric Interdisciplinary Grand Rounds, September 13, 2012, London, ON.

Van Bussel, L., Gutmanis, I., Ward-Griffin, C., DeForge, R., Horgan, S., & Speechley, M. (2012). Ethnotheatre and Knowledge Translation: Collaborative response work within transformative knowledge exchange. Canadian Coalition for Seniors Mental Health/Canadian Academy of Geriatric Psychiatry, September 21-22, Banff, AB.

October

Byrne, J., Whitfield, P., Woolmore-Goodwin, S., Gutmanis, I., Shadd, J., & Faulds, C. (October 2012). Understanding the Use of Urinary Catheters on a Palliative Care Unit: Preliminary Results. A Refresher Day in Hospice Palliative Care, October 24, 2012, London, ON.

Byrne, J., Whitfield, P., Woolmore-Goodwin, S., Gutmanis, I., Shadd, J., & Faulds C. (October 2012). Understanding the Use of Urinary Catheters on a Palliative Care Unit: Preliminary Results. 19th International Congress on Palliative Care, October 9-12, 2012, Montréal, QC.

Gutmanis, I. (October 2012). Behavioral Supports Ontario Evaluation. Utilization Managers Network of Ontario Education Day, October 19, 2012, Toronto, ON.

Publications

Beynon, C.E., Gutmanis, I.A., Tutty, L.M., Wathen, C.N., & MacMillan, H.L. (2012). Why physicians and nurses ask (or don't) about partner violence: a qualitative analysis. *BCM Public Health* 2012, 12:473.

Gagliese L., Katz M., Gibson M., Clark A.J., Lussier D., Gordon A., & Salter M. (2012). A brief educational intervention about pain and aging for older members of the community and healthcare workers. *The Journal of Pain*, 13(9): 849-856.

Gibson M., & Cole E. (2012). Disaster risk reduction: The need for knowledge translation. *Psynopsis*, 34(3):11-12.

Gibson M., & Gorman E. (2012). Long term care residents with cancer and their health care providers reflect on hope. *Canadian Journal on Aging*, 31(3):285-293.

Announcements

Dr. Maggie Gibson, Veterans Care Program psychologist, is the new President of the Canadian Association on Gerontology (CAG). Maggie assumed office at CAG's 41st annual scientific and educational meeting, held October 18-20, 2012, in Vancouver, British Columbia. CAG provides national leadership on matters related to individual and population aging in Canada, produces the *Canadian Journal on Aging*, and hosts an annual convention attended by delegates from across Canada and around the world. As President, Maggie will represent CAG on the governing council of the International Association on Gerontology and Geriatrics (IAGG), an interdisciplinary professional organization with members from 73 organizations in over 65 countries world-wide.

Research Report



I am very excited to begin my new position as Director of Research in the Department of Psychiatry and would like to thank Dr. Links and members of the search committee for this wonderful opportunity. I would also like to express my great appreciation to Dr. Ross Norman, out-going Director of Research, for being a wonderfully supportive mentor and superb role model for this position. I will do my best to try to fill his shoes.

Thank you, as well, to Jacqueline Di Mattia who, for the past few years, has provided strong administrative support for Dr. Norman in the research office. As she transitions back to her permanent position as Dr. Norman's assistant and as we await her successor, I am quite fortunate to have the benefit of Carissa Peterson and Suzy Mendes' administrative support.

In coming weeks and months, we will be updating the research section of the new department website. We will be providing information on research funding and training opportunities, department members' successes in funding competitions, scholarly publications and presentations, and other important updates. The research committee met recently, and we will be sharing the results of the recent departmental seed funding committee on the website in coming weeks. Be on the lookout as well for updates on Research Interest Group meeting dates and topics and for information on the upcoming Department of Psychiatry Academic Research Day, to be held on **Thursday, June 20th, 2013**. By popular demand, we will once again be holding the Academic Day at the Best Western Lamplighter.

I am very pleased that Dr. Rahel Eynan, who joined our department in January of 2012, will be dedicating some of her time to sharing her considerable research expertise in support of our department's research advancement. She will specifically be available on a consultative basis to provide methodological input and feedback to members of the department and assistance in developing and

refining their research ideas and funding applications. Dr. Eynan can be reached by e-mail at Rahel.Eynan@lhsc.on.ca or through me at Marnin.Heisel@lhsc.on.ca.

Outcomes from our recent departmental retreat include a call to create working groups to address key departmental priorities in areas of community connections, education, and research. I will be leading a working group charged with “Enhancing clinical research programs directly impacting patient care across the life course,” and look forward to working with faculty and trainees to better integrate our clinical, research, and educational missions. We are quite fortunate to have strong examples of successful clinical research enterprises in the department, and can benefit from these examples as we move forward. Please be in touch if you would like to participate in this working group.

No discussion of mental health research would be complete without commenting on the challenging funding environment in which we find ourselves as health researchers in Canada. Over the past few years, federal and provincial health research funding has been in a state of flux. With shifting mandates of the federal research councils, and proposed changes in granting mechanisms and approaches to peer-review, things are appearing increasingly uncertain. These shifting sands have implications for the ways in which we conduct research. As we continue to adapt to the changing health research landscape, I will share updates regarding proposed funding changes, including anticipated information from CIHR within the next few weeks. I will also share opportunities for research and thoughts on how we might continue to enhance our research profile, and invite department members’ input and comments as well. I am available to meet with department members to provide support and assistance in enhancing our research productivity.

Fondest collegial wishes for the holiday and New Year season!

Dr. Marnin Heisel, Research Director, Department of Psychiatry

New Full Time Clinical Academic Faculty

Aziz Haque



Dr. Aziz Haque joined the Department of Psychiatry on September 1, 2012. His university appointment is at the rank of Assistant Professor in the Provost stream. Dr. Haque’s clinical work is in the Division of Social & Rural Psychiatry at Regional Mental Health Care - London with the Mood & Anxiety Disorders program.

Dr. Haque completed his undergraduate degree in Biology in 2003 at McMaster University, Hamilton. He relocated to London for his medical degree at Western which he completed in 2007. He completed his residency in psychiatry at Western in 2012.

Dr. Haque won many awards during his education including several scholarship awards while at McMaster University; while at UWO he was awarded the Robert K. Annett Award and Carleton C. Whittaker Memorial Scholarship in Psychiatry in 2006. He also won the Silver Medal – PDM/OSCE Examinations, Paul Patterson Resident Award, David Harris Award in Geriatric Psychiatry, Clerkship Resident Teaching Award (2010 & 2012) and Best CME Presentation Award by a Junior Resident in 2010.

During his residency, Dr. Haque was busy with teaching and administrative work – serving as an interviewer for UWO undergraduate medical school admissions and psychiatry resident admissions. He also served as the resident representative for the psychotherapy program, the CPD committee and the geriatric psychiatry division. Other academic work that Dr. Haque was involved with includes teaching undergraduate medical students, presentations to psychiatry residents and at department CME events, and presentations outside UWO to provincial, national and international audiences.

Please extend congratulations and best wishes to Dr. Haque as he begins his career as a full time clinical academic in our department.

Michelle Ngo



Dr. Michelle Ngo joined the Department of Psychiatry on September 1, 2012. Her university appointment is at the rank of Assistant Professor in the Provost stream. Dr. Ngo's clinical work will be in the Division of General Adult Psychiatry with the FEMAP program (4 days a week) and at LHSC-VH in the Child & Adolescent Division in the mood & anxiety outpatient program (1 day a week).

Dr. Ngo completed her undergraduate degree in Biochemistry and Molecular Biology in 2002 at The University of British Columbia, Vancouver. Also at UBC, in 2003 she received her BEd., following which Michelle relocated to London and in 2007 completed her medical degree at UWO. As many here know, she did her postgraduate work at UWO and completed her residency in psychiatry here in 2012.

During her education, Dr. Ngo won several awards including an Outstanding Student Initiative Scholarship at UBC during her undergraduate years, the BC Children and Family Research Institute Summer Studentship in 2001, The Dr. Archibald McCausland Memorial Prize in Psychiatry for the highest standing in psychiatry at the end of Year 4 and the Paul Patterson Award in our department in 2012. In 2011 and 2012, she won the Senior Resident of the Year award in our department at UWO.

From 2006 to 2009, Dr. Ngo was a Medical School Admissions Interviewer at UWO, from 2009-10, she was the President of the Psychiatry Resident Group at UWO and from 2011-12 she was the Chief Resident in our department. During her residency, she was an active teacher in both postgraduate and undergraduate education as well as giving presentations at CME events.

Administratively, Dr. Ngo was an active member of various committees in our department – Undergrad Medical Education, CaRMS, Physician Leadership, RTC and Executive Committees.

She also served as the Resident Representative for UWO on the COPE Committee from 2010-11. Dr. Ngo has shown her support for research activities with several research endeavours, including some publications and poster presentations.

Please extend a warm welcome to Dr. Ngo as she continues her work in the Department of Psychiatry as a full time clinical academic.

Amer Burhan



Dr. Amer Burhan returned to our department on September 4, 2012. He joined the Geriatric Psychiatry Division at Regional Mental Health Care – London, where he continues his work for the Geriatric Psychiatry Program. Dr. Burhan's academic appointment is at the rank of Assistant Professor in the Provost stream. Many of you know Dr. Burhan very well, but we wanted to profile Dr. Burhan for the benefit of our new faculty who may not be aware of his background and work.

Dr. Burhan completed his undergraduate education in 1987 at Baghdad College and his medical degree in 1993 at the Baghdad University in Iraq. After moving to Canada, he was a Research Associate from 1996-97 and then as a research fellow in Basic Neurosciences from 1997-98 at the Montreal Neurological Institute, McGill University. He began his residency at the University of Rochester, NY in 1998 and in 2001 he came to London and completed his residency at UWO in 2003 with his FRCPC certification.

He was a faculty member in our department from 2003 to 2004, working at both SJHC and LHSC and from 2004 to 2005 he did research and clinical work at both Sunnybrook & Women's Health and Mount Sinai Hospital and CAMH in Toronto. During that time he was also a visiting neuropsychiatrist at Stanton Regional Hospital, Geriatric Psychiatry, in Yellowknife, NWT. From 2005-06, Dr. Burhan was a neuropsychiatrist at the Royal Ottawa Hospital in Ottawa, an Assistant Professor at the University of Ottawa and a visiting neuropsychiatrist at the Mental Health Clinic in Cornwall, ON. In 2006, until June 2011, Dr. Burhan returned to London, covering clinically in geriatric psychiatry at RMHC-London and as an academic member of the Geriatric Psychiatry Division as an Assistant Professor. In June 2011, until September 2012, he left London and joined the Geriatric Mental Health Program at CAMH, Toronto, but during that time, also covered part time in Geriatric Psychiatry at RMHC-London.

Dr. Burhan is active in teaching and research activities – teaching in both the undergrad and postgrad programs, presenting at CPD events, supervising and mentoring students, and grants and publications. He has won several awards and honours for his work in these areas. He serves as head of the CAMH Memory Clinic where he developed a new template for assessment and at SJHC he has also helped raise funds for new equipment / systems to assist with current service in his area of interest.

We welcome Dr. Burhan back to our department and wish him well as he continues his work with us.

Svetlana Kotin



Dr. Svetlana Kotin joined the Department of Psychiatry on September 5, 2012. Her university appointment is at the rank of Assistant Professor in the Provost stream. Dr. Kotin is a faculty member in the Division of Social & Rural Psychiatry at Regional Mental Health Care - London and her clinical work is with the Oxford ACT team in Woodstock three days a week and two days a week with Ambulatory Services at RMHC-L.

Dr. Kotin completed her medical degree in 1989 at the State Medical University in Vitebsk, Belarus and then immigrated to Israel in 1991. She completed an internship in 1993 at the Rambam Medical Centre, Haifa, Israel. From 1993 to 1995, she was a staff physician at Flugelman Psychiatric Hospital in Akko, Israel, and in 1995 she began her residency in psychiatry also at Flugelman Psychiatric Hospital in Akko, Israel, which she completed in December 2001.

From early 2002 to September 2003, Dr. Kotin held various positions as a psychiatrist in Israel including at the Poria State Hospital in Tiberias and the Sieff Hospital in Safed, as well as psychiatry work with the Addiction Treatment Centre of Israeli Society for Prevention of Alcoholism, Tiberias, and the Methadone Treatment Centre in Haifa. In late 2003 to early 2004, Dr. Kotin immigrated to Canada and worked at the Yorkton Mental Health Centre in Saskatchewan from March 2004 until joining our department in September.

Please extend a warm welcome to Dr. Kotin as she settles into life in London, Ontario and as she begins her work as a full time clinical academic in our department.

Valerie Kaye



Dr. Valerie Kaye joined our department on October 1, 2012. Her academic appointment is at the rank of Assistant Professor in the Provost Stream. Dr. Kaye's clinical appointment is at London Health Sciences Centre where she will be the Physician Leader for the new Adult Eating Disorders Program.

Dr. Kaye received her early education in Montreal and London, England and in 1972 she returned to Canada where she did a qualifying year at Carlton University in Ottawa. She returned to Montreal where she completed her BSc in Biology and Human Genetics at McGill University in 1976, followed by her MD in 1980. From 1980 to 1981 she did a rotating internship at St. Paul's Hospital in Vancouver, BC. Dr. Kaye did her psychiatry residency at UBC and received her Royal College certification in Nov. 1996. From March 1997 to March 2009, Dr. Kaye participated 4 hours per month of psychotherapy supervision in a small group, with the Vancouver Psychoanalytic Psychotherapy Society. The supervisor of these

sessions, Dr. Steve Engelberg, is a registered psychoanalyst and psychiatrist from the University of Washington.

From July 1981 to June 1990, Dr. Kaye practiced in family medicine in British Columbia and also provided psychiatric consultant work from June 1982 to Jan. 1994 for the Greater Vancouver Mental Health Service and the North Shore Mental Health Clinic, BC. From Jan. 1992 to March 2009, she provided psychiatry consulting service to various programs (Eating Disorders, Inpatient General Psychiatry, Outpatient Group Psychotherapy, Persistent Pain) at St. Paul's Hospital, the Lion's Gate Hospital, Simon Fraser University and Heart Link Canada all in Vancouver, BC. From July 2001 to March 2009 she served in various positions at St. Paul's Hospital, Vancouver - as the Psychiatric Director, and the Acting Psychiatric Director, of the BC Eating Disorders Program as well as consultant work for the Persistent Pain Program.

By spring 2009, Dr. Kaye had relocated to Guelph, ON, where she was on courtesy staff at Guelph General Hospital. Beginning in April 2009 she took on the role as Psychiatric Director for the Eating Disorder Program at Homewood Health Centre until this fall when she joined our department.

Please extend a warm welcome to Dr. Kaye as she begins her academic career in our department and leads the development of this new program at LHSC.

Jacqueline Duncan



Dr. Jacqueline Duncan started in our department on October 9, 2012. She joined the Social & Rural Division at Regional Mental Health Care – London, where she has taken on the role of Physician Lead for the Psychosis Program. Dr. Duncan's academic appointment is at the rank of Assistant Professor in the Provost stream.

Dr. Duncan was born and grew up in Ireland where she completed her medical degree in 1981 at the University College, Galway, Ireland. She completed her psychiatry training with membership in the Royal College of Psychiatrists in 1989 and a diploma in Clinical Psychotherapy at the United Medical and Dental School of Guy's and St. Thomas Hospitals in London, England. Dr. Duncan came to Canada and in 1991 she became a fellow of the Royal College of Physicians and Surgeons of Canada. In December 2010, she was awarded the Osgoode Law in Mental Health Certificate.

In 1989, Dr. Duncan was on faculty in the Department of Psychiatry at the University of Toronto and she established a nine bed in-patient unit for the treatment of adults with Severe Affective Disorders at St. Michael's Hospital, Toronto. In 1990, she established a new Rehabilitation Service for adults with severe psychiatric illness at Lakehead Psychiatric Hospital and at that time she held an appointment in our department through the ECP. Through 1993 she was at Homewood Health Centre in Guelph where she helped establish a 25 bed observation and crisis unit. Following this, she helped establish a new out-

patient service at the Clarke Institute of Psychiatry, Toronto, for adults suffering from affective disorders.

Prior to Dr. Duncan's arrival in London, she provided psychiatric consultant service to the Community Support section of the Psychosocial Rehabilitation Program at the Waypoint Centre for Mental Health Care, Penetanguishene. She was also the clinical leader for the Waypoint Out-Patient Metabolic Clinic, Midland and provided part time service to the Early Psychosis Intervention Program with CMHA in Barrie. During this time, she held an Adjunct Professor appointment at McMaster University.

Dr. Duncan's special interests are in the treatment and rehabilitation of clients suffering from chronic severe mental illness & SMI and Metabolic Syndrome and in Law and Ethics in Mental Health Care. She has done some publishing and has given several clinical presentations locally, nationally and internationally. Dr. Duncan has been active in the community with talks to students, theatre work, serving on boards and fundraising activities.

We welcome Dr. Duncan to our department and the City of London and wish her well as she establishes her work with us.

Bonnie Ideson, HR and Faculty Consultant

FACULTY & OTHER NEWS

Congratulations!

Dr. Jatinder Takhar will receive the Hind Rattan Award by the Non Resident Indian (NRI) Welfare Society of India in January for her contributions to psychiatry and education as a NRI abroad. The award is given to approximately 25 recipients on an annual basis world over. www.nriwelfaresociety.com

Giuseppe Guaiana, MD, MSc, Associate Professor of Psychiatry, Western University, and of Regional Mental Health Care's Psychosis Program, St. Thomas, and London Health Sciences Centre's GAAMHS, was awarded a PhD from Maastricht University on October 25 2012.

Also as of April 2012, Dr. Guaiana, became a Diplomate of the Academy of Cognitive Therapy.

New Publication

Dr. Laurence Jerome, Adjunct Professor of Psychiatry, Western University (2012): "Validation of a Driving Questionnaire for patients with ADHD; The Jerome Driving Questionnaire(JDQ)." In: Lisa Dorn (Ed.), *Driver Behaviour and Training*, Volume 5-(Human factors in road and rail transport). (2012, Chap. 26, pp. 383-399.) Ashgate Press. www.adhddriving.com

New President

Dr. Subhash Jain assumed the role of President of the London and District Academy of Medicine in November 2012.

Continuing Professional Development in Psychiatry

Western Psychiatry CPD Monthly Rounds

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

2013: January 10, February 14, March 14

Location: Zone B, 2nd floor, Sumner 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-approved 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: Carissa Peterson, Administrative Assistant, Psychiatry CPD, Victoria Hospital, London Health Sciences Centre, phone: 519-685-8500, ext. 75701; email: CPDpsychiatry@lhsc.on.ca.

Submissions for the Spring 2013 Issue of the Newsletter

Please submit any newsworthy items by **February 15, 2013** for the Spring Newsletter to: Colleen Chryssoulakis at colleen.chryssoulakis@lhsc.on.ca

Ministry of Health
and Long-Term Care

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MINISTER'S GREETINGS

LHSC Auxiliary's Donation to the Transition Age Project

Warm greetings to all those gathered to celebrate the London Health Sciences Centre Auxiliary's generous gift in support of the Mental Health Care Program's Transition Age Project.

First, I want to thank the volunteers at the London Health Sciences Centre's Auxiliary for their continued dedication and commitment to this hospital and its patients.

Today, addiction and mental illness affects one in five Ontarians. This is why strong and integrated mental health services are critical, particularly for young adults. Your support of the Transition Age Project will go a long way to ensuring a smooth transition between the fantastic mental health programs offered by the London Health Sciences Centre.

We have made important strides in Ontario to change the way we think about mental health. Your support today brings us closer to realizing this goal for so many young people in London and Southwestern Ontario.

Sincerely,

A handwritten signature in black ink that reads "Deb Matthews".

Deb Matthews
Minister



Mark Your Calendars Now! Friday, April 26, 2013

**Division of Child and Adolescent Psychiatry
Schulich School of Medicine & Dentistry, Western University**

**Children's Hospital, London Health Sciences Centre
Child and Adolescent Mental Health Programs**

**St. Joseph's Health Care, RMHC London
Adolescent Program**

The focus of this conference is Managing Pediatric Depression and Anxiety in the Community

Keynote Speakers

**Dr. Katharina Manassis, University of Toronto
Dr. Margaret Steele, Western University**

Workshops

**Dr. Ben Loveday: "Helping families navigate
the mental health system"**

**Dr. Kerry Collins & Dr. Julie Eichstedt:
"Exposure Treatments for Anxiety"**

***Four Points Sheraton
London, Ontario***

**For Information contact:
Debra.Martin@lhsc.on.ca**